

WORKOUT of the Month

I bench twice a week (Monday - light - and Thursday - heavy). This routine is for a 10 week cycle with Week 11 being the week of the competition. The weights listed are based upon a current maximum of 350 pounds in the bench with an objective of 370. The key thing is the number of reps. On your heavy day, you want to always push yourself at the top set. If you can do that top set 3 times, then you know it is time to move up. The secret to this routine is that you won't overstress your body because there is little assistance work while the bench is being pushed hard.

The light day bench weights may be easy, however, what you want to do is slow the reps down to give your chest a good workout.

If you do not take supplements, you should. When you start peaking for a meet, your body needs more than the normal daily requirements. Without these supplements, it will be harder for your body to maintain the intensity week after week as you get closer to the meet. As a minimum you should be taking a multi-vitamin pack once a day and some amino acids 3 times a day.

DAVID RICKS BENCH PRESS ROUTINE



David Ricks is a lifetime drug free lifter, who benches 400 weighing 165.

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).

2 slow, negative reps. Heavy Day - 305x5, 315x3, 325x2, 335x1, 305x5 plus 2 slow negative reps.

Week 6: Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 305x5, 315x3, 325x2, 335x3, 305x5 plus 2 slow negative reps.

Week 7: Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 315x5, 325x3, 335x2, 345x1, 315x5 plus 2 slow negative reps.

Week 8: Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 315x5, 325x3, 335x2, 345x3, 315x5 plus 2 slow negative reps.

Week 9: Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 325x5, 335x3, 345x2, 355x1, 325x5 plus 2 slow negative reps.

Week 10: Light Day - 250x5, 260x5, 270x5, 280x5, 250x5 plus 2 slow negative reps. Heavy Day - 135x8, 225x5, 315x1, 350x1, 370x1, 325x5, 325x5.

Week 11: This workout should be no less than 4 days before the meet. If the meet is Saturday my last bench workout would be Tuesday. 135x8, 135x8, 135x8, 225x5,

270x3. Competition Day - 135x8, 225x5, 285x1. First attempt - 335, second attempt - 355, third attempt - 370 to 375. The third attempt depends on how you are feeling that day. If you had to drop 10 or more pounds of bodyweight in less than a week to make your weight class, you want to drop your attempts by 5 to 10 lbs.

If you are a seasoned or a novice lifter who is at a stumbling point, I can help you. I can provide a customized program for the squat, deadlift, and the bench. Each program is \$10.00 or \$25.00 for all three programs. If you order all three programs you will also receive tips on nutrition and cutting weight.

Please send check or money order to: David Ricks, 234 Levant Way, Oceanside, CA 92057. \$10.00 for each program or \$25.00 for all three routines. Allow 1 week for receipt of questionnaire after submission of order. Allow 2-3 weeks for personalized program after return of questionnaire.

Week 1: Light Day - warmup to 240x5, 250x5, 260x5, 270x5 (top set), 240x5 regular reps then 2 slow, negative reps. Heavy Day - warmup to 285x5, 305x2, 315x1 (top set), 285x5 regular reps then 2 slow, negative reps.

Week 2: Light Day - 240x5, 250x5, 250x5, 270x5, 285x5 plus 2 slow, negative reps. Heavy Day - 285x5, 295x3, 305x2, 315x3, 285x5 plus 2 slow negative reps.

Week 3: Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus 2 slow, negative reps. Heavy Day - 295x5, 305x3, 315x2, 325x1, 295x5 plus 2 slow negative reps.

Week 4: Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus 2 slow, negative reps. Heavy Day - 295x5, 305x3, 315x2, 325x3, 295x5 plus 2 slow negative reps.

Week 5: Light Day - 240x5, 250x5, 260x5, 270x5, 240x5 plus

Assistance Work: Light Day - Incline Bench 3 sets (Weeks 1-6) 165x8, 185x8, 205x8. Incline Dumbbells 3 sets, 70x8-10, 70x7-9, 70x6-8. If you can do 10 reps with that last set, it is time to add more weight. Lat Pulldowns - 2 sets 170x8-10, 170x8-10. If you can do 10 reps with that last set, it is time to add more weight.

Heavy Day - Incline Bench 3 sets (Weeks 1-6) 165x8, 185x8, 205x8. (Weeks 7-9) 205x5, 205x5, 235x3. Flat Dumbbell 3 sets 80x8-10, 80x7-9, 80x6-8. If you can do 10 reps with that last set, it is time to add more weight. Lat pulldowns 2 sets - 170x8-10, 170x8-10. If you can do 10 reps with that last set, it is time to add more weight.

Comment: your assistance work never changes except for the incline bench. For Weeks 1 to 6, you will be doing incline bench on both days. For Weeks 7 to 9, you will only do incline bench on your heavy day. There is no assistance work for Week 11.