

HOW TO INCREASE YOUR BENCH PRESS BY

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BUILD NEW MUSCLE MASS AND STRENGTH EVERY WEEK WITH THIS BENCH-PRESS PROGRAM

Most of us want to build strength and muscle density with our workouts but we aren't sure how to do it. With a defined bench-press program, you can safely build strength in a short amount of time. If your max bench-press is 265 lbs., wouldn't you love to build that to 315 lbs.? Even if you already have the strength to press 350 lbs., wouldn't you like to grow until you can break 400 lbs.?

Through this workout program you will learn the steps to greater strength and mass. If the workouts are performed correctly, you will quickly see results. So much so that your training partner and others in the gym might wonder if you are taking something to achieve these results.

Past programs have created results but through time, this simpler workout program has been developed. By developing a program that is easier to follow, more people will find rapid results with easy to follow guidelines.

GENERAL BENCH PRESS POINTERS

The bench press, along with the squat, is the most essential weight training workout. It's a workout, coupled with chin-ups, that can work your upper body in approximately 15 minutes. That makes it very efficient.

Everyone has a different opinion about what constitutes a proper grip for bench press. Some opt for a wide grip while other prefer a medium or in between grip. To determine the correct grip for you, get into a push up position. While in that pose, have someone measure the distance between your two forefingers on the floor. That natural distance between your fingers will be your optimal grip for bench press. By regularly using this distance, your body will move into the position that affords your body its best mechanical advantage. Trust what feels natural and what your body is telling you.

To do bench presses, many people will push the bar up and down. This straight line of lifting may not be the most efficient. If you watch major powerlifters, they push the bar up and at a slight angle in a move called the "J-Lift."

Lastly, don't arch your back when you bench press. Doing so may increase your bench press poundage but arching your back simply reduces the distance of the bar from your chest so this technique does not ultimately increase muscle growth or strength.

Warmups are fundamental to the success of any workout program. The workout outlined here involves very heavy weights which means that it will quickly get intense. Without a proper warmup period, there is a greater risk for muscular injury.

To properly warm up the muscles, try this technique. Slowly bench press the bar five or six times. Then add some weight to the bar and do four to five more reps. Repeat this process by slowly adding additional weight and doing low rep sets. Avoid doing a higher number of reps as this can produce lactic acid in the muscle and cause fatigue before you start your regular workout. Also, there is no need for rest periods between these low rep sets. Just rest for three minutes after the warmups before your start your regular workout.

Finally, a few words about failure. Failure is more than just stopping your workout when a weight feels too heavy. Complete failure occurs when the last well of strength is gone. While your muscles may tell you its time to quit, your mind and willpower can help you power through. Muscle growth is always stimulated when the point of total failure is reached.

BARRIERS TO SUCCESS

There are many genetic factors that will hinder your growth rate such as muscle length, the inefficiency of neural networks and the number of fast twitch fibers that can be activated when the body reaches maximum exertion. While these aspects are beyond your control, there are other factors that you can harness to increase the likelihood of success.

Properly caring for your body is a good place to start. A body that is constantly abused, either through excessive alcohol or improper nutrition, can not be expected to perform well. Muscle development is a difficult process so don't hinder your progress with poor eating habits or nightly parties.

Training consistently is key to development. It's easy manufacture reasons not to go to the gym. So, make up your mind that for a certain period of time, training will take priority in your schedule. The program outlined here only requires one-hour workouts four days a week. By giving training time priority, you will still have time for a normal life.

SPLITTING UP YOUR WORKOUT ACTIVITIES

While the primary focus of this workout program is on techniques to improve the amount of weight you bench press, you will also need to address other areas of the body. The ultimate goal is to achieve an equilibrium throughout your workout.

While the workout outlined here includes all areas of the body, to maximize your efforts, some modifications are needed. In this workout plan, activities are grouped on how the muscles are worked. Muscle groups that are used to push, including chest, shoulders and triceps, are worked on one day. Muscles that are used to pull, such as biceps and the back, are worked on another day. By grouping muscle groups with similar functions and splitting the workout periods, each much group has a better recovery time.

If you begin combining these "push" and "pull" muscle groups in your workout, such as working biceps and shoulders on the same day, you will be forced to combine muscle groups again during your next workout. This will cause you to work some of the same muscles in two consecutive sessions. For instance, a good chest workout will involve shoulder muscles no matter how well you attempt to isolate a muscle group. By clearly splitting the work on push and pull muscle groups into different sessions, the muscles will get the recovery time they need for optimal performance.

For this plan, the portion that focuses on leg development has been grouped with the pull muscle group (back and biceps). During this program, legs will only be worked once a week. While some may have concerns that legs muscles will atrophy without proper exercise, during the seven-week program this won't occur and some have even reported muscle growth. Overworking the legs during this program can actually detract from the level of success you see from the bench press. This happens because working large muscle groups such as the legs is demanding on the whole body. This workout is already challenging in its intensity.

Everybody approaches their workout schedule slightly differently. Some may prioritize working a certain area several times a week while another person may only work that area once a week. Most workout programs recommend that a muscle be worked completely then rested. However, these programs often don't prescribe the amount of time needed between sessions. The regimen outlined here has demonstrated that the body will grow stronger if it is worked with small increases in resistance each time. By incrementally increasing the weight in your bench presses, there will be a smooth, overall increase in total weight lifted and physical strength.

For the purposes of this program, it has been determined that individuals receive optimal results by working the program as a two-day split. This means that legs are worked once a week. The bench workout is performed on Mondays and Fridays. While some may argue that this doesn't fit their current schedule, this is the optimal balance of activities for achieving growth.

WORKOUT OVERVIEW

While this workout is advanced, at its core, its relatively simple. Other body areas will be worked using compound movements in sets of six to eight reps. It is important to maintain the schedule of reps indicated in the workout. While it may feel like certain areas are being undertrained, in the long run, you will experience new growth when you return to your normal training schedule.

During the course of this workout, the work done on the chest will vary. Sometimes, the session will require low rep sets such as one, two or three. At other points, you will do sets of four, five or six reps. While this may be different that what you normally do, training with low reps is a technique that produces the most significant increases in strength. As your strength improves, more motor units will be used. This increase in motor pool greatly increases muscle cell growth.

On the surface, it may seem that a low rep workout won't be intense. The reality is that the intensity is created by working with weights that are close to your maximum one rep. The closer you safely get to that one rep weight, the more intense the workout will be. The gradual increase of weight through low reps will make you stronger and ultimately benefit your bench press.

While the program only works legs once a week, it also reduces the amount of shoulder work involved. It should be noted that the program doesn't recommend any overhead shoulder presses. These movements have a high risk with a low benefit. As the workout intensifies over time, the additional stress to the front delts is not needed.

Shoulder workouts are done on Mondays and Fridays beginning with dumbbell side raises. The program then proceeds to rotator cuff exercises. This work helps to build a strong rotator cuff and promote strong shoulders which you are working on gaining strength. By building the rotator cuff, you are avoiding potential injuries in the future.

Based on scientific information and feedback from experts, the workout shouldn't last more than one hour. It has been shown that longer sessions result in overtraining where testosterone levels fall and cortisol levels increase.

Throughout the workout, appropriate rest periods are required. At least three minutes is needed between significant lifts such as those during the bench press or squats. To ensure that you are taking adequate rest periods, use a stopwatch to keep track.

THE CHEST WORKOUT BASICS

Before you begin this workout plan, you'll need to determine your beginning workout weights and how to read the charts.



STEP 01

SETTING YOUR ONE-REP MAX

To experience the best results from this program, the 1 RM needs to be determined. As the program is based on mathematical formulas, it is essential that this weight be identified and not guessed at.

To get clear results, chest, shoulder and triceps should be rested 48 hours before testing them. These areas should be tested prior to your normal gym routine but after your warm ups. A reliable spotter should be used in case you start with more weight than your actual 1 RM.

STEPS TO IDENTIFY 1 RM

- 1. Use a light weight to warm up with four to five reps. Repeat this process twice.
- 2. Two minutes rest.
- 3. Slightly increase the amount of weight and do eight reps.
- 4. Three-minute rest.
- 5. Slightly increase the weight amount and do three to four reps.
- 6. Three-minute rest.
- 7. Add additional weight and try to lift one time.
- 8. If that proves to be too much weight, take a three-minute rest period then attempt again will a lower weight amount. If you successfully lifted the weight, add additional weight and keep trying until you cannot lift the weight. Take three-minute rest periods between each attempt.

When you determine the 1 RM, record it along with the date for use throughout the program.

STEP 02

USE THE PROGRESSION TABLE WITH YOUR 1 RM

The Progression Table is very easy to use. The far left hand column is marked "1 RM". Using the 1 RM you determined from the test, you will slide across to the three numbers in the right hand columns. These numbers indicate the weight to be used during the initial bench press workout. These three weights are listed under the heading "1" indicating the first workout. The column heading also has the letters A, B and C with numbers below. These indicate the number of reps you need to do during that first bench press workout.



STEP 03

TRACK YOUR NUMBERS

Using a workout sheet, record the weights and number of reps from the Progression Table along with the date. So, from the table, you would fill in the worksheet spaces labeled "A" with the information from column "A" and so forth. Although the worksheet has a Box A, B, and C for workout 1, you will have more than three sets. From the chart, you'll see that under Box A, you will be doing a set with six reps while Box B lists two sets of five reps, etc. So, in total, the number of sets and reps will differ for each workout. By keeping the Worksheet, you'll know what's needed for each session.

When you are organized, start your workout with chest using the weights you identified from the table. Make sure that you do the final set to the level of complete failure. When you reach that point, complete the work listed in Table 1 on chest, shoulders and triceps.

After the initial workout, take a day or two for rest. When you return to the gym plan to work back and biceps. Include the legs if they are scheduled. The next chest workout occurs on that first Friday. Use the Progression Table to determine the weights for this session.

Using your 1 RM, you will see Workout #2 on the Progression Table. The weights listed will be heavier but there will be fewer reps. Within the list of sets, there is one marked "Neg." List the weights you will be using in columns A, B, and C. The weight listed in the "Neg." column will be higher than the 1 RM. Negative sets are used to increase the speed of strength development as long as they are not overused. Generally, you can manage 20% additional weight on the negative end of a lift (eccentric) over the positive or concentric end.

After the first four bench press sets, a spotter needs to assist with the final negative set. The spotter will help with un-racking the weight. Using your normal grip, unlock the elbows and lower the weight. The spotter will help as you press the weight upward and return it to the rack.

Follow with the exercises listed in Table 1 for the triceps and shoulders.

STEP 04

FAILURE TEST

This program includes steps to measure your progress so that any adjustments can be made when needed. A "Failure Test" is included in Workouts #5, 7, 9, and 11 and can help identify areas where modifications are needed. In the Progression Table, these are labeled "F" under the "C" box for those workouts. Use this third set to determine how you are progressing and if there are any adjustments that need to be made. Passing the test indicates that the weight needs to be increased by five pounds on the Progression Table. Failing the test suggests that weights need to be adjusted downward five pounds. An average rating means that you are on the right track and need to continue the program as is. The Failure Tests used throughout the program can provide you with valuable information as you progress through the program.

FAILURE TEST: STEP BY STEP

- 1. Failure Tests are used to assess progress and are included in Workouts #5, 7, 9, and 11.
- 2. Use the Progression Table to locate the weight for the Failure Test.
- 3. Perform as many reps as possible while maintaining good form.
- 4. If unable to complete a lift or only able to do one rep, the weight on the Progression Table should be reduced by five pounds. This will give you a new 1 RM to use for future workouts. Progress will be reassessed during the next Failure Test.
- If during the Failure Test, at least two to four reps are completed, the same 1 RM will be used to determine the weights used in upcoming workout. Again, at the next Failure Test, you will have another opportunity to evaluate your progress.
- 6. Completing five or more reps during the Failure Test indicates that your workout weights need to go up five pounds when you use the Progression Table. This will also calculate a new 1 RM for you to use in future workouts.

PROGRAM REVIEW

During this seven-week program (50 days), you will have 14 chest workouts. This is an incredibly short time to realize new results in strength and power. Other programs will have you using large weights with at least 20 sets. These programs are not based on scientific findings that produce true muscle development. If worked properly, this intense program of low reps will produce the results that you are looking for.

THE STEPS ARE SIMPLE

- 1. Set the 1 RM.
- 2. Use the Progression Table with the new 1 RM.
- 3. On the Progression Table, identify the workout number.
- 4. Fill out the worksheet with the appropriate workout number and recommended weights.
- 5. Keep track of weights and use them to determine the weight for upcoming workouts.
- 6. Chart your progress using the Failure Tests on the Progression Table. Adjust the 1 RM as needed.

POST PROGRAM

During the course of the program, if you have worked with the Progression Table, you will have added about 50 lbs. to your bench press workout. Some are so encouraged by the results that they may be tempted to immediately restart the program. However, your body needs at least a three-week rest period before restarting the program for it be effective.

It is recommended that during the three weeks following the completion of the program, individuals shouldn't train with weights heavier than 80% of the 1 RM. This period is best used for a growth workout program. The new strength you'll experience needs to have a foundational support. The ideal situation is a six weeks period of moderate training in the eight to ten rep range. During this period, you will find that you can manage more weight in the eight-rep area than you could prior to the program. After the rest period, you will be ready to increase your strength further with the program.

If the program is worked diligently, you'll find new strength and stamina that you didn't know was possible.

TABLE 01

THE WORKOUT

MONDAY

Chest

Bench Press (Workouts #1, 3, 5, 7, 9, 11, 13)

Dumbbell Bench Press

3 sets of 8 reps

Shoulders

Dumbbell Side Raises

3 sets of 8 reps

Triceps

Lying Triceps Extension

3 sets of 8 reps

TUESDAY

Off

WEDNESDAY

Back

Narrow-Grip Pulldown

3 sets of 8 reps

Barbell Row

3 sets of 6 reps

Biceps

Barbell Curls

3 sets of 8 reps

THURSDAY

Off

FRIDAY

Shoulders

Rotator Cuff Exercise

3 sets of 12-15 reps

Chest

Bench Press (Workouts #2, 4, 6, 8, 10, 12, 14)

Triceps

Weighted Dips

3 sets of 6 reps

SATURDAY

Legs

Squat

3 sets of 6 reps

Leg Press

3 sets of 8 reps

Leg Curl

3 sets of 8 reps

Back

Reverse-Grip Pulldowns

3 sets of 8 reps

One-Arm Dumbbell Rows

3 sets of 8 reps

Biceps

Incline Dumbbell Curls

3 sets of 8 reps

SUNDAY

Off

THE PROGRESSION TABLE

Workout #	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	A B C	A B C	A B C	A B C	A B C	A B C	A B C	A B C	A B C	A B C	A B C A	B C	A B C	A B C
	6 5 4	3 2 Neg	6 5 4	3 2 Neg	6 5 F	3 2 Neg	5 3 F	3 1 Neg	5 3 F	3 2 1	5 3 F 3	2 1	5 3 2	3 2 1
1RM														
100	75 80 80	85 90 100	75 80 85	90 95 105	80 85 90	90 100 110	85 95 95	95 105 115	90 100 100	100 110 110	95 100 105 100	110 115	100 110 115	105 115 120
105	80 85 85	85 95 105	80 85 90	90 100 110	85 90 95	95 105 115	90 100 100	100 110 120	95 105 105	105 115 115	100 105 110 105	115 120	100 110 120	110 120 125
110	85 90 90	90 100 110	85 90 95	95 105 115	90 95 100	100 105 120	95 105 105	105 115 125	100 105 110	110 115 120	105 110 115 110	120 125	105 115 125	115 125 130
115 120	00 05 100	95 105 115	90 90 100	100 110 120	95 100 105	110 115 120	100 110 110	110 120 130	105 110 115	115 120 120	105 115 115 115		110 120 130	120 125 135 125 130 140
125	90 95 100 95 100 105	100 110 120	100 100	105 115 125	95 105 110 100 105 115	110 115 130 115 120 135	105 110 115 110 115 120	115 125 135	105 115 120	115 125 130 120 130 135	110 120 120 120 115 125 125 125	130 135 130 140	115 125 135 120 130 140	125 135 145
130	100 105	110 120 130	100 103 110	115 120 135	105 110 120	120 125 140	110 120 125	125 130 145	115 125 125	125 135 140	120 130 130 130	135 145	125 135 145	130 140 150
135	105 110 115	115 125 135	105 115 120	120 125 140	110 115 125	125 130 145	115 125 125	130 135 150	120 130 130	130 140 145	125 135 135 130	140 150	125 140 150	135 145 155
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155	120 125 130	130 140 155	120 130 135	135 145 160	125 135 140	140 150 170	135 145 145	150 160 175	140 150 150	150 165 170	145 155 155 155	165 175	150 160 170	160 170 180
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165	125 135 140	140 150 165	130 140 145	145 155 175	135 140 150	150 160 180	140 155 155	155 170 185	145 160 160	160 175 180	150 165 165 160	175 185	155 170 180	165 180 190
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185	145 150 160	160 170 190	145 155 165	165 1/5 195	150 160 170	170 180 200	160 170 175	1/5 190 205	165 1/5 180	180 195 200	170 185 185 180		175 190 200	185 200 210
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330	260 275 285	285 310 340	260 280 295	295 310 345	265 280 300	300 315 355	280 300 305	305 325 360	285 310 310	310 335 345	290 315 320 305	330 350	295 325 345	315 335 355

THE PROGRESSION TABLE

005	005 000 000	000 010 045	005 005 005	005 015 050	070 005 005	005 000 000	000 005 010	010 000 005	000 015 015	045 040 050	005 000 000	010 005 055	000 000 050	000 040 000
335	265 280 290	290 310 345	265 285 295	295 315 350	270 285 305	305 320 360	280 305 310	310 330 365	290 315 315	315 340 350	295 320 320	310 335 355	300 330 350	320 340 360
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420	335 355 370	365 395 435	335 355 375	3/5 400 440	340 360 380	380 405 450	355 385 390	385 415 455	360 390 395	390 420 435	365 395 400	385 415 440	370 405 430	390 420 445
425	335 360 375	3/0 400 440	340 360 380	380 400 445	345 365 385	385 410 455	360 390 390	390 420 460	365 395 400	395 425 440	3/0 400 405	390 420 445	3/5 410 435	395 425 450
430	340 365 380	375 405 445	345 365 385	385 405 455	350 365 390	390 415 460	360 395 395	395 425 465	365 400 405	400 430 445	3/5 405 410	395 425 450	380 415 440	400 430 455
435	345 365 385	380 410 450	345 370 390	390 410 460	355 370 395	395 420 465	365 395 400	400 430 475	3/0 405 410	400 435 450	3/5 410 415	400 430 455	385 420 445	405 435 460
440	350 370 385	380 415 455	350 3/5 395	395 415 465	355 375 400	400 425 470	3/0 400 405	405 435 480	3/5 410 410	405 440 455	380 415 420	405 435 460	385 425 450	410 440 465
445	355 375 390	385 420 460	355 380 400	395 420 470	360 380 405	405 430 475	3/5 405 410	410 440 485	380 410 415	410 445 460	385 420 425	410 440 465	390 430 455	415 445 470
450	355 380 395	390 425 465	360 385 405	400 425 475	365 385 410	410 435 480	380 410 415	415 445 490	385 415 420	415 450 465	390 425 430	415 445 470	395 435 460	420 450 475
455	360 385 400	395 430 470	365 385 405	405 430 480	370 390 415	410 440 485	385 415 420	420 450 495	390 420 425	420 455 470	395 430 430	415 450 4/5	400 440 465	425 455 480
460	365 390 405	400 435 480	365 390 410	410 435 485	3/5 395 420	415 445 490	385 420 425	425 455 500	390 425 430	425 460 475	400 430 435	420 455 480	405 445 470	430 460 485
465	370 395 410	405 440 485	3/0 395 415	415 440 490	375 400 425	420 445 495	390 425 430	425 460 505	395 430 435	430 465 480	400 435 440	425 460 485	410 445 475	430 465 490
470	375 400 415	410 445 490	3/5 400 420	420 445 495	380 400 425	425 450 505	395 430 435	430 465 510	400 435 440	435 470 485	405 440 445	430 460 490	410 450 480	435 470 495
475	380 405 420	415 450 495	380 405 425	425 450 500	385 405 430	430 455 510	400 435 440	435 470 515	405 440 445	440 475 490	410 445 450	435 465 495	415 455 485	440 475 500
480	380 405 425	420 455 500	385 410 430	430 455 505	390 410 435	435 460 515	405 440 445	440 475 520	410 445 450	445 480 495	410 450 455	440 470 500	420 460 490	445 480 505
485	385 410 430	425 460 505	390 415 430	435 460 510	393 413 440	440 400 020	410 445 445	440 480 520	415 450 455	440 480 000	420 400 400	440 470 000 450 400 510	420 400 490	450 485 510
490 495	395 420 435	425 460 510 430 465 515	390 415 440 395 420 445	435 465 515 440 470 520	395 420 445	440 470 525	410 440 400	450 480 530 455 485 535	410 400 460	455 495 510	420 400 400	400 480 010	430 470 300	455 485 515 460 490 520
					400 425 450	450 475 530	415 450 455		420 455 460		425 465 470	450 485 515	435 475 505	
500	400 425 440	435 470 520	400 425 450	445 475 525	405 425 455	455 480 535	420 455 460	460 490 540	425 460 465	460 500 515	430 470 475	455 490 520	435 480 510	465 495 525
505	400 430 445	440 475 525	405 430 450	450 480 530	410 430 460	455 485 540	425 460 465	465 495 545	430 465 470	465 505 520	435 475 480	460 495 525	440 485 515	465 500 530
510 515	405 435 450 410 435 455	445 480 530 450 485 535	410 435 455 410 440 460	455 485 540 460 490 545	415 435 465 415 440 470	460 490 545	430 465 470	470 500 550	435 470 475	470 510 525 475 515 530	440 475 480 445 480 485	465 500 530 470 505 535	445 490 520	470 505 535 475 510 540
520	415 440 460	455 490 540	415 445 465	465 495 550	420 445 475	465 495 550 470 500 555	430 470 475 435 475 480	470 505 560 475 510 565	440 475 480 440 480 485	480 520 535	445 480 485 450 485 490	470 505 535 475 510 540	450 495 525 455 500 530	480 515 545
525	420 445 465	460 495 545	420 445 470	470 500 555	425 450 475	475 505 560	440 480 485	480 515 570	445 485 490	485 525 540	450 490 495	480 515 545	460 500 535	485 520 550
530	425 450 470	460 500 550	425 450 475	475 505 560	430 455 480	480 510 565	445 485 490	485 520 575	450 490 495	485 530 545	455 495 500	485 520 550	460 505 540	490 525 555
535	425 455 475	465 505 555	430 455 480	480 510 565	435 455 485	485 515 570	450 485 495	490 525 580	455 495 500	490 535 550	460 500 505	485 525 555	465 510 545	495 530 560
540	430 460 480	470 510 560	430 460 485	480 510 570	440 460 490	490 520 575	455 490 495	495 530 585	460 500 505	495 540 555	465 505 510	490 530 560	470 515 550	500 535 565
545	435 465 485	475 515 570	435 465 490	485 515 575	440 465 495	495 525 580	455 495 500	500 535 590	465 505 510	500 545 560	470 510 515	495 535 565	475 520 555	500 540 570
550	440 470 485	480 520 575	440 470 495	490 520 580	445 470 500	500 530 590	460 500 505	505 540 595	465 505 515	505 545 565	475 515 520	500 540 570	480 525 555	505 545 575
555	445 470 490	485 525 580	445 475 500	495 525 585	450 475 505	500 535 595	465 505 510	510 545 600	470 510 515	510 550 570	475 520 525	505 540 575	485 530 560	510 550 580
560	445 475 495	490 530 585	450 480 505	500 530 590	455 480 510	505 540 600	470 510 515	515 550 605	475 515 520	515 555 575	480 525 530	510 545 580	485 535 565	515 555 585
565	450 480 500	495 535 590	455 480 505	505 535 595	460 485 515	510 545 605	475 515 520	520 555 610	480 520 525	520 560 580	485 525 535	515 550 585	490 540 570	520 560 590
570	455 485 505	500 540 595	455 485 510	510 540 600	460 485 520	515 550 610	480 520 525	520 560 615	485 525 530	525 565 585	490 530 535	520 555 590	495 545 575	525 565 595
575	460 490 510	505 545 600	460 490 515	515 545 605	465 490 525	520 555 615	480 525 530	525 565 620	490 530 535	525 570 590	495 535 540	520 560 595	500 550 580	530 570 600
580	465 495 515	505 550 605	465 495 520	520 550 610	470 495 525	525 555 620	485 530 535	530 570 625	490 535 540	530 575 595	500 540 545	525 565 600	505 555 585	535 570 600
300	TUU TUU JIJ	000 000 000	TUU TUU UZU	020 000 010	T/U TJU JZJ	020 000 020	100 000 000	000 070 020	100 000 040	000 010 000	000 070 040	020 000 000	000 000 000	000 070 000

WORKOUT SHEET

Workout #1	1 @	v 6	^B 2 @	v 5	^c 2 @x 4
Date:	Sets Weight		Sets Weight		Sets Weight Reps
	A		В		C Negative Only
Workout #2	2 @		2 @		1 @ x 1/
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Workout #3	1 @	x 6	^B 2 @	x 5	^c 2 @x 4
Date:	_ Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
W 1	A	0	В		Negative Only
Workout #4	2 @		2 @		
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Workout #5	1 @	x 6	^B 2 @	х 5	1 @ Failure Text
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
	A		В		C Negative Only
Workout #6	2 @		2 @	x 2	1 @x 1/
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Workout #7	2 @	v 5	^B 2 @	х 3	Tailure Text
Date:	Sets Weight		Sets Weight	Reps	Sets Weight Reps
	Α		В	<u> </u>	C Negative Only
Workout #8	2 @	х З	2 @	x 1	1 @x 1
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Workout #9	2 @	v 5	^B 2 @	v 2	C Failure Text
Date:	Sets Weight		Sets Weight	Reps	1 @ x Sets Weight Reps
Duto.	A Work	πορο	B	πορο	С
Workout #10	2 @	х З	2 @	x 2	1 @ x 1
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Warlsout #11	A (2)	v E	B (2)	v 9	C Failure Text
Workout #11 Date:	2 @ Sets Weight	X 5 Reps	2 @	x 3 Reps	1 @ x Sets Weight Reps
Date:	A Weight	перь	B Weight	перь	c weight heps
Workout #12	2 @	х 3	2 @	x 2	1 @ x 1
Date:	Sets Weight		Sets Weight	Reps	Sets Weight Reps
W	1.0		B	0	
Workout #13	1 @	x 5	2 @		2 @x 2
Date:	Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps
Workout #14	1 @	х 3	1 @	x 2	1 @ Max Test
Date:	_ Sets Weight	Reps	Sets Weight	Reps	Sets Weight Reps

^{*} Always warm up with three to four progressive sets before each workout