

WORKOUT of the Month

Ed Morishima's Triple Bodyweight Bench Press Routine

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).

His Greatest Accomplishment was his 446 Triple Bodyweight Bench at 148 in the Hawaii Meet, seen below in a photo by Mike Lambert.

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.

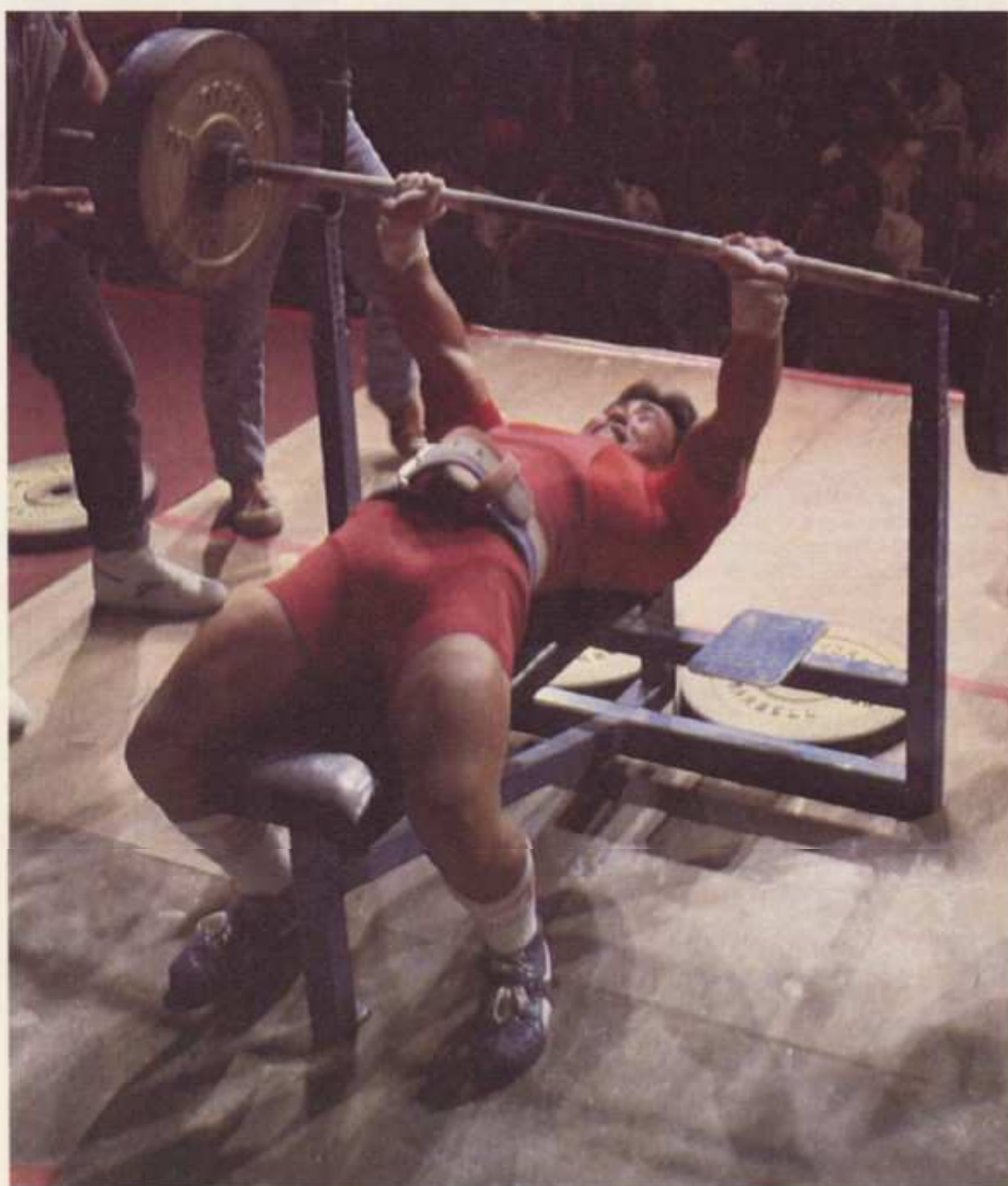
As far as doing assistance exercises for the bench, the following should be done: Light Day - incline dumbbell bench, incline flyes, tricep pushdown, dumbbell concentration curls, and hammer curls. Heavy Day - flat dumbbell bench, flat flyes, tricep extension, barbell curls, and wrist curls. Also, try 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!

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Week 1: Monday: Light Bench, 135x8, 225x5, 275x5x3 sets. Incline dumbbell bench, 3 sets of 5. Incline



flyes, 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 flyes, 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!

Contest: Warmup: 135x8, 225x4, 295x1. 1st attempt - 341, 2nd attempt - 363, and 3rd attempt - 380!