

WORKOUT of the Month

How many times has the following happened to you? You just finished a great chest workout at Chaillet's Fitness & Strength, and you head out to the local mall for some food. While you're waiting in line for something to eat, someone comes up to you and asks you that famous question, "How much can you bench?" And isn't it always true that no matter what you tell this person, they have a "friend" in your weight class that can do about a million pounds more than you. Well, with the following workout, maybe we can see to it that you are the one everyone is talking about.

Before we get started, I would like to stress three key points that should be monitored through your entire cycle. 1) Make every rep identical. Your set with 135 should be exactly like your set with 225, which should be exactly like your rep with 300. 2) Make sure your entire body is tight. This starts with your feet, continues through the hips, and ends at the shoulders. 3) Do not overtrain. You only need to work your chest once a week. Remember, quality is more important than quantity.

The following program is designed for a lifter with a 300 lb. bench. If you follow the program your bench should increase to 320 lbs. Hey, don't laugh, 20 lbs. in eight weeks isn't shabby.

I suggest that you do your chest and shoulders on Saturdays and your triceps on Tuesdays. It would also be beneficial if you worked your lats on Thursdays.

Week One: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 225 x 4, 225 x 4, 225 x 4. Saturday assistance: Dumbbell Flies- 45 x 8, 45 x 8, 45 x 8; and Incline Bench- 180 x 7, 205 x 5, 220 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 200 x 3, 210 x 2.

Week Two: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 225 x 4, 225 x 4, 230 x 4. Saturday assistance: Dumbbell Flies- 50 x 8, 50 x 8, 50 x 8; and Incline Bench- 180 x 7, 205 x 5, 220 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 200 x 3, 210 x 2.

Week Three: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 230 x 4, 230 x 3, 230 x 3. Saturday assistance: Dumbbell Flies- 50 x 8, 50 x 8, 55 x 6; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday

SCOTT WERNER Bench Press Routine

assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 205 x 3, 215 x 2.

Week Four: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 230 x 3, 235 x 3, 240 x 3. Saturday assistance: Dumbbell Flies- 55 x 8, 60 x 6, 65 x 4; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 205 x 3, 215 x 2.

Week Five: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 235 x 3, 240 x 3, 245 x 3. Saturday assistance: Dumbbell Flies- 55 x 8,

60 x 6, 65 x 4; and Incline Bench- 180 x 7, 210 x 4, 225 x 3. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 3, 220 x 2.

Week Six: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 245 x 3, 270 x 2, 290 x 2. Saturday assistance: Dumbbell Flies- 60 x 8, 65 x 6, 70 x 4; and Incline Bench- 180 x 7, 210 x 3, 230 x 2. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 2, 225 x 1.

Week Seven: Saturday bench: 135 x 10, 185 x 7, 205 x 5, 250 x

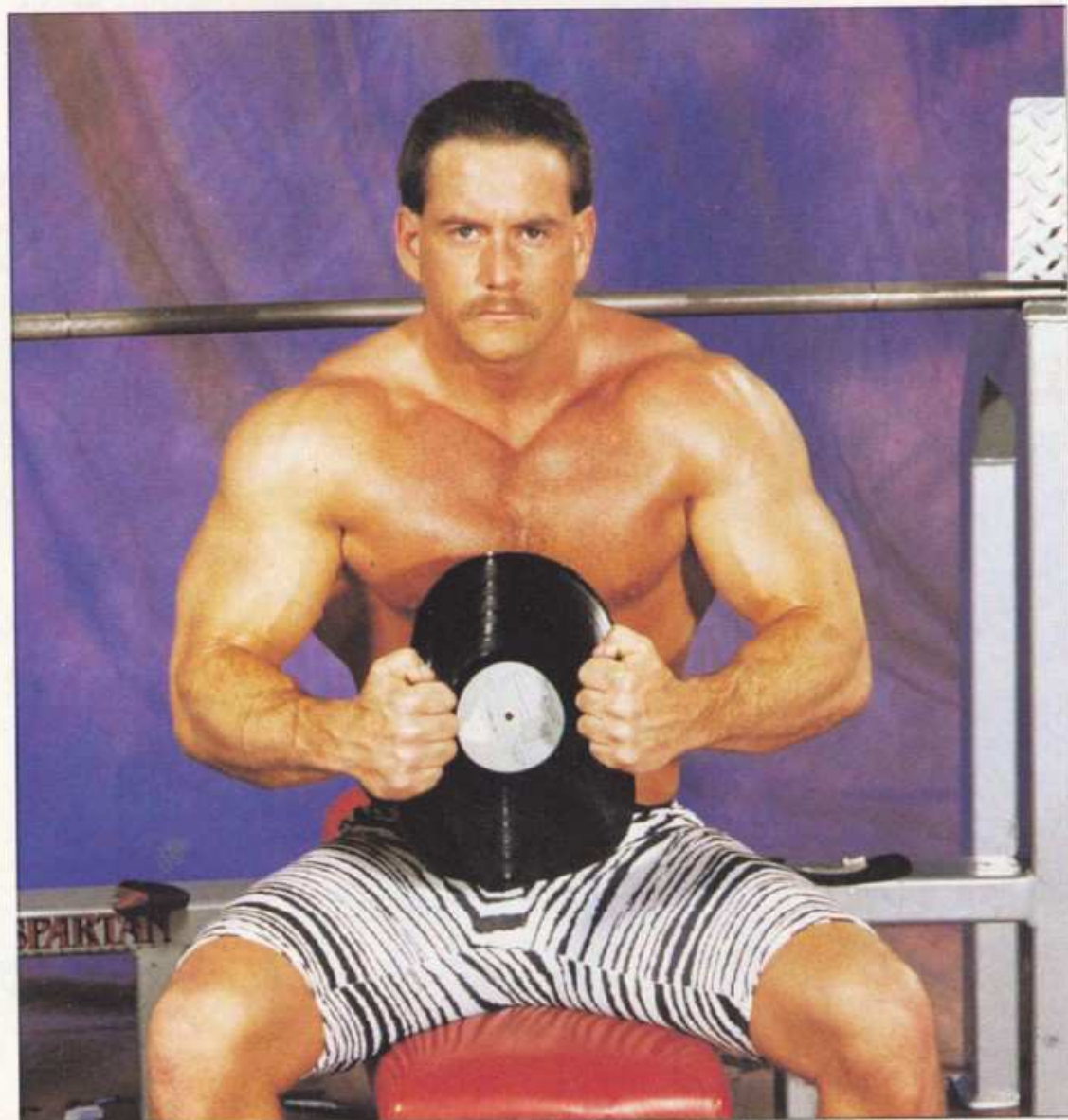
A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of 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, 280 x 2, 300 x 2. Saturday assistance: Dumbbell Flies- 70 x 8, 75 x 6, 80 x 4; and Incline Bench- 180 x 6, 210 x 3, 235 x 2. Tuesday assistance: Tricep Bench Press- 135 x 10, 160 x 7, 185 x 5, 210 x 2, 235 x 1.

Meet: 135 x 10, 185 x 6, 205 x 4, 225 x 1, 255 x 1. Lift 1- 285. Lift 2- 305. Lift 3- 320.

This workout should help to increase your bench press, but, remember, the key to a successful bench is not the numbers on a sheet of paper. The key is slow, consistent progress. However, it always helps to have a good training partner yelling at ya! Good Luck.

If you need any further assistance regarding this workout, you can write to me at: Scott Werner, 4205 Drake Ct., Waldorf, Maryland 20603.



Breaking Records... Scott Werner is one of the hottest benchers in Middleweight history (Bert Wagner)