

# Super Training Corner

By Steven Granzella

Accessories are to the bench press like a Strong woman is behind every successful man—in order to push the limits of your bench press “success” you must first establish yourself a hot piece of tail that pushes you to be great. For the next 4 weeks, you’re going to implement a variety of accessories that will help increase your overall upper body strength which will in turn increase your bench press. Treat this strength wave as seriously as you would in meet prep. Focus on pushing as much weight as possible when labeled “Heavy” and pushing past painful hypertrophy when labeled “Light”.

Many of you have a 2-day upper-body training split, but for the next 4 weeks, you will be adding in 2 additional days that will take about 15-20 minutes. Days 1 and 3 should be after your main bench press work and days 3 and 4 can happen on off days or after lower-body work. These shorter workouts are designed to get additional blood flow to your upper-body and add get additional work in. Although short, these are a must to safely add additional volume to your overall training cycle.

Check back next issue for another routine from Super Training Gym – “The Strongest Gym in the West!”

## WEEK 1:

- Day 1:** Close Grip Bench Press- 5x5 (Heavy)  
DB Bench Press – 5x8 (Heavy)  
Pull Ups – 5x Failure  
Barbell Curl – 5x10 (Heavy)  
DB Hammer Curl – 5x20 (Light)  
Cable Tricep Push Downs – 5x20 (Light)
- Day 2:** Wide Grip Lat Pull Downs / Cable Tricep Extensions / Face Pulls – 5x30 (Light)
- Day 3:** Neutral Grip DB Press – 5x8 (Heavy)  
Incline Flies – 5x10 (Heavy)  
Skull Crushers – 5x10 (Heavy)  
DB Hammer Curls – 5x10 (Heavy)  
Preacher Curls – 5x20 (Light)  
Cable Tricep Push Downs – 5x20 (Light)
- Day 4:** Reverse Grip Pull Downs / Cable Tricep Extensions / DB Side Raises – 4x25 (Light)

## WEEK 2:

- Day 1:** Spoto Bench Press – 5x5 (Heavy)  
DB Bench Press – 5x15 (Heavy)  
Pull ups- 5x Failure  
Rolling Tricep Extensions – 5x8 (Heavy)  
DB Hammer Curls – Walk the line Up (Heavy)  
Cable Curl – 5x20 (Light)  
Cable Tricep Extensions – 5x20 (Light)
- Day 2:** Wide Grip Lat Pull Downs / Cable Tricep Extensions / Face Pulls – 5x30 (Light)
- Day 3:** Incline DB Press – 5x8 (Heavy)  
JM Press – 5x10 (Heavy)  
Tate Presses – 5x10 (Heavy)  
Reverse Grip Curl – 5x10 (Heavy)  
Seated Incline DB Curl – 5x20 (Light)  
Banded Tricep Extension – 5x25 (Light)
- Day 4:** Reverse Grip Pull Downs / Cable Tricep Extensions / DB Side Raises – 4x25 (Light)





### WEEK 3:

- Day 1:** Incline Barbell Bench Press – 5x5 (Heavy)  
DB Bench Press – 5x8 (Heavy)  
Pull Ups – 5x Failure  
Barbell Curl – 6x8 (Heavy)  
DB Hammer Curl – 5x25 (Light)  
Cable Tricep Push Downs – 5x25 (Light)
- Day 2:** Wide Grip Lat Pull Downs / Cable Tricep Extensions / Face Pulls – 5x30 (Light)
- Day 3:** Floor DB Press – 5x8 (Heavy)  
Incline Flies – 5x10 (Heavy)  
Skull Crushers – 5x10 (Heavy)  
DB Hammer Curls – 6x8 (Heavy)  
Preacher Curls – 5x25 (Light)  
Cable Tricep Push Downs – 5x25 (Light)
- Day 4:** Reverse Grip Pull Downs / Cable Tricep Extensions / DB Side Raises – 4x25 (Light)

### WEEK 4:

- Day 1:** Floor Bench Press – 5x5 (Heavy)  
DB Bench Press – 5x15 (Heavy)  
Pull ups – 5x Failure  
Rolling Tricep Extensions – 5x8 (Heavy)  
DB Hammer Curls – Walk the line Up (Heavy)  
Cable Curl – 5x20 (Light)  
Cable Tricep Extensions – 5x20 (Light)
- Day 2:** Wide Grip Lat Pull Downs / Cable Tricep Extensions / Face Pulls – 5x30 (Light)
- Day 3:** Flat Db Press – 5x8 (Heavy)  
JM Press – 5x10 (Heavy)  
Tate Presses – 5x10 (Heavy)  
Reverse Grip Curl – 5x10 (Heavy)  
Seated Incline DB Curl – 5x20 (Light)  
Banded Tricep Extension – 5x25 (Light)
- Day 4:** Reverse Grip Pull Downs / Cable Tricep Extensions / DB Side Raises – 4x25 (Light)