

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

This program is intended for a lifter capable of a 500 lb. bench press. It is a 2 month program. The expected increase for this training cycle is 35 lbs. The trainee should start with one bench workout every 5th day. Only one exercise may be performed on any given day. No assistance work, other than cheat curls, will be performed because they only detract from this unique program.

I lifted according to this program for 2 years, and my bench went from 575 to 652. I benched once a week, squatted once every 7-9 days and did cheat curls once every 7-9 days. These were the only exercises I used.

Small weights and light workouts are bothersome and extremely useless. We will use very heavy weights in my program. In order to lift heavy singles in competition you must lift heavy singles in the gym, all the time! The repetitions, except warmups, will all be singles. Even if you feel you can do the weight more than once, *do not do it*. Doubles and triples and higher repetitions will not help at all.

With my workout you will not leave the gym all pumped up and sore, but we are not after soreness; we are after strength. The trainee

Jeff Maddy's "RAD" Bench Press Routine



Jeff Maddy went on to bench press 700 lbs. (in Hawaii, above) after this Workout of the Month was first published in the August 1987 edition of Powerlifting USA. Recently, there has been a number of inquiries about this routine from those who had used it successfully in the past, but could no longer locate the information in their files.

will find a tremendous urge to return to the gym. He will return healed, hungry, intense, and stronger.

I recommend long rests (10-20 min.) between all sets, even the warmups. Remember these important things. Do not stretch before working out; Do not do assistance work; Do not do more than 1 repetition a set, even if you can; Do not consider a workout ruined if you miss a lift or two; Do not do extra strict pauses, in the hole, even if you can.

I could not make this article complete without thanking Big Jim Williams and Paul Anderson for inspiration, motivation, and dedication.

1st Workout (Sunday): 285 for 1 set of 3 reps, 350x1x3, 425x1x1, 470x3x1, Max out*.

2nd Workout (Friday): Same as first workout, 470x5x1, Max out.

3rd Workout (Wednesday): Same as first workout, 470x6x1, Max out.

4th Workout (Monday): 285x1x3, 350x1x3, 425x1x1, Max out, 480x3x1.

5th Workout (Saturday): Same as first workout, 480x5x1, Max out.

6th Workout (Thursday): Same as first workout, 480x6x1, Max out.

7th Workout (Tuesday): 285x1x3, 350x1x3, 425x1x1, Max out, 490x3x1.

8th Workout (Sunday): Same as first workout, 490x5x1, Max out.

9th Workout (Friday): Same as first workout, 490x6x1, Max out.

10th Workout (Wednesday): 285x1x3, 350x1x3, 425x1x1, Max out, 500x3x1.

11th Workout (Monday): Same as first workout, 500x5x1, Max out.

12th Workout (Saturday): 500x6x1, no max today.

13th Workout (Saturday) - Contest Day: 285x1x3, 350x1x3, 450x1x1, 1st attempt - 490, 2nd attempt - 520, 3rd attempt - 535.

* Max Out - means go for a P.R., do not do a negative, but try to make the lift. The max will be done for 1 set of 1 rep.