

Performance peaking cycles are not the determinants of Powerlifting limits. Peaking cycles are the icing on the cake. The cake is the series of strength an foundation cycles strung together to produce gains in strength, speed, endurance, and recovery. These cycles develop the capacity for higher limits in the performance of your powerlifts. The peaking then rehearses the techniques required to allow balance, timing, and delivery necessary in displaying all of your power. Peaking without the requisite strength and recovery work will not create new personal bests.

Conditioning cycles should rotate the emphasis between primary areas of assistance. In the case of the bench press that is back, shoulder, triceps, biceps, trap, and secondary chest work. We usually would pick two areas per conditioning cycle and work each hard one time per week while working the bench press twice per week. For the purpose of this routine we will focus on shoulders and biceps as the primary focus of our conditioning for the bench press. The shoulders, shoulder rotator muscles, and the biceps attach very close to one another and must coordinate effectively to produce a solid bench press. I will now outline a two day per week off-season conditioning routine for the bench press emphasizing shoulders and biceps. This routine will last eight weeks. We will assume that

TRAINING

Strength and Conditioning Routines, Version 1 - The Bench Press

as told to PL USA by Greg Reshel, POWER EXCEL

the athlete can bench press 300 lbs. You need to be aware of the fact that every athlete has different leverages and you may need to adjust the weights up or down to accommodate your particular leverages.

Day 1 - Heavy Day:

Dumbbell Shrugs - (heavy) - perform 5 sets of 12 reps with increasing weights.

Bent Forward Lateral Raises - (heavy) - 5 sets of 6 reps with smooth tempo.

Seated Reverse Grip Overhead Front Presses from Chin - (light) - 4 sets of 12 reps.

Steep Incline Dumbbell Presses - 6 sets of 8 reps increasing weight.

Bench Press - grip bar two fingers narrower on each side than your competition grip and carry the bar lower on your chest - Stay TIGHT - warm-up as necessary and then alternate using one of the two following routines each week:

A) 6 sets of 6 reps with 195 lbs. followed by 2 sets of 15 reps at 145 lbs.

B) 8 sets of 3 reps with 215 lbs.

- heavy - 6 sets of 7 reps increasing weight each set.

EZ Curl Bar Preacher Curls - 4 sets of 12 reps light and slow.

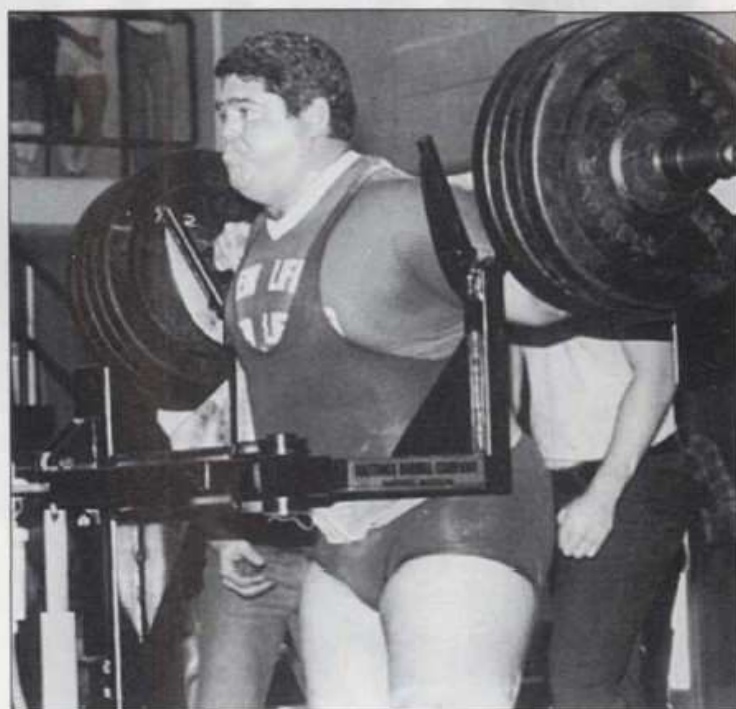
Standing Barbell Cheat Curls to mid-Chest - heavy - 6 sets of 5 reps.

Steep Incline Lateral Dumbbell Curls - light - 3 sets of 10 reps - slow.

Bench Press - close grip scissors bench press with bar high on chest (mid-pec) and elbows carried out to the side - light with slow descent to minimize elbow and shoulder stress - warm-up as needed then alternate using one of the following two routines each week:

A) 4 sets of 10 reps with 135 lbs.

B) 6 sets of 8 reps with 155 lbs.



To Make A Big Lift... you need a pre-peaking foundation to build on.

followed by 2 sets of 20 reps with 145 lbs.

Bent-elbow Barbell Pullovers - 1 set of 10 reps, then 1 set of 8 reps, then 1 set of 6 reps, increase weight with each set.

Day 2 - Light Day:

Seated Alternate Dumbbell Curls

Cable Crossovers - 2 sets of 12 reps - light to stretch.

Always use spotters for your own safety. If you have questions or observations, we welcome them at POWER EXCEL - 2807 South Superior Street - Milwaukee, WI. 53207 - (414) 769-1211.

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