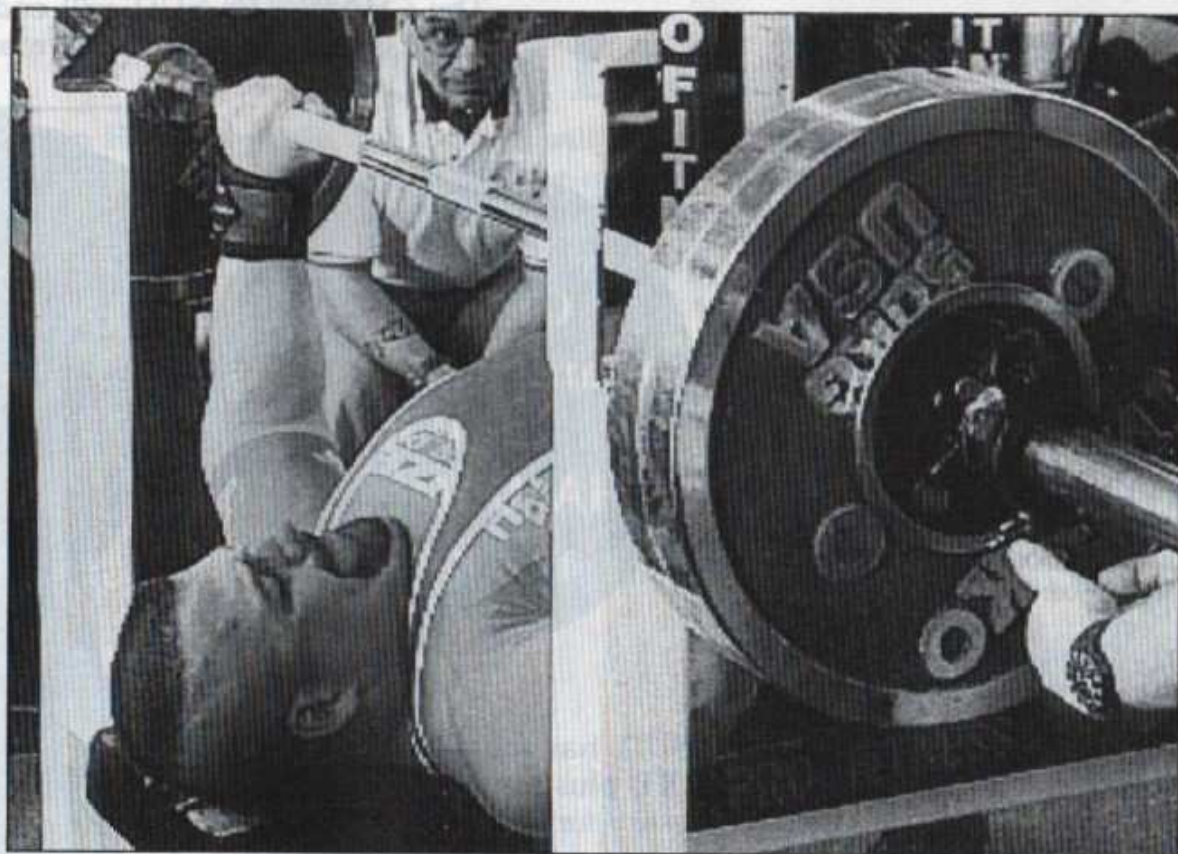


WORKOUT of the Month

To all the benchers out there, I am writing the "Workout of the Month" this time to emphasize the importance of establishing a good base. My name is Lou Saviano. I am 32 years old, and have been powerlifting since I was 24 years old. I am married and have one son who is 5 years old. I work a full time job as a union land surveyor for Local 15 in New York City, and also am a bouncer in a bar on the weekends. So, this workout isn't coming from a guy that just works out for a living. I am able to do both by staying focused and by keeping a strict regimented schedule. In 1997 I went to Newark, New Jersey and competed in the Bench Press Nationals, where I pressed a 475 and won first place. Since then my most recent presses are a 507 in a contest and a 515 in the gym. In 1993 I did my first contest, I weighed 228 and benched 390. In the short span of 8 years and only an increase of 14 pounds of body weight, I have increased my bench press 120 pounds. This has been accomplished by knowing what I wanted to do from the beginning, "to be the best drug-free bench presser in the world." I strongly feel this all starts at the base, your body's base. You can't build a building without a foundation, how do you expect to be a good bencher without a good base. Now, you might be thinking that the workout you have been doing for the last couple of years has been setting you back, well, don't go there. There is nothing that you have done that can't be fixed. The workout that I am going to give you is going to bring back the basics. It's the "old cave man" workout, so be prepared to bench big. I would like to thank a few special people for my success, the Olympian Tony Harlin, Bench Press World Champion Brad Klinger, my "phone friend" Louie Simmons and most of all my wife Heather for feeding me, and my friends and family for their confidence in me from Day One. I work out 4 days a week: Monday, Tuesday, Thursday and Friday for one hour a day. Monday is chest, Tuesday is legs, Thurs-

day is shoulders and triceps, and Friday is back and biceps. This workout will help you put 20 to 25 lbs. on your bench in 8 weeks. There are a couple of things to remember: #1 - triceps are as important as chest, #2 - drink at least a gallon of water a day and last, but not least, if it hurts don't do it. If you would like more information please write to Lou Saviano at 24 Sterling Ave., Sloatsburg, NY 10974 or phone (845) 753-5849. Thank you, Bench Press National Champion, *Lou Saviano*.

Lou Saviano's Bench Press Routine



Lou Saviano with his latest BP of 507 at 242 at the Ironmen Bench, Deadlift, and Record Breaker Championship.

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These numbers are for a 400 lb. bencher trying to increase to 425 in 8 weeks time.

Week #1 - Flat Bench: 135x10, 225x8, 275x5, 315x3, 330x3, 330x3. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x8 with weight that you can get with moderate effort. Triceps - Close Grip Bench - warm-up then 3x8 with weight that you can get with moderate effort.

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)

Week #2 - Flat Bench: 135x10, 225x8, 275x5, 325x3, 340x3, 340x3. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x7 with weight that you can get with moderate effort. Triceps - Reverse Flat Bench - warm-up then 3x7 with weight that you can get with moderate effort.

Week #3 - Flat Bench: 135x10, 225x8, 275x4, 325x3, 340x2, 345x2. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x6 with 20 lbs. more than week #1. Triceps - Close Grip Bench - warm-up then 3x6 with 20 lbs. more than Week #1.

Week #4 - Flat Bench: 135x10, 225x8, 275x3, 330x2, 345x2, 350x2. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x5 with 20 lbs. more than week #2. Triceps - Reverse Flat Bench - warm-up then 3x5 with 20 lbs. more than Week #2.

Week #5 - Flat Bench: 135x10,

225x8, 275x2, 335x2, 355x1, 370x1. Assistance Work on Thursday: Shoulders - Military Press to Front - warm-up then 3x4 with 20 lbs. more than week #3. Triceps - Close Grip Bench - warm-up then 3x4 with 20 lbs. more than Week #3.

Week #6 - Flat Bench: 135x10, 225x8, 315, 350x1, 390x1 with bench shirt, 405x1 with bench shirt. Assistance Work on Thursday: Shoulders - Seated Military Press with dumbbells - warm-up then 3x3 with 20 lbs. more than week #4. Triceps - Reverse Flat Bench - warm-up then 3x3 with 20 lbs. more than Week #4.

Week #7 - Flat Bench: 135x8, 225x5, 315x2, 350x1, 365x1, 400x1 with bench shirt. No Assistance Work, go home and rest.

Week #8 - Contest Day: Lift #1 - 390, Lift #2 - 405, Lift #3 - 420. **GOOD LUCK!!!**