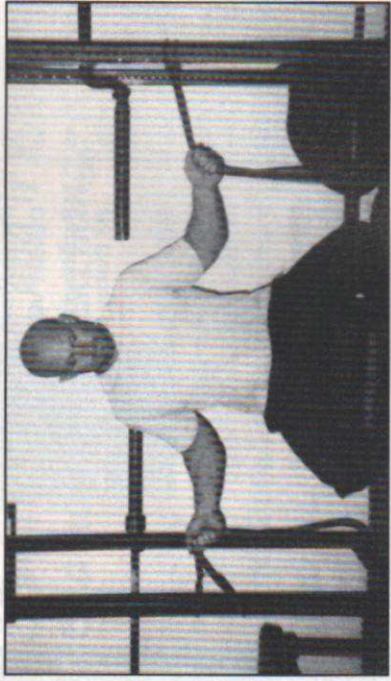
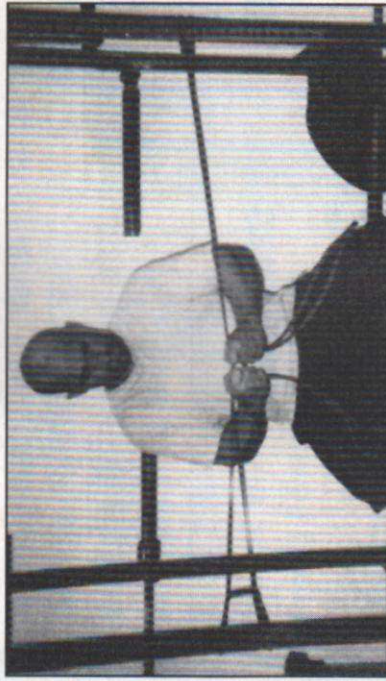


The BENCH

PREVENTIVE MAINTENANCE as told to PL USA by GEORGE HALBERT



(above) Start - elbows tucked into body. (below) Finish - Elbows tucked into body. (All photographs are courtesy of George Halbert)



(above) Start - (below) Finish - be sure to force elbows into your sides



Let me start by telling you this article won't put 25 pounds on your bench in one month. The purpose of this article is to insure the longevity of your lifting career. The area of "preventive maintenance" that this article will deal with is the rotator cuff. The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result. It is then only a matter of time before an injury sets in and rotator damage is a very time consuming injury to overcome. So, let's build a stronger rotator cuff.

There are 4 sets of exercises that I will show you that work the four areas of rotation of the rotator. Now these are not the only 4 exercises, but once you learn these

exercises and realize their distinct purposes you will be able to come up with your own exercises using the same principles to better suit the equipment available to you. I personally recommend doing these exercises as a second workout. The reason for this is it will not detract from your primary workout and you will be able to focus directly on the task at hand ... stronger rotators. Now, I understand that not everyone is able to get in a second workout, so it is ok to put this in with your main workout. It is most important that you do not neglect your rotators or they will neglect you. You should train your rotators 1-2 times a week, I recommend you start with once a week and work up to twice a week and then from there decide for yourself which works best for you. I recommend that you do 2-3 sets per each exercise (remember, total of 4 exercises) for

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(above) Start Position - (below) Finish position of the Shoulder Horn



12-15 reps. It is crucial that you use strict form and do not swing or use momentum in any way. Let me use the shoulder horn exercise as an example. Let's say you decide that 2 sets per exercise works best for you. You will start with 15 pound dumbbells for 2 sets of 12. Let's say you are able to perform both sets for 12 reps. The next time you perform this workout you will attempt 15 pound dumbbells for 2 sets of 13. If successful the next workout you would try 15 pound dumbbells for 2 sets of 14. If suc-

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cessful the next workout you would try 15 pound dumbbells for 2 sets of 15. Finally if successful for 2 sets of 15 the next workout you will move up to 20 lb dumbbells and drop back to sets of 12 trying once again to progress upwards in reps and then in weight. This is a form of progressive overload training. It is important to remember, with this type of training, not to move up if you are unable to complete the all the reps and they must be performed correctly and strictly. Also realize over time that your progress will stall in your rotator work using just strictly progressive overload training and that other training methods will become necessary to continue your improvement, but this will get you well on your way to very healthy rotators and a very long career in benching. For those of you not familiar with other types of training other than progressive overload I will cover more in future articles, but this will get you started.

Remember your rotators are your lifting career. Your rotators handle a high amount of stress from your primary muscles and from the weights you lift. Protect and strengthen your rotators and they will protect your lifting career.

NEW PRODUCT



FROM CONCEPTS 2000, INC THE ALL NEW POWER PRESS™ PAT. PEND. SELF SPOTTING SYSTEM. The All-New patent pending Power Press incorporates electric actuators into heavy-duty safety stands that the user can activate by foot pedal to Spot himself/herself at any time. The stands will lift the barbell and hold it in place when the foot pedal is released. No assembly required. Just set the stands and foot pedal in place, connect the cords, plug into any standard 110V AC and your ready to safely bench without the worry of getting stuck or the hassle of finding a spotter. Also great for partial rep PowerLifting training. The Power Press can be used with virtually any flat bench. Barbell, weights, and bench not included. 400-lb capacity model \$1995.00 plus shipping. 600-lb capacity model also available. For more info, contact Concepts 2000, Inc. at 586-615-5478, or email genmgr@concepts2000inc.com or visit our website at www.concepts2000inc.com



(above) Start - (below) Finish - always keep the elbows stationary

