

# TRAINING

## The **POWER EXCEL** Bench Press Singles Routine

*astold to PL USA by Greg Reshel of POWER EXCEL*

Most lifters like to perform singles and handle relatively big weight, but very few of these lifters can make consistent gains using routines based on singles. This month I will outline a routine for you that will use singles in the bench press to peak for a contest or for a personal record attempt. This routine trains the bench press twice per week for nine weeks and uses two primary accessory exercises to peak your strength for your best effort. Any number of lifters will find this routine helpful and productive:

1. Novice athletes looking to gain experience in bench press technique.

2. Advanced or more experienced athletes after competing a training period with high volume bench press work.

3. Injured athletes looking to maintain or resume high performance levels.

4. Athletes with a chronic injury or physical condition that will not allow them to tolerate volume bench press workouts.

5. Athletes looking to peak for a three lift meet that are focusing their training efforts on the squat and/or deadlift and want to streamline the work they need to do in order to peak their bench press.

6. Anyone wanting an interesting change of pace.

I want to draw your attention to why this program will work for you. The singles you perform in the bench press will improve your technique and timing so that your skill as a bench presser will peak. You will learn and establish neuromuscular pathways for rapid muscular recruitment. Simply put, you will learn to fire more muscle fibers at the same time, increasing your performance potential. The accessory work will strengthen two particular areas involved in the bench press movement and when those two areas are combined and peaked, your strength for the bench press

itself will reach a peak.

When performing this routine, you will train two times per week for nine weeks. I am writing the numbers that apply to a 340 lb. max bench press. You can take your current max and divide it by 340 to find the factor that you will multiply all the numbers in this routine by to get the poundages you need to perform for your strength level. I am showing only the two fundamental accessory exercises. You may choose to perform more accessory work, but be careful. This is a peaking cycle and too much accessory work will peak you too quickly and cause you to overtrain.

**ROUTINE A:** Flat Bench Dumbbell Presses with an inward twist - begin with the dumbbells held at arms length above your chest and your palms facing each other. Lower the weights to a position alongside your chest and several inches away from your chest and with your palms facing your knees at the bottom. Drive the weights back up and inward until they are once again over your chest and your palms are facing each other. 6 sets of 8 reps for the first 7 weeks. Increase the weight each set and make the last three sets the working sets with the heaviest weights, but still with good form.

On Weeks 8 and 9 perform 3 sets at half the heaviest weights of the cycle.

**Bench Press** - warm up by singles to: Week 1 - 4 sets of 1 at 245; Week 2 - 4 sets of 1 at 255; Week 3 - 4 sets of 1 at 265; Week 4 - 5 sets of 1 at 245; Week 5 - 5 sets of 1 at 255; Week 6 - 5 sets of 1 at 275; Week 7 - 3 sets of 1 at 245; Week 8 - 3 sets of 1 at 245; Week 9 - 3 sets of 1 at 225.

**ROUTINE B:** Bench Press - warm up by singles to: Week 1 - 3 sets of 1 at 255, 3 sets of 1 at 265, 3 sets of 1 at 275; Week 2 - 3 sets of 1 at 255, 3 sets of 1 at 265, 3 sets of 1 at 285; Week 3 - 3 sets of 1 at 255, 3 sets of 1 at 265, 3 sets

of 1 at 295; Week 4 - 3 sets of 1 at 255, 3 sets of 1 at 265, 3 sets of 1 at 305; Week 5 - 3 sets of 1 at 245, 3 sets of 1 at 265, 3 sets of 1 at 285; Week 6 - 2 sets of 1 at 245, 2 sets of 1 at 275, 2 sets of 1 at 295; Week 7 - 2 sets of 1 at 245, 2 sets of 1 at 285, 2 sets of 1 at 305; Week 8 - 1 set of 1 at 245, 1 set of 1 at 275, 1 set of 1 at 315; Week 9 - MEET - Open - 315; 2nd - 335; 3rd - 355.

**Incline Press** - use a grip 2 inches narrower than your competition grip, warm up as needed to perform the following working sets: Week 1 - 5 sets of 5 reps at 135; Week 2 - 5 sets of 5 reps at 155; Week 3 - 5 sets of 5 reps at 175; Week 4 - 5 sets of 5 reps at 195; Week 5 - 5 sets of 3 reps at 185; Week 6 - 5 sets of 3 reps at 195; Week 7 - 5 sets of 2 reps at 205; Week 8 - no inclines; Week 9 - no inclines.

Give this routine a try. Call us at Power Excel - (414) 769-1211 if you need to adjust the numbers somewhat or if you have a particular question. This and other routines appear on our catalog of custom tailored routine formats. Call or write us for more information: POWER EXCEL, 2807 South Superior Street, Milwaukee, Wisconsin 53207. Good Luck and Good Lifting.