



HOW TO INCREASE YOUR BENCH PRESS BY **50 POUNDS!**



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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 others 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 you 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 it's 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 muscle 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, it's 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 than 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 with 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.
5. 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

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
340	265	285	295	295	315	350	270	285	300	300	320	355	275	290	310	310	325	365	285	310	315	315	335	370	290	315	320	315	345	355	300	325	325	315	340	360	305	335	355	320	345	365
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350	275	295	305	300	325	360	280	295	310	310	330	365	285	300	315	315	335	375	295	320	325	325	345	380	300	325	330	325	355	365	305	330	335	325	350	370	310	340	365	330	355	375
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510	405	435	450	445	480	530	410	435	455	455</																																

WORKOUT SHEET

Workout #1 Date: _____	A 1 @ _____ x 6 Sets Weight Reps	B 2 @ _____ x 5 Sets Weight Reps	C 2 @ _____ x 4 Sets Weight Reps
Workout #2 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 2 Sets Weight Reps	C Negative Only 1 @ _____ x 1/2 Sets Weight Reps
Workout #3 Date: _____	A 1 @ _____ x 6 Sets Weight Reps	B 2 @ _____ x 5 Sets Weight Reps	C 2 @ _____ x 4 Sets Weight Reps
Workout #4 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 2 Sets Weight Reps	C Negative Only 1 @ _____ x 1/2 Sets Weight Reps
Workout #5 Date: _____	A 1 @ _____ x 6 Sets Weight Reps	B 2 @ _____ x 5 Sets Weight Reps	C Failure Text 1 @ _____ x <input type="text"/> Sets Weight Reps
Workout #6 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 2 Sets Weight Reps	C Negative Only 1 @ _____ x 1/2 Sets Weight Reps
Workout #7 Date: _____	A 2 @ _____ x 5 Sets Weight Reps	B 2 @ _____ x 3 Sets Weight Reps	C Failure Text 1 @ _____ x <input type="text"/> Sets Weight Reps
Workout #8 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 1 Sets Weight Reps	C Negative Only 1 @ _____ x 1 Sets Weight Reps
Workout #9 Date: _____	A 2 @ _____ x 5 Sets Weight Reps	B 2 @ _____ x 3 Sets Weight Reps	C Failure Text 1 @ _____ x <input type="text"/> Sets Weight Reps
Workout #10 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 2 Sets Weight Reps	C 1 @ _____ x 1 Sets Weight Reps
Workout #11 Date: _____	A 2 @ _____ x 5 Sets Weight Reps	B 2 @ _____ x 3 Sets Weight Reps	C Failure Text 1 @ _____ x <input type="text"/> Sets Weight Reps
Workout #12 Date: _____	A 2 @ _____ x 3 Sets Weight Reps	B 2 @ _____ x 2 Sets Weight Reps	C 1 @ _____ x 1 Sets Weight Reps
Workout #13 Date: _____	A 1 @ _____ x 5 Sets Weight Reps	B 2 @ _____ x 3 Sets Weight Reps	C 2 @ _____ x 2 Sets Weight Reps
Workout #14 Date: _____	A 1 @ _____ x 3 Sets Weight Reps	B 1 @ _____ x 2 Sets Weight Reps	C Max Test 1 @ _____ x 1 Sets Weight Reps

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