

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 Champion. Each month, a different lift is analyzed. For those at 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 poundages specified by 1.2 (600 divided by 500).

Add 44 Lbs. to Your Bench

by 9 Time World Champ, Larry Pacifico

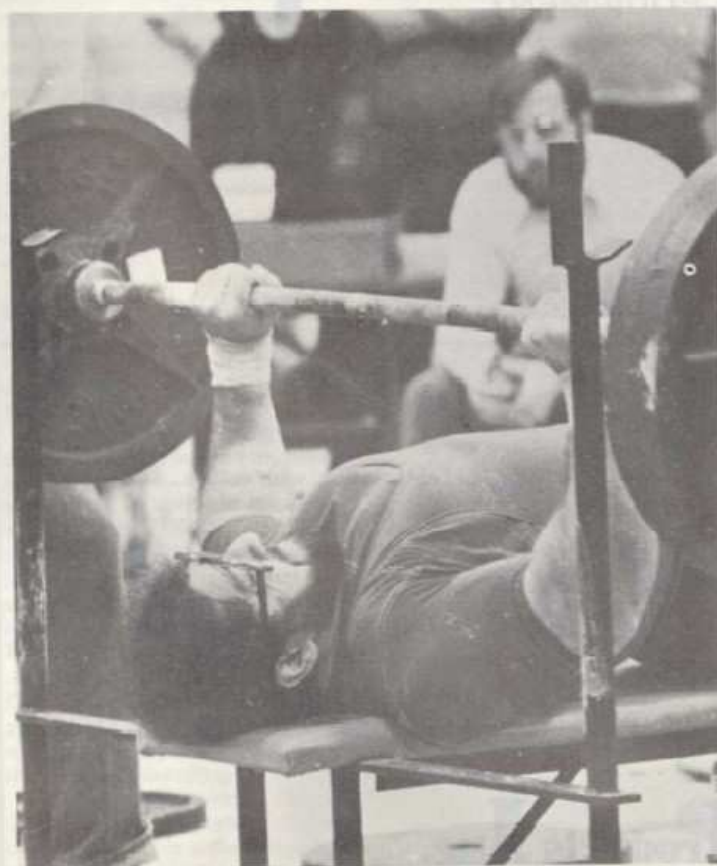
This is a suggested workout routine for a 352 lb./160 kg. bench. I recommend this workout because it's fun and has proven to work wonders for many of my team members. To be precise, after putting seven lifters on the following program, the average increase in max bench press poundage was 64 lbs. for the 8 week cycle, thus, I feel a 44 lb./20 kg. gain should be within the capability of most trainees. If I worked with each of you who read this personally, the routine would be worth more due to eye contact, motivation, atmosphere, etc.

Let's train the bench twice a week,

say Tuesday and Saturday, and let's do arms (triceps) Wednesday and shoulders and lats Sunday.

Week #1-4: Tuesday: use 1 inch wider grip than normal. 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10; Incline Dumbell Press 70x8x4 sets, Flat Bench Flies 50x8x4 sets.

Saturday: Use 1 inch closer grip than normal 132x10, 220x8, 275x6, 308x4x4 sets, 275x4 with a pause, 220x10. Dumbell Press with feet up 90x8x4 sets, Bar Dips 20x2 sets. NOTE: Increase the weight if



Larry Pacifico has always been one of the best bench pressers in the world, in several weight categories from 198 to 242. Photo courtesy John Faas.

The Power System
\$1,070.00

- Incline Bench
- 300 lb. Olympic Set
- Adjustable Power Rack with Lat Machine

For Free Catalog Call or Write:
FREE WEIGHT SYSTEMS
835 Missoula Avenue
Butte, MT 59701
(406) 782-6181

you need to on the 4 sets of 4 only. By the 4th week you may move up to 319 or so.

Week #5: Tuesday: Use your regular grip from now on. 132x10x2 sets of slow reps, 220x8, 275x6, 308x4, 330x4x3 sets, 275x10. Incline Dumbell Press 80x8x4 sets, Flies 65x8x4.

Saturday: 132x10x2 sets of slow reps, 220x8, 275x6, 308x3. Try a single in the 374-385 range, plus 308x3 paused on the 3rd rep, Dumbell Press with feet up 100x8x4 sets. No Dips.

Week #6-7: Tuesday: 132x10x2 sets, 275x6, 308x4, 341x2 with 2 second pause, 352x2x2 sets, 275x10. Incline Dumbell Press 80-90x10x2 sets, Flies 65x10x2 sets.

Saturday: 132x10, 220x8x2 sets, 275x6, 308x4, 341x2, 352x2, 364x2, 275x6 with 2 second pauses, No extras today

PR Week #8: 132x10, 220x8x2 sets, 275x6, 341x1, 363x1, 385x1, 396-408x1 (of course, this attempt may be higher, but 396-408 should be a guarantee.)

Your tricep work-out should consist of 5 sets of 6 reps in the lying tricep extension, lowering the weight to the nose, followed by tricep push-

downs, 4 sets/8 reps, done slow.

Shoulder work should consist of alternating front dumbbell raises with thumbs up, 5 sets of 8 reps, increasing the weight each set, plus side cable raises, 4 sets of 8, and bent over cable raises, 4 sets of 8s. You should limit your vertical pressing to partial reps, meaning, press in front from chin level to 3/4 lockout for 4 sets of 8 reps, increasing the weight on every set.

Lat work should include chins, 4 sets of your limit, up to 15; Dumbell Rows, 4 sets of 10 reps with heavy weight; and straight arm pullovers, maintaining your breathing, for 4 sets of 12 reps each.

I will have a new training book out this spring. It will be a complete strength increasing guide. There will be chapters on stretching, squats, bench press, deadlift, nutrition, injuries and rehabilitation, isometrics, bodybuilding for power, steroids, power programs for football, baseball, hockey, basketball, sprinters and throwers.

This 400 page book will be a lifters bible for now and years to come. Fred Culver, high ranking body-builder and nutrition expert, will be a contributing author. Also Dr. Evan Young, my orthopedic surgeon, will take part in the injury chapter.

Brian Smita...enjoyed his trip to the United States as platform manager at both the Senior Nationals and the Women's Teenage Nationals. A few of the people he would like to thank for their hospitality are Jan and Terry Todd, Ken Leistner, Mr. and Mrs. Dick Burke, Tony Fitton, Mr. and Mrs. John Pettitt, Larry Pacifico, and especially Chip McCain, Rickey Dale Crain and Kim Crain. He also felt that the loaders and spotters at the Nationals were the best he had ever worked with in his international travels.