

I started powerlifting approximately nine years ago, initially trying every routine that crossed my path. Some worked and some did not, but what I did find is that no matter what routine you are on, the most important thing is *intensity*. If you go on this workout, you will have to put your ego aside for a while because every repetition is done with legitimate competition form and a legitimate competition pause. This intensity will build the major muscle groups faster. First of all, slowing the repetition down, by pausing rather than hitting a touch and go rep, will build muscle rather than relying on muscle elasticity for the explosion off the chest through transition and also reduce the risk of injury. The reps and the maximums will come back and when they do, you will definitely be stronger.

This article is written with the drug free lifter in mind. Training drug free means you have to allow extra time between workouts and I stress extra. I believe that if you want to be good at a lift, you must train the lift, keeping in mind discipline and watching the warning signs your body gives you. My routine is very simple and straight forward. It is based on a Monday and Friday interval, only benching heavy once every seven days and on the other day only doing light sets. My best progress has been on this routine. In drug free lifting, giving your muscle groups time to rest is more important than the actual lifting. This is important. I personally believe that writing things down sometimes holds you back and also lets you coast when not necessary. If one can't remember one's performance from last workout, you didn't put forth your all, mentally or physically.

This workout has helped many of my training partners. I tell them, stay with it for one month and if you don't see any difference, then I was wrong. In every case, however, the latter has not been true. Some of you will think that I cannot progress unless I do the regimented sets and assistance exercises. All I can say is to try it and see what happens. I will give you a ten week cycle, assuming a 400 lb. maximum coming in.

Keep in mind: every set and every repetition is to be done as a contest single, with a legitimate pause between each repetition, even in your

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 a 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).

Casey Rennert's Drug Free Bench Routine



Casey Rennert put his bench on display at the A.D.F.P.A. Nationals in 1986 and got the best lift in the 242 lb. class. What a barrel chest this guy's got. He may not be named after Pat Casey, but he sure is built like him. Casey's best ever bench is 525 at 236 lbs. Photo by Mike Lambert.

narrow grips and inclines.

Of course, every lifter has a little different style and technique, but despite your style, this routine will work for you. Also, try to keep other assistance exercises to a minimal. Personally, I feel three or four sets of curls, doing no more than six repetitions, is plenty. Remember, in a contest you don't get rated on curls or flies. It's the lift proper, the bench, you're judged on. Concentrate on it and excel at it.

If you have any questions, please feel free to write: Casey Rennert, 5762 W. 20th Street Road, Oshkosh, WI 54901

P.S. GOOD LUCK!!

195x6, 225x5, 250x1 or 2. Light Day: 135x6, 225x6, 285x10, 285x10, 260x2x8 narrow. Pause every repetition.

Week 3: Warm-Up: 135x6, 225x6, 315x5, 325x5, 335x5, 355x1, 270x5, 280x5, 290x5 narrow. Incline: 135x6, 200x6, 225x6, 260x1 or 2. Light Day: 135x6, 225x6, 290x10, 295 or 300x10, 270x2x8 narrow. Pause every repetition.

Week 4: Warm-Up: 135x6, 225x6, 315x4, 330x4, 340x4, 360x1, 275x4, 285x4, 295x4 narrow. Incline: 135x6, 210x5, 225x5, 270x1. Light Day: 135x6, 225x6, 300x8, 305 or 310x8, 275x2x8 narrow.

Week 5: 135x6, 225x6, 315x4, 335x4, 345x4, 365 to 375x1, 285x4, 295x4, 300x4. Incline: 135x6, 225x4, 250x3 or 4. 275 to 285x1. Light Day: 135x6, 225x6, 310 to 320 2x6 to 8, 280 to 290 2x6 narrow.

Week 6: 135x6, 225x6, 315x4, 340x4, 350 to 360x4, 370 to 385x1, 295x4, 300x4, 305 to 310x4 narrow. Incline: 135x6, 225x4, 260x3 or 4, 280 to 295x1. Light Day: 135x6, 225x6, 320 to 335 2x6 to 8, 285 to 295 2x6 narrow.

Week 7: 135x6, 225x5, 315x3, 355x3, 360 to 370x3, 380 to 390x1, 300x3, 315x3, 320 to 330x3 narrow. Incline: 135x6, 225x4, 275x2 to 4, 295 to 305x1. Light Day: 135x6, 225x6, 330 to 340 2x5 to 6 reps, 300x2 of 5 narrow.

Week 8: 135x6, 225x4, 315x3, 365 to 370x2 or 3, 380x2, 390 to 395x1, 305x3 or

4, 320x3 or 4, 335x3 or 4 narrow. Incline: 135x6, 225x4, 280 to 285x3, 305 to 315x1. Light Day: 135x6, 225x6, 335 to 345 2x5 to 6 reps, 300x2 or 5 reps, narrow, 2 sets.

Week 9: 135x6, 225x4, 325x3, 350x2, 385x2, 400x1, 305x3, 320x3, 330x3 narrow. Incline: 135x6, 225x6, 250x4. Light Day: 135x6, 225x6, 315x5 for 2 sets, 300x3 for 2 sets narrow.

Contest Week: 135x6, 225x4, 325x2 or 3, 350x1, 380x2 opener, 400x1 2nd attempt, 415 to 420 possible 3rd, 300 for 3 sets of 3 reps. No assistance work. Incline: 135x6, 225 for 3 sets of 6. On Thursday instead of Friday: 135x6, 225x5, 300x8 just to loosen up.

Warm-Up: This should be done before every workout, light or heavy. It consists of: trunk twists, shoulder rotations, full upper body, plus trunk and leg stretch-out (whatever works the best for you).

Week 1: 135x6 (or as many it takes to get loose), 225x6, 300x5, 310x5, 320x5, 340x1, 250x5 narrow (don't forget to pause every repetition), 260x5, 270x5. Incline: 135x6, 185x6, 225x4, 240x1 or 2. Light Day: 135x6, 225x6, 275x10, 275x10, 250x2x8 narrow. Pause every repetition.

Week 2: Warm-Up: 135x6 (or as many as it takes to get loose), 225x6, 310x5, 320x5, 330x5, 350x1, 260x5 narrow (pause every repetition), 270x5, 280x5. Incline: 135x6,