

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 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 the 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 1.2 (600 divided by 500).

Ed Morishima's Triple Bodyweight Bench Routine

Ed Morishima was one of the first triple bodyweight benchers, and this bench routine was very popular when it was re-printed in Joe Weider's MUSCLE & FITNESS. Pictured below at one of Gus Rethwisch's fabulous Hawaii Invitational meets, Ed is now making a comeback as a master lifter.

Over the years I've had many people approach me on how to increase their strength on the bench press because they've stopped making gains. I found that the majority of these lifters were not training specific body parts that give the best strength and leverage for the bench press. I believe that the delts, triceps, biceps, forearms, and lats are the areas that are sometimes neglected when training the bench. Don't forget to work them! Also, every lifter needs to be aware of a specific spot on his/her chest, where the bar needs to touch on the descent to enable the lifter to utilize all their leverage and explosive power when performing the lift.

Using an eight week cycle, Monday and Thursday are my bench press days. Monday is a light workout and Thursday is heavy. On my light day I like to stay with the same top set for three sets for the entire eight weeks. This keeps things light and still works my chest with some reps and gets the muscles pumped. On my heavy day, I use top sets of five reps, then four, triples, doubles, and an easy single. I do not do any down sets during the cycle because I do not want to concentrate on anything other than my top set.

As far as doing assistance exercises for the bench, the following should be done: Light Day - incline dumbbell bench, include flies, tricep pushdown, dumbbell concentration curls, and hammer curls. Heavy Day - flat dumbbell bench, flat flies, tricep extension, barbell curls, and wrist curls. Also, try to hit your lats and delts on another day. Lats - lat pulldowns (front and back), dumbbell rows, and seated rows. Delts - dumbbell military press, behind the neck press and front delt raise.

The following equipment should be helpful: Inzer Blast Shirt (properly fitted) and wrist wraps. I would recommend using the Blast Shirt on the last two heavy days.

The routine that follows involves



a little less than what I normally do as far as assistance work, but this should suit a novice or intermediate lifter. Hopefully you can increase up to 30 lbs. in the next eight weeks, assuming a 350 lb. max coming off your last meet and into this routine. Good Luck!

Week 1: Monday: Light Bench, 135x8, 225x5, 275x2x3 sets. Incline dumbbell bench, 3 sets of 5. Incline flies, 3 sets of 5. Tricep pushdown, 3 sets of 8. Dumbbell concentration curls, 3 sets of 8. Hammer curls, 3 sets of 8. Thursday: Heavy Bench, 135x8, 205x4, 265x1, 300x5. Flat dumbbell bench, 3 sets of 5. Flat flies, 3 sets of 5. Tricep extension, 3 sets of 8.

Barbell curls, 3 sets of 8. Wrist Curls, 3 sets of 8.

Week 2: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 205x4, 275x1, 310x4. Same assistance.

Week 3: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x1, 320x4. Same assistance.

Week 4: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 295x1, 330x3. Same assistance.

Week 5: Monday: Light Bench, same as Monday of Week 1. Same

assistance. Thursday: Heavy Bench, 135x8, 225x4, 305x1, 340x3. Same assistance.

Week 6: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 315x1, 350x2. Same assistance.

Week 7: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 275x2, 325x1, 360x2. Same assistance.

Week 8: Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x2, 335x1, 370x1. Same assistance, but go light!