

# BENCH PRESS EXPLOSION!



**By Dennis B. Weis "The Yukon Hercules"**

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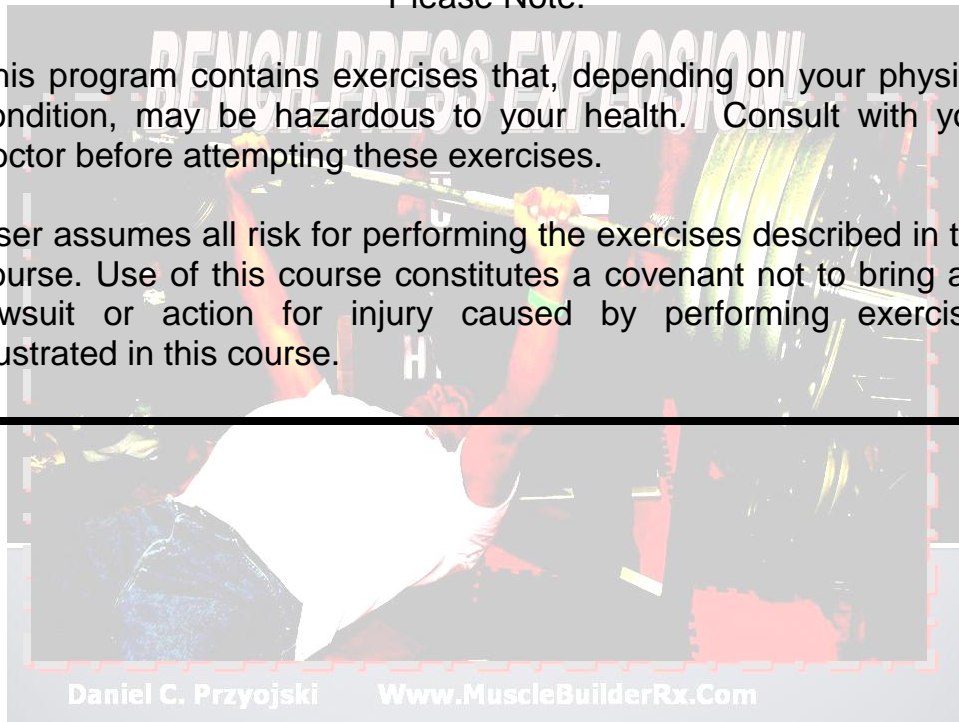
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Please Note:

This program contains exercises that, depending on your physical condition, may be hazardous to your health. Consult with your doctor before attempting these exercises.

User assumes all risk for performing the exercises described in this course. Use of this course constitutes a covenant not to bring any lawsuit or action for injury caused by performing exercises illustrated in this course.



## About Dennis B. Weis

Dennis B. Weis is a Ketchikan, Alaska-based power/bodybuilder. He is a hard-hitting, uncompromising freelance professional writer and investigative research consultant in the fields of bodybuilding, nutrition, physiology, and powerlifting.

Dennis was first published over two decades ago (1976) in the pages of Iron Man magazine. Since that time he has become known to almost every mainstream bodybuilding/physique magazine's readership through the United States and Europe. The magazines that publish his articles include but are not limited to *Bodybuilding Monthly* (U.K.), *Exercise for Men Only*, *Hardgainer* (Nicosia, Cyprus), *Iron Man*, *Muscle & Fitness*, *Muscle Mag Int'l*, and *Natural Bodybuilding & Fitness*.

You have undoubtedly read dozens of his 100+ feature-length articles in many of these popular worldwide magazines under his own name and under the names of certain top physique stars and powerlifting personalities. The credentials of this prolific writer extend beyond the scope of just writing articles, for he is the author of three critically acclaimed best-selling books: *Mass!* (1986), *Raw Muscle* (1989), and his newest release, *Anabolic Muscle Mass – The Secrets of Anabolic Reinforcement Without Steroids*.

In recognition of his writing accomplishments, he has received Meritorious Service Awards relating to all published works as a magazine consultant and published book author. In addition to these honors, he has attended Barnes & Noble and Waldenbooks autograph parties and had window displays for his books. He has also been a featured guest on various radio talk shows around the country, where he shares his knowledge and experience regarding such issues as bodybuilding and the Super fitness lifestyle.

During the past two decades, Dennis has established a small but dynamic one-man business to service male and female bodybuilders, fitness buffs, and powerlifting enthusiasts of all types with very personal (one-to-one or mail order) and highly professional instruction on all phases of physical excellence.

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He has coached literally hundreds of select clients, one of the most notable as personal training advisor to the 1983 Miss Minnesota winner. One of the training tools he uses as a personal trainer is the revolutionary and famous Samra R.E.S.T. Principle. It is through the Samra R.E.S.T. Principle and his own unique methodics of training and diet (NO Anabolic Steroids!) that he himself has accomplished many remarkable feats of strength over the years, such as:

- ✓ Bench press 324 lbs., full squat 530 lbs., deadlift 650 lbs.
- ✓ High-rep full squats with 300 lbs. for an amazing 75 consecutive repetitions (this is to this day the unofficial world record for this lift), 405 lbs. x 27 repetitions, and 450 lbs. x 15 repetitions, all performed at a bodyweight of 207 lbs.
- ✓ Strict Two-Hand Barbell Curl, 185 lbs. for 3 repetitions.
- ✓ Cheat Two-Hand Barbell Curl, 250 lbs. for 10 consecutive reps.

- ✓ Preacher Bench Barbell Curl, 125 lbs. for 40 repetitions and 185 lbs. for one single repetition.
- ✓ Preacher Bench Reverse Barbell Curls, 100 lbs. x 100 consecutive repetitions.
- ✓ Barbell Straight-Arm Pullovers w/Two Hands, 140 lbs. for 20 consecutive repetitions and 190 lbs. for one single repetition (this lift of 190 lbs. is a mere 20 lbs. off the listed world record).
- ✓ Vertical Leg Press, 800 lbs. x 20 repetitions.
- ✓ Quarter Squats (in a power rack), 1,000 lbs. x 20 repetitions.
- ✓ Bodyweight-Only Pushups, 150 repetitions; Pullups, 27 reps.

Many of these remarkable lifetime feats of strength and muscular endurance were accomplished at a bodyweight of 215 lbs. with measurements of: height, 6' ½", chest (normal) 48-1/2", upper arms (contracted) 18-1/4", and calves 17-1/2".

These personal best lifetime achievements of strength and body part measurements didn't happen by chance, for Dennis has more than 40 years of experience as a power/bodybuilder and is a winner of several powerlifting competitions and, as well, was a runner-up in arm wrestling and bodybuilding contests.

As a promoter of the natural bodybuilding and fitness lifestyle, Dennis conducts seminars for bodybuilding gyms, fitness clubs, high schools, colleges, and youth groups. If you are looking for a professional spokesperson of this caliber and wish to receive more information,, call or e-mail:

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**Stone cold flat, is my favorite fighting position. Just laying there, with a bench press bar that has 400 reasons to make me into a piece of road kill...it won't say hello...so I introduce myself 7 times...and re-rack it to hang there lonely and stupid as a beaten piece of mental.**

You are now about to venture into a dynamic cyber literary realm of the most complete compendium and collection of information ever assembled on the world's most famous muscle and strength building exercise...the Bench Press.

If you believe what you are reading and trust me as your instructor...I swear to you by all the greatest strength champions I have ever know...and perhaps ever lived. That 'YOU' my friend will become one of the strongest individuals to walk the earth.

And it is more than possible that you may be one of the elite humans to Bench Press 400 pounds, or some like poundage that can only boggle your imagination at this time.

But first you must believe in one principle and accept it as your standard for thought in any weight training you may do.

And that principle is: There is no such thing as a heavy weight either in Bench Pressing or any other movement in strength building. There are only barriers and goals of achievement.

So join me now...as I, using my knowledge, and the accumulated successful training experience systems of the world's strongest champions... Yes, join me, and let me instruct you here with **BENCH PRESS EXPLOSION!** ...to smash the strength barriers to your training success.

When you train hard and properly, as **BENCH PRESS EXPLOSION!** gives you the intellectual power to do, you need to remember...

**“What a person thinks about most, is what they become. Because my friend, the mind molds the body, it's potential, and it's every feeling and urge...especially for success in life and sport.”**

So...keep your eyes on the prize, believe you can win it, train as I show you with the guts and fortitude. And that prize which is the acquisition of monumental on the Bench Press will be yours.

# It begins now!

The bench press, done in a supine position on a flat bench, is considered by many bodybuilders and powerlifters to be the monarch of all upper body exercises, much like the barbell back squat is to the thighs. Today, with so much interest in the battle of the bench with Arcidi and the “Abilene Giant” Ken Lain, it is only natural that all bodybuilders have taken a renewed interest in developing a respectable bench press poundage. However, building shapely armor-plated muscles in the chest area is just as important as the poundages bench-pressed. The problem as I see it is how can bodybuilders accomplish both developing big numbers in their bench press poundages and still develop sculptured, striated pecs in a minimal amount of time?

It is of the utmost importance that a bodybuilder does not limit his practice of the bench press, and with performance style as vital as it is, I strongly suggest that you constantly work on the mechanics of this exercise. Pile up those reps, continually correcting tracking pattern flaws as you do them. Just spending plenty of time working the bench press will develop a high level of power.

## Bench Press Tracking Patterns

### Body Alignment

Lay down on the bench in a supine position, with your head, shoulders, and glutes in full contact with the bench and your feet planted firmly on the floor. For the maximum amount of leverage advantage in bench pressing it is a good idea to try and bring the shoulders as close to the hips as possible. This can only be done by arching the back, but remember that if you do this your shoulders and glutes must remain in contact with the bench at all times.

### The Control Center

There are three elements which constitute the control center. They are your **Grip**, **Handspacing**, and **Elbow Angle**. Very little has to be said regarding your **grip**. The safest method is the conventional “thumbs under the bar grip.” I have seen some bodybuilders use what is called a thumbless or false grip, where the thumb is not wrapped around the bar. Some bodybuilders feel that this method is necessary to fully activate the strong triceps muscles on the back of the upper arm. This method of gripping also relieves some of the pain and pressure in the wrists and forearms resulting from holding a very heavy poundage during a set. The real danger in this method is that it is very easy for the bar to roll out of the hands even when they are heavily chalked. My theme throughout this article is to “train smart” and if you are diligent in doing this, you will want to use the conventional grip method.

The **handspacing** you choose should follow the rules of powerlifting (which states that your handspacing can not exceed 32 inches between the forefingers) while at the same time it has to be one which allows you to use muscle leverages you were born with to your best advantage.

Your handspacing can vary from around 22 inches, which will generate maximum triceps recruitment, to 32 inches, which will stimulate the pectoralis power production. Deltoid strength will be achieved with anything in between. Your handspacing may change over the course of your bodybuilding career as you gain more muscular size and density and vice versa.

If for example you are 6' tall and weigh 150 lbs. with 14-inch arms and a 36-inch chest, you will use a slightly different technique as opposed to if you weight 225 lbs. and have 17 ½ to 18-inch arms and a 50-inch chest. I have found that the average bodybuilder will use a 28 to 30-inch handspacing and that when the bar is resting just above the sternum, the forearms approximate a near vertical position, giving you the best leverage advantage in bench pressing when coordinated with the elbow angle.

The **elbow angle** will determine which muscle groups will be the major contributing force during a particular range of the movement. When the bar is resting on the chest the elbows will normally be at a 90 angle to the body and will activate the pectoralis muscles for a strong drive off the chest. During the transition of power from the pectoralis muscles to the deltoids (this begins approximately 6 inches off the chest), the elbows may be at a 70 angle to the body. During the final power assault where the triceps take over from the deltoids and to the completed lockout, the elbows' angle to the body may be at 45 degrees .

Now that you have taken care to obtain the correct **body alignment, grip, and handspacing** on the bar, you are now ready to begin with...

### **The Handoff**

This is where you actually lift the barbell off the uprights of the bench and to an arms-locked position over the chest, before beginning the actual bench press descent. If at all possible, you should have a training partner who can help you lift the bar off the uprights and for a number of reasons.

First, most uprights are non-adjustable for bench pressing purposes and seem to accommodate bodybuilders who are 5'10" and under. What I mean by this is that those of you who are 5'10" and under don't have to lift the barbell off the uprights nearly as far as a person over 5'10". This is where considerable energy can be lost or saved for the upcoming rep or reps.

I have found that one training partner who can assist you with a coordinated lift off from the center of the bar is usually more efficient than having two training partners, one on each end of the bar, helping with the lift off. No matter how experienced these individuals are, there always seems to be an uneven lift off, plus you are generally going to have better-than-average odds of finding one person who can help you with a lift off as opposed to involving two people.

Your training partner can serve in a dual capacity where they not only help you in the lift off, but as well can help you with some forced reps and negatives and this will mean being able to handle heavier poundages on your hard work sets as you progress in your workouts.

Safety is a very important part of any exercise you do and your training partner can serve you in this respect during the lift off, forced reps, and negatives as well as helping you to rereack the barbell. I have personally seen some incredible displays of strength by lifters who decided to go it alone without the use of a liftoff and subsequent spotting technique. How well I remember seeing my good friend and world heavyweight fast pull arm wrestling champion, Bobby Hopkins, work up to 475-plus pounds in the bench press, unracking and rereacking the barbell himself. Finally, from 500 lbs. on up to his maximum single attempt of over 600-plus pounds would he ask for a lift off and spot on each of his sets.

Everything is now set for the lift off. Take two or three deep breaths, holding the last one. Your training partner now helps you with a coordinated lift off and the barbell is at an arms-locked position over the shoulders. Now begin your...

### **Descent**

Begin unlocking your arms and lower the barbell at the prescribed 2-3 seconds to just above the sternum on your rib cage. (Elbow joint should remain back on a parallel line with the shoulder joint and deltoid to take advantage of favorable mechanical leverages of anterior delt, pec major, and lats.) This combined with shoulder blades pulled together and a legitimate arch list to chest height can reduce stroke by 6 inches or more. Lowering the bar at the prescribed 2-3 seconds seems to be just right for the conservation of energy needed to blast through the sticking point off the chest. Also, if you were to lower the bar any faster it would tend to crash or bounce off the chest. This action could not only injure the rib cage or tear a pec at its origin and insertion but causes the bodybuilder to lose a critical range of strength from the bouncing of the weight off the chest, causing momentum rather than strength recruitment of the muscles to take over.

I have seen some bodybuilders who have deep chests and short arms who were able to keep their elbows from dipping below a parallel position to the floor when the bar is touching the chest. This is very akin to doing a parallel squat as opposed to doing Olympic full squats. The less distance the bar has to travel the better your chances of blasting through any sticking points, all due to a shorter stroke through improved leverages.

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### **The Bench Press Explosion**

As the bar touches the chest area you will want to begin to channel the strength of all the muscle fibers necessary for blasting that weight off the chest. The muscles involved in the press – pecs, delts, and triceps – are not relaxed in this position or any position for that matter, but should be tensed to the absolute maximum. The lungs should be full of air and a good arch in the back,



all of which will shorten the stroke or the actual distance the bar has to travel during the positive phase of the movement. Regarding the “arch,” it is important to know that it can create trauma or pressure on the spinal disc and various vertebrae which in turn could lead to a herniated disc. Remember our previous discussion about spine injuries before making your final decision as to whether an “arch” will be of benefit to your training procedure in the long run. It may help you for a few weeks or so but if you then receive an injury from the practice of arching and it stops your training for weeks or even months, then you probably have more to lose than to gain.

To initiate the blast off from the chest you can follow the pre-stretching technique mentioned earlier, where you accelerate the downward speed of the bar during the final 1-2 inches before the initial contact with the chest, being careful as always not to bounce the weight as it comes in contact with the chest. Now as the bar touches the chest, you literally summon all your muscle fibers to **explode** the weight off your chest **instantly**.

As you apply continued and maximum pressure throughout the range of the movement, you do not need to press the weight straight up from the chest, but as you hit the sticking point you begin to press the bar backward so it lines up over your shoulders at the completion of the rep. This will give you the best mechanical advantage for successfully completing your reps.

Applying maximum pressure or steady effort all the way to lockout will not only blast you through the sticking point in the lift but will as well help to eliminate oscillation of the bar, which is the vibration of the plates catching up to a springy bar.

If you have a problem, as most bodybuilders do, with an uneven arm lag (this generally happens during sets with poundages in excess of 84% of your current one rep maximum), try looking at the center of the bar during the press off the chest and to lockout. If this helps but not completely, try off-setting the handspacing on your weaker lagging arm an inch or two to the right or left. If, for example, your right arm lags, then move it to the right. This will put more resistance on the stronger left arm. Reverse the procedure if you have a left arm lag.

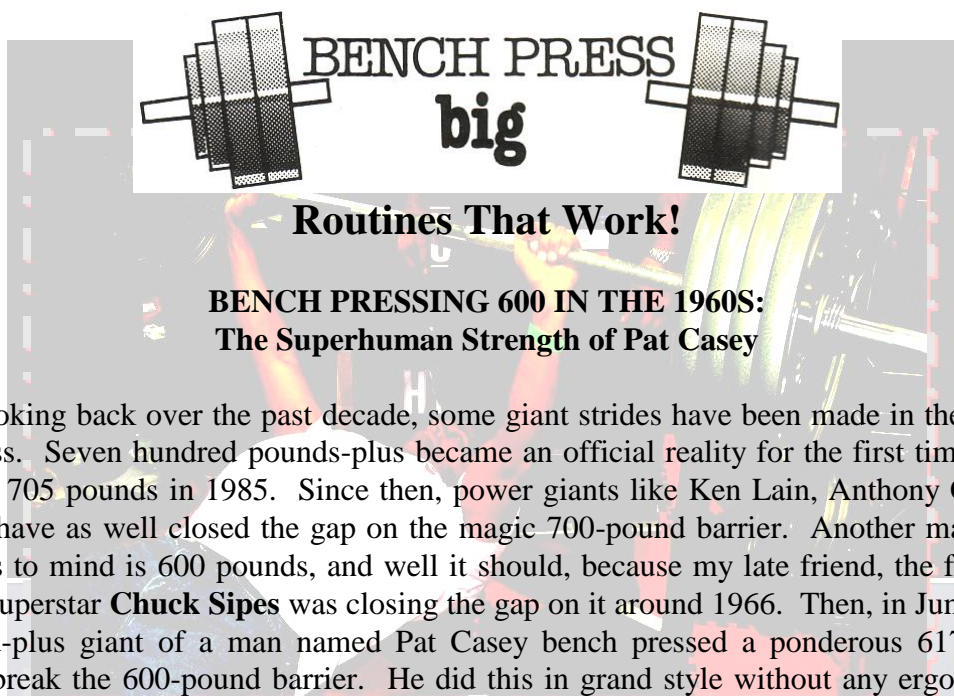
Concluding the tracking patterns for the bench press, it is important to expel all the air from your lungs about two thirds of the way toward completing the lockout. As you lock the weight out at arms' length, isometrically squeeze the pecs for 1 to 2 seconds, then take 1 or 2 deep breaths, holding the last breath and begin your next rep.

Where bodybuilders and powerlifters gather, the conversation most often turns to a discussion of the bench press. There is one universal question that seems to pop up with regularity: “*How much can you bench press?*”

With regard to this universal question, as it might apply to the “Supine (flat) Barbell Bench Press” there hasn't always been an exact way to know if you are *fair*, *good*, or *excellent* at it in ratio to your bodyweight. That is, until now. Here is a chart that rates the Supine (flat) Barbell Bench Press for each of these categories for a ***maximum single effort***.

These poundages are computed for the natural bodybuilder and powerlifter who elect not to use bench shirts, elbow wraps, or anabolic enhancers.

<b>BODYWEIGHT CLASS</b>	<b>FAIR</b>	<b>GOOD</b>	<b>EXCELLENT</b>
Bantamweight (up to 123 lbs.)	125	185	250
Featherweight (up to 132 lbs.)	130	195	260
Lightweight (up to 148 lbs.)	145	215	290
Middleweight (up to 165 lbs.)	160	240	320
Light-heavy (up to 181 lbs.)	180	270	360
Middle-heavy (up to 198 lbs.)	195	290	390
Heavyweight (unlimited)	220	330	420



Looking back over the past decade, some giant strides have been made in the war on the bench press. Seven hundred pounds-plus became an official reality for the first time when Ted Arcidi did 705 pounds in 1985. Since then, power giants like Ken Lain, Anthony Clark, Craig Tokarski, have as well closed the gap on the magic 700-pound barrier. Another magic number that comes to mind is 600 pounds, and well it should, because my late friend, the former IFBB physique superstar **Chuck Sipes** was closing the gap on it around 1966. Then, in June of 1967, a 300-pound-plus giant of a man named Pat Casey bench pressed a ponderous 617 pounds to officially break the 600-pound barrier. He did this in grand style without any ergogenic work-producing aids—mechanical aids, substances, or techniques which many of today’s powerlifters use to achieve peak athletic performance in the powerlift movements such as the bench press.

For example, it is generally acknowledged that a custom bench shirt can add as much as ten percent to a powerlifter’s best single bench press effort. It had been 30 years since the time that Pat broke ground with his 617-pound bench. During this span of 30 years, powerlifters have been able to raise the standard of bench pressing excellence an average of slightly over 4 pounds each year. This makes Pat’s achievement even more spectacular than I realized. I just had to find out more about this gentle giant of powerlifting and his special way of powering up record-shattering bench presses time and time again. Here is what I found out. Pat would begin his training week on Mondays where he would do partial bench lockouts in the power cage from two positions, 4 inches and 7 inches off the chest. Incline dumbbell presses would be next, followed by vertical dips on the parallel bars. After these were finished, he would do some chins and biceps work. On Fridays, he would do some bench presses for singles followed by the seated military press, and this was followed up with the barbell triceps extensions. As you can see, Pat

would only bench press once a week. He has used other training schedules where his frequency in the bench press was more often, but he found that the above schedule worked best for him.

Regarding cycled workouts, he had never even heard of that when he was training. He trained all year around and very seldom took a layoff. If he had problems completing his five or six single reps on Friday's workout, he would begin employing the forced reps principle. Naturally, he would have an able workout partner who could help him with the forced reps. If this didn't help his five to six single attempts after a couple of weeks, he would then go on a binge and do nothing but vertical dips on the parallel bars for 7 to 8 hours a whack. He would work up to 200 reps over this 7 to 8 hour time frame with a 250-pound dumbbell attached around his waist. He would start with sets of five reps and decreased the reps as he got weaker. The 250 pounds of extra resistance plus his 300 pounds of bodyweight times 200 reps comes out to lifting about 110,000 pounds in a workout. I don't know if Pat knew it or not, but this adding up the tonnage (lbs.) and the reps (volume) and then dividing the tonnage by the reps to find the mean intensity (the average weight used during the workout for this exercise) is the famous tonnage system of training.

Needless to say, Pat would be sore for a week or so, but he felt that these vertical dips on the parallel bars did help him toward his goal of a 600-plus pound bench press. Backtracking for a moment, Pat said that, after he finished his 5 to 6 singles, he would then come down to where he could do a weight for a triple. Here he would maybe add 5 pounds and attempt 3 sets of 3 reps. If he had trouble with this, he would also use the forced reps principle. Pat's main concern, however, was to get those 5 to 6 singles, and he never worried that much about the 3 sets of 3 reps. As far as the other assistance work went, he would add weight when he felt strong and keep the weight the same if he didn't feel that strong.

He readily admits that he didn't use any real theory on his assistance exercises. Pat was kind enough to share his world record bench pressing schedule, which is included here. He stayed on this exact training schedule for approximately two years before his retirement from competition. He said that, if he had it to do all over again, he would cycle his training. He thinks that cycling would have helped him prevent injuries and maybe stay in the iron game longer as a competitor. He credits the genius of the single rep training principle to the mighty **Douglas Ivan Hepburn** (former world champion and world's strongest man) from Canada. Pat says that Doug Hepburn originated the single rep system but has never been given the credit he deserves for this contribution to the iron game.

It is said that the journey to becoming a champion of super strength begins with obtaining the right knowledge. Going at our current rate of a 4-pound gain per year on the bench press, then perhaps we will see a 900-pound bench press over the next 20-year period. Thanks for sharing with us your knowledge and expertise on the bench press.

## Pat Casey's 1960s World Record Bench Press Workout

### Monday

Supine (flat) bench press	Warm-up	1 set 10 reps
Partial single rep bench lockout	Begin 4" off chest	6 sets 5 reps
	Begin 7" off chest	3 sets 1 rep
Supine (flat) bench press	Pump-out set	1 set 20 reps
Incline dumbbell press		1 set 12 reps
		5 sets 4 reps
		1 set 20 reps
Parallel bar dips	Warm-up	1 set 10 reps
		8 sets 3 reps
		1 set 10 reps
		1 set 10 reps

### Friday

Supine (flat) bench press	Warm-up	1 set 10 reps
		1 set 5 reps
Supine (flat) barbell triceps press	Pump-out set	1 set 3 reps
		6 sets 1 rep
		1 set 5 reps
		1 set 20 reps
		1 set 10 reps
		5 sets 5 reps

### Saturday

Seated military press	Warm-up	1 set 10 reps
		5 sets 3-5 reps
		Pump-out set
		1 set 20 reps

Pat Casey crashes the 600-lb bench press barrier: May 1967, San Diego, California – First attempt, 575. Second attempt, 600. Third attempt, 615. Weighed out at 615-1/2 pounds. New National Record, BWT 329-1/2.



## Powerbuild Advanced Bench Press Workout

### Mondays or Tuesdays:

EXERCISE	SETS	REPS
Close grip bench press	1	10
	1	8
	4	5
Stop bar 3" above chest. Increase weight.		
Dumbbell flies	3	8
Dumbbell bench press	3	8
Incline front BB or DB raises	4	8
Hammer curls	3	8
Barbell curls	3	8
Triceps extensions	5	6
Increase weight.		
Triceps pushdown	4	8
Weighted incline sit-ups	4	10

### Wednesdays or Thursdays:

EXERCISE	WEEKS 1-4	WEEKS 5-8	WEEKS 9-12
Deadlifts		10x warmup 5x increase 3x increase 5x 100% of weekly max	10x warmup 5x increase 3x increase 2x increase 1x increase 3x 100% of weekly max
Partial Deadlifts			3x 3 increase weight each set.
Heavy Bentover Rows	8x warmup 4x 5 increase weight each set.	8x warmup 4x 5 increase weight each set.	8x warmup 4x 5 increase weight each set.
Lat Pulldowns	4x 8	4x 8	4x 8
Shrugs	4x 8	4x 8	4x 8
Crunches	4x 15	4x 15	4x 15

### Fridays or Saturdays:

EXERCISE	WEEKS 1-4	WEEKS 5-8	WEEKS 9-12
Squats	10x warmup 5x increase 5x increase	10x warmup 5x increase 4x increase	10x warmup 5x increase 4x increase

	5x increase 8x 100% of weekly max	3x increase 2x increase 5x 100% of weekly max	3x increase 2x increase 1x increase 3x 100% of weekly max
Benchpress	10x warmup 8x increase 5x increase 5x increase 8x 100% of weekly max. (Back off 25 lbs. and do 3x 9, increasing 5 lbs. each set.) (Back off 30 more pounds and do 3x 10, increasing 5 lbs. each set.)	10x warmup 8x increase 3x increase 3x increase 5x 100% of weekly max. (Back off 25 lbs. and do 3x 6, increasing 5 lbs. each set.) (Back off 30 more pounds and do 3x 8, increasing 5 lbs. each set.)	10x warmup 8x increase 3x increase 2x increase 3x 100% of weekly max. (Back off 25 lbs. and do 3x 5, increasing 5 lbs. each set.) (Back off 30 more pounds and do 3x 6, increasing 5 lbs. each set.)
Leg Extensions	3x 10	3x 10	3x 10
Leg Curls	3x 10	3x 10	3x 10
Calf Raises	3x 10	3x 10	3x 10
Barbell Curls	3x 8	3x 8	3x 8
Situps	3x 15	3x 15	3x 15

### 10-WEEK BENCH PRESS PYRAMID

WEEK #	SET #1 % 1RM	SET #2 % 1RM	SET #3 % 1RM	SET #4 % 1RM
1	10 reps @ 60%	7 reps @ 66%	5 reps @ 72%	3 reps @ 80%
2	10 reps @ 50%	5 reps @ 65%	3 reps @ 78%	1 rep @ 85%
3	3x8 reps @ 55%	6 reps @ 70%	4 reps @ 76%	2 reps @ 85%
4	3x5 reps @ 55%	3x3 reps @ 75%	3x2 reps @ 82%	3x1 rep @ 90%
5	10 reps @ 62%	7 reps @ 68%	5 reps @ 75%	3 reps @ 85%
6	10 reps @ 53%	5 reps @ 68%	3 reps @ 81%	1 rep @ 88%
7	3x8 reps @ 58%	6 reps @ 73%	4 reps @ 80%	2 reps @ 88%
8	3x5 reps @ 60%	3x3 reps @ 78%	3x2 reps @ 85%	3x1 rep @ 93%
9	Warm up to 85%	1 rep @ 90%	3 reps @ 85%	5 reps @ 80%
10	Warm up to 85%	1 rep @ 94%	1 rep @ 101%	1 rep @ 108%

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### Pre-Peak Strength Training and Conditioning—The Bench Press (Greg Reshel of Power Excel)

Workout	Grip	Shirt	# Sets	# Reps	Weight (%)
1	Competition	N	10	3	65
2	Narrow	N	8	6	55
3	Wide	N	6	8	55
4	Competition	Y	6	3	75
5	Competition	N	12	3	65
6	Narrow	N	8	8	55
7	Wide	N	6	10	55
8	Competition	Y	4	4	80
9	Competition	N	8	4	65
10	Narrow	N	5	7	60

11	Wide	N	5	6	60
12	Competition	Y	3	5	75
13	Competition	Y	6	5	70
14	Narrow	N	4	8	60
15	Wide	N	4	6	65
16	Competition	Y	3	2	90

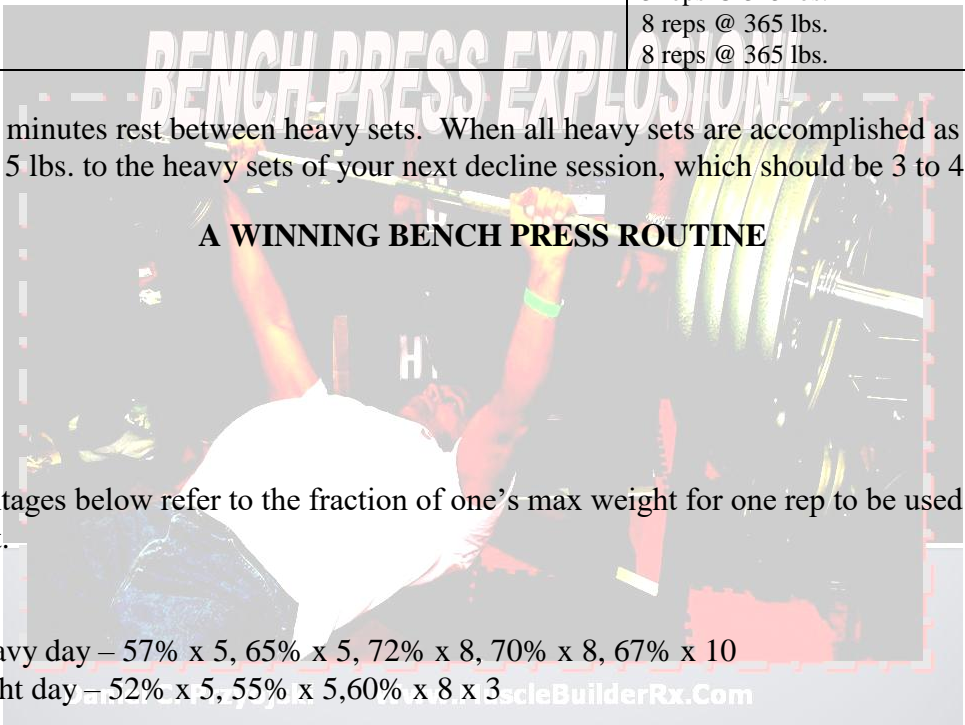
## Underground Gym Decline Bench Program

### TRANSITION CHART

<i>If you are capable of 8 reps with</i>	<i>Use these poundages in the decline</i>
100 lbs.	5 reps @ 85 lbs. 8 reps @ 105 lbs. 8 reps @ 105 lbs. 8 reps @ 105 lbs.
125 lbs.	5 reps @ 95 lbs. 8 reps @ 130 lbs. 8 reps @ 130 lbs. 8 reps @ 130 lbs.
150 lbs.	5 reps @ 115 lbs. 8 reps @ 155 lbs. 8 reps @ 155 lbs. 8 reps @ 155 lbs.
175 lbs.	5 reps @ 135 lbs. 8 reps @ 185 lbs. 8 reps @ 185 lbs. 8 reps @ 185 lbs.
200 lbs.	5 reps @ 135 lbs. 3 reps @ 185 lbs. 8 reps @ 210 lbs. 8 reps @ 210 lbs. 8 reps @ 210 lbs.
225 lbs.	5 reps @ 135 lbs. 5 reps @ 185 lbs. 8 reps @ 235 lbs. 8 reps @ 235 lbs. 8 reps @ 235 lbs.
250 lbs.	5 reps @ 135 lbs. 5 reps @ 185 lbs. 3 reps @ 225 lbs. 8 reps @ 265 lbs. 8 reps @ 265 lbs. 8 reps @ 225 lbs.
275 lbs.	8 reps @ 135 lbs. 5 reps @ 225 lbs. 3 reps @ 250 lbs. 8 reps @ 290 lbs. 8 reps @ 290 lbs. 8 reps @ 225 lbs.

300 lbs.	8 reps @ 135 lbs. 5 reps @ 225 lbs. 3 reps @ 275 lbs. 8 reps @ 315 lbs. 8 reps @ 315 lbs. 8 reps @ 250 lbs.
325 lbs.	8 reps @ 135 lbs. 5 reps @ 225 lbs. 3 reps @ 285 lbs. 8 reps @ 340 lbs. 8 reps @ 340 lbs. 8 reps @ 250 lbs.
350 lbs.	8 reps @ 135 lbs. 8 reps @ 225 lbs. 3 reps @ 315 lbs. 8 reps @ 365 lbs. 8 reps @ 365 lbs.

Maintain 7 minutes rest between heavy sets. When all heavy sets are accomplished as listed above, add 5 lbs. to the heavy sets of your next decline session, which should be 3 to 4 days later.



### A WINNING BENCH PRESS ROUTINE

The percentages below refer to the fraction of one's max weight for one rep to be used in a given training set.

#### Week 1:

Heavy day – 57% x 5, 65% x 5, 72% x 8, 70% x 8, 67% x 10

Light day – 52% x 5, 55% x 5, 60% x 8 x 3

#### Week 2:

Heavy day – 57% x 5, 70% x 5, 80% x 5, 77% x 5, 67% x 10

Light day – 55% x 5, 60% x 5, 67% x 5 x 3

#### Week 3:

Heavy day – 57% x 5, 70% x 6, 77% x 6, 77% x 6, 75% x 5

Light day – 55% x 5, 62% x 5, 65% x 5 x 3

#### Week 4:

Heavy day – 62% x 5, 70% x 6, 85% x 4, 82% x 4, 80% x 5

Light day – 57% x 5, 65% x 5, 70% x 5 x 3



**Week 5:**

Heavy day – 60% x 5, 75% x 5, 80% x 5, 80% x 5, 75% x 5-8  
Light day – 57% x 5, 62% x 5, 67% x 5 x 3

**Week 6:**

Heavy day – 67% x 5, 75% x 5, 87% x 3, 85% x 3, 80% x 4-5  
Light day – 57% x 5, 67% x 5, 70% x 5 x 3

**Week 7:**

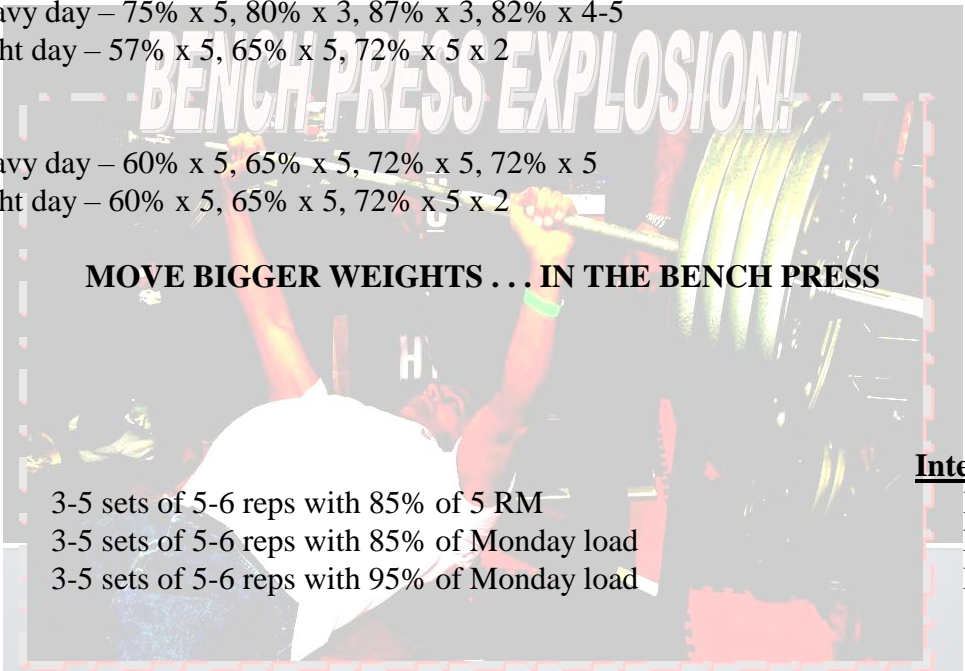
Heavy day – 60% x 5, 77% x 5, 82% x 5, 80% x 5-8  
Light day – 57% x 5, 65% x 5, 70% x 5 x 2

**Week 8:**

Heavy day – 75% x 5, 80% x 3, 87% x 3, 82% x 4-5  
Light day – 57% x 5, 65% x 5, 72% x 5 x 2

**Week 9:**

Heavy day – 60% x 5, 65% x 5, 72% x 5, 72% x 5  
Light day – 60% x 5, 65% x 5, 72% x 5 x 2



**Week 1**

		<b><u>Intensity</u></b>
Mon.	3-5 sets of 5-6 reps with 85% of 5 RM	H
Wed.	3-5 sets of 5-6 reps with 85% of Monday load	L
Fri.	3-5 sets of 5-6 reps with 95% of Monday load	M

**Week 2**

Mon.	3-5 sets of 5-6 reps with 90% of 5 RM	H
Wed.	3-5 sets of 5-6 reps with 85% of Monday load	L
Fri.	3-5 sets of 5-6 reps with 95% of Monday load	M

**Week 3**

Mon.	3-5 sets of 5-6 reps with 95% of 5 RM	H
Wed.	3-5 sets of 5-6 reps with 85% of Monday load	L
Fri.	3-5 sets of 5-6 reps with 90% of Monday load	M

**Week 4**

Mon.	3-5 sets of 5-6 reps with 105% of 5 RM	H
Wed.	3-5 sets of 5-6 reps with 80% of Monday load	L
Fri.	3-5 sets of 5-6 reps with 90% of Monday load	M

## Week 5

Mon.	3-5 sets of 2-4 reps with 85% of 5 RM	H
Wed.	3-5 sets of 2-4 reps with 85% of Monday load	L
Fri.	3-5 sets of 2-4 reps with 95% of Monday load	M

H = high intensity; M = moderate intensity; L = low intensity

### **Ted Arcidi's Exact Blueprint for Benching**

The following is the **exact** blueprint (workout schedule) for bench pressing success. There are probably as many opinions about what constitutes a gain theory bench press schedule as there are experts. Ted feels to this day that the following program works quite well for gaining **muscular size** and **bulk**.

The schedule possesses the qualities that assist in promoting a positive nitrogen balance in the body coupled with just enough time between workouts to accelerate body restoration or recuperation. Remember, our aim and focus is to gain muscular size and strength; a must for the early phase bodybuilder and of course the way of the powerlifter. The primary objective is not to achieve a "Suck Pump" (a vein-choked muscle pump that only lasts a few hours) but rather long-lasting muscular bulk and power coupled with thick pecs, shoulders, and lats. This is built **only** through lifting the heavy iron.

**Monday:**     **Light Barbell Bench Press** 4 sets x 5 reps (Use a poundage that you can do 9 reps with...But only do 5 reps!)

**Tricep Extensions** (lying down) 4 sets x 6 reps (While in the supine position on the bench, the bar should descend to the nose and chin area. Use elbow wraps, perhaps even two on each elbow.)

**Behind the Neck Press** 4 sets x 5 reps (Work up to 2 solid work sets with a maximum repetition poundage...But not at the expense of technique emphasis.)

**Standing Barbell Curls** 3 sets x 6 reps (Use an E-Z curl bar if you wish and wear a lifting belt.)

**Tuesday:**    **Lat Machine Pulldowns** 4 sets x 10 reps (Alternate 1 rep in front of the neck and 1 rep behind the neck.)

**Wednesday:** **REST AND RELAXATION!!!**

**Thursday:**   **Heavy Barbell Bench Press** (Use the cycle sequence). Obviously, when you decrease the reps you will add more weight to the bar. Also, if you feel you can make a gain on the bench press itself or any assistance work, do not wait until the next workout, go for it now.

<u>Week No.</u>	<u>Sets</u>	<u>Reps</u>
1	4	6
2	4	6
3	4	6
4	4	5
5	4	5
6	3	3
7	3	3
8	3	3
9	2	3
10	MAX SINGLE REP	

**Behind the Neck Press** 3 sets x 7 reps (This is a light shoulder day today so use a poundage that you can do 11 reps with...But only do 7 reps!)

\*Do all other assistance work (Tricep Extensions and Barbell Curls) just like on Monday.

**Friday: REST AND RELAXATION!!!**

**Saturday: Barbell Back Squat and Conventional Deadlift** Work up to your 2 best sets of 5 reps for each exercise. Three weeks before you max, go for your best triples.

**Behind the Neck Press** 2 sets x 3 reps (The last set should be the best you can do for a big triple.)

**Standing Barbell Curls** 3 sets x 6 reps (This is a light biceps day today so use a poundage that is 20 pounds less than what you do on Monday and Thursday's assistance work.)

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**Sunday: REST AND RECUPERATION!!!**

### **Ken Lain's Program Matrix for Increased Bench Press Power**

**Cycle: 10 Weeks**

#### **Specific Warm-Up Sets (5-7 Sets)**

2 sets x 5 reps (15%) \_\_\_\_\_  
Rest-pause: 90 sec

1 set x 5 reps (45%) \_\_\_\_\_  
Rest-pause: 90 sec

1 set x 3 reps (60%) \_\_\_\_\_  
Rest-pause: 90 sec

1 set x 1 rep (80%) \_\_\_\_\_  
Rest-pause: 90 sec

1 set x 1 rep (90%) \_\_\_\_\_  
Rest-pause: 90 sec

1 set x 1 rep (95%) \_\_\_\_\_  
Rest-pause: 5 min

The percentages (%) listed for each Specific Warm-Up Set are based against the poundages used in the following PROGRAM MATRIX for a particular week, be it a Heavy or Light training day. Specific Warm-Up Sets teach muscles the exercise range of motion and that the weight will be heavy (i.e. golgi tendon readiness).

	<b>(Heavy Day)</b>	<b>(Light Day)</b>
Week 1:	3 sets x 10 reps (55%) _____ Rest-Pause: 45 sec-2 min.	3 sets x 10 reps _____ Rest-Pause: 45 sec-2 min.
2:	3 sets x 9 reps (60%) _____ Rest-Pause: 45 sec-2 min.	3 sets x 9 reps _____ Rest-Pause: 45 sec-2 min.
3:	3 sets x 8 reps (65%) _____ Rest-Pause: 45 sec-2 min.	3 sets x 8 reps _____ Rest-Pause: 45 sec-2 min.
4:	3 sets x 7 reps (70%) _____ Rest-Pause: 2-3 min.	3 sets x 7 reps _____ Rest-Pause: 45 sec-2 min.
5:	3 sets x 6 reps (75%) _____ Rest-Pause: 2-3 min.	3 sets x 6 reps _____ Rest-Pause: 2-3 min.
6:	3 sets x 5 reps (80%) _____ Rest-Pause: 4-5 min.	3 sets x 5 reps _____ Rest-Pause: 2-3 min.
7:	2 sets x 4 reps (85%) _____ Rest-Pause: 4-5 min.	2 sets x 4 reps _____ Rest-Pause: 2-3 min.
8:	2 sets x 3 reps (90%) _____ Rest-Pause: 4-5 min.	2 sets x 3 reps _____ Rest-Pause: 2-3 min.



9: 1 set x 1 rep (95%) \_\_\_\_\_ 1 set x 1 rep \_\_\_\_\_

The percentages listed in the left column for weeks 1 through 9 are computed against a Maximum Single Effort + 10%. Consider this as a **Heavy Day** for training.

Within the column to the right for weeks 1 through 9, use 80% of the poundage used for the Heavy Day. Consider this as a **Light Day** for training. **Always take two days of R & R between the Heavy and Light Days.**

### Week: 10

(Test for Max Single Effort + 10%)

#### Specific Warm-Up Sets

Use the same set/rep and percentage of max protocol listed previously but base against the poundage indicated for the **first** attempt only!

2 sets x 5 reps (15%) \_\_\_\_\_  
Rest-pause: 4-5 min

1 set x 5 reps (45%) \_\_\_\_\_  
Rest-pause: 4-5 min

1 set x 3 reps (60%) \_\_\_\_\_  
Rest-pause: 4-5 min

1 set x 1 rep (80%) \_\_\_\_\_  
Rest-pause: 4-5 min

Daniel C. Przybylski 1 set x 1 rep (90%) \_\_\_\_\_  
Rest-pause: 4-5 min

**First attempt** – 1 set x 1 rep (90%/max) \_\_\_\_\_  
Rest-pause: 4-10 min

**Second** 1 set x 1 rep (96%/max) \_\_\_\_\_  
Rest-pause: 4-10 min

**Third** 1 set x 1 rep (100%/max) \_\_\_\_\_

## Comments

The PROGRAM MATRIX can be used on most compound exercises (i.e. Bench press, Deadlifts, and Squats, etc.). Do assistance work during weeks 1 through 7 ONLY. I suggest the PUSH (Chest, Delts and Triceps) PULL (Back and Biceps). Work Quads, Hams, and Calves together on a separate day. Do 2-3 sets for minor muscle groups and 3-5 sets for the major ones.

After completing the 10-week PROGRAM MATRIX for a select push or pull exercise, wait at least 30 days before beginning a new PROGRAM MATRIX for the same exercise.

### Six-Week Rapid Muscle Mass Bench Press System

This training technique uses a fixed poundage, percentage of maximum unfatigued single-effort concept. The percentages of maximum and corresponding poundages increase only once every seven days, over the next six weeks. Here is an outline of the six progression training levels that many bodybuilders in both the amateur and pro ranks will use in their quest for behemoth muscle mass and power in the bench press.

#### Monday and Friday or...Tuesday and Saturday

##### Level One

After a couple of light specific warmup sets perform 5 sets of ten maxi-pump reps with 65% of current unfatigued maximum single effort (MSE).

##### Level Two

5 sets x 8 maxi-pump reps with 72% MSE

##### Level Three

5 sets x 6 power reps with 79% MSE

##### Level Four

5 sets x 4 power reps with 86% MSE

##### Level Five

4 sets x 3 power reps with 93% MSE

##### Level Six

1 set x 2 power reps with 100% MSE



## **Bench Press the Chuck Sipes Way!**

The late Chuck Sipes, former IBBB bodybuilding super-star, used to recommend the following routine for people who were experiencing a standstill on bench press gains. It was not uncommon for individuals to add 50 to 75 pounds onto their previous best bench press after using this program. This is the program Chuck used to get his bench up to 570 for a single and 6 reps with 520 pounds. This was accomplished without the assistance of a bench shirt or elbow wraps and at a bodyweight of 220 pounds.

The first exercise is the standard version of the bench press. Start off with around 135 and do two warm-up sets of at least 8 reps. It is very important to warm up the area thoroughly since we are going to work out using very heavy weights. An improperly warmed-up muscle is subject to injury. So warm up properly, after all our purpose is to build strength, not to get hurt.

Next, choose a weight that you can properly handle for 6 good reps. The weight should be heavy enough to make you fight for those 6 reps, but not so heavy as to become overbearing. A good rule to follow is to choose a weight that you could possibly do two more reps than you are supposed to do, with the exception of the last few sets where we will be using a weight that permits us to really work to get the desired number of reps. Do two sets with this weight.

Now raise the weight to the amount that will enable you to do two sets of 4 reps. After completing these sets raise the weight to one allowing two sets of two reps. After completing this do your maximum weight for sets of one reps. Usually, he would do two sets with his max, and never more than three sets.

Before moving along in the routine, I feel that it is important to discuss training style a bit. Excessive arching and bouncing should be avoided. However, a certain amount of arch will always help your lifting. If you never arch, your strength will increase at a much slower pace. A little arching will help you use a weight for more reps than you would be capable of doing normally. Eventually, you will be able to do more reps strictly than you once were doing with an arch. When this happens you increase the weight and start over again. So arch moderately, but don't bounce the weight off your chest. Bouncing only causes injury, so avoid it.

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After completing benches, you now move to mid range pin push offs. Using a power rack, place the pins about six inches off your chest. Placing the bar cross the pins, do 2 sets of 6, 2 sets of 4, and 2 sets of 2, while increasing the weight each time. At first this exercise may seem a bit awkward, but after a workout or two you will become accustomed to it. This exercise will go a long way toward increasing your power.

Now set the pins about five or six inches from the lockout position. Proceed in doing 2 sets of 4 reps. Then increase the weight and do 2 sets of 2 reps. These are very important because they build your strength in the lockout position. Many trainees are weak in this area and lockouts will help your bench tremendously.

Finally, place the pins about 1 inch lockout. These are called supports and you will be able to use very heavy weights. Supports enable you to get used to holding very heavy weights. So heavy that they would be impossible for you to bench, at least for the time being.

### The Chuck Sipes Bench Press Schedule

- |   |               |
|---|---------------|
| 1. Supine Bench Press                   | 2 sets/6 reps |
|   | 2 sets/4 reps |
|   | 2 sets/2 reps |
|   | 2 sets/1 rep  |
| 2. Limited Mid-Range Supine Bench Press | 2 sets/6 reps |
|   | 2 sets/4 reps |
|   | 2 sets/2 reps |

This exercise's starting position begins 4-6 inches off the chest and is pressed to a full lock-out position each and every rep.

- |                                |               |
|--------------------------------|---------------|
| 3. Supine Bench Press Lockouts | 2 sets/4 reps |
|                                | 2 sets/2 reps |

This exercise's starting position begins 1-2 inches from lockout position and is pressed to full lockout each and every rep.

- |  |                   |
|--|-------------------|
| 4. Heavy Supports-Lockout Bench Press Position | 4 sets/10 seconds |
|--|-------------------|

Support the barbell at arm's length beginning at 5 seconds per set and working up to 10 seconds per set before adding poundage. Use a power rack and a competent spotter on this bench press schedule! On exercises 1, 2, and 3, add poundage and decrease the repetitions every 2 sets. Follow this program 1-2 times per week on nonconsecutive days.

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### Six-Week Power Bench Program

A bodybuilder named John Robbins used to blast his bench pressing strength and those of others into new growth with a two-day, 3-sequence (A, B, C) training method. Here's how....

The intensity threshold of the Robbins **6 Week Power Bench Press Program** requires only two workouts per week, usually on Mondays and Thursdays to avoid the overtraining syndrome. The first training day consists of workout "A" in which your stress loads for your "barometer" **one rep** sets consists of working with 95% of your current maximum single effort (MSE). Assuming that you are a natural non-anabolic steroid-free bodybuilder who has a 300-pound max bench press your workout will appear as follows: 135 (45%)/10 reps, 185 (62%)/5 reps, 225 (75%) /3 reps, 255 (85%) /2 reps, and 285 (95%) /4 non-consecutive **single** reps.



The second training day of week number one consists of workout “B” where you will use 85% of maximum (300 pounds) for three triple rep “barometer” strength building sets. Workout B thus appears as follows: 135 (45%)/10 reps, 185 (62%)/5 reps, 225 (75%)/3 reps, and 255 (85%) for 3 sets of 3 reps.

Workout “C” is the third training sequence and requires you to use 75% of your critical threshold 300-pound maximum for two to three five-rep sets. 135 (45%)/10 reps, 185 (62%)/reps and 225 (75%) for 3 sets of 5 reps.

A brief overview of this program would show that on the first week you are doing workout A on Monday, workout B on Thursday, and workout C on Monday at the beginning of the second week. Workout A is on Thursday and workout B on the following Monday of week number three and C on Thursday. Workout A begins on a Monday again in week number four, cycling through as explained above where you end with workout C on Friday of the sixth and final week of this program.

To maintain a systematic strength progression in this 3-program training approach it is necessary that you strive to add five pounds over your previous training “barometer” one rep (workout A), or multiple rep strength building sets (workouts B and C) each and every workout if possible. At the conclusion of the six week cycle you will accomplish approximately a 6-8% strength gain in the “barometer” sets of programs A, B, and C. From here you can test for a **new maximum single effort** (MSE) and after taking a one-week layoff of active rest, begin a new 6-week cycle or perhaps you might wish to test for an MSE in a totally different exercise, say the 30-40 degree Low Incline Dumbbell Press and go from there.



### 5/20 Bench Press Program

Another bench press program worth mentioning is the **5/20 routine**, invented by Paul Anderson – Strongest Man of the Century. Paul suggests taking a pair of heavy dumbbells and do **one all out set of five reps**, then immediately take another set of dumbbells which is 50 to 60% lighter in poundage and do a 20 rep set. This completes one super set series. This can be repeated 2-3 times depending on energy, endurance, and sanity.

### Successfully Benching Blueprint

Finally, there is another way to not only build incredible bench pressing strength, but of creating a proper balance between the upper, mid, and lower pectoralis muscles. I learned about this successful bench pressing plan from my friend, John Carl Mese, a natural 400-pound plus bench presser.

Using his plan I have steadily upped my bench press approximately 10 pounds a month. Here is how the **Successful Benching** program, as performed by John Carl Mese, works.

Warm up with a light poundage for 1 set of 10-12 reps.

Next, do two intermediate sets of just 2 reps each. The first set, use a poundage that is 1/3 of the way up to your 2 rep limit, from the warmup weight. A second set of 2 reps should be with a weight 2/3 of the way up.

Now, jump the poundage to the absolute most you can do for two reps and perform two sets of 2 reps each. As your training energy and efficiency increases from workout to workout **try** for a third sets of 2 reps and eventually do four sets of 2 reps.

Now decrease the two rep poundage by 20 or 30 pounds which allow you to make two sets of 4-6 reps. Be sure that you are able to get a minimum of 4 reps, and really make a concentrated effort to accomplish 6 reps on each set.

Decrease the poundage another 20 or 30 pounds and blast out two sets of 6-8 reps. This completes the barbell portion of your benching program.

Finish off your **Successful Benching** program with Incline (beyond 45°, to work the sticking point mid-point off the chest) Dumbbell Presses for three sets of 8 reps. Start **heavy** and work light in 10-15 pound jumps. You need to hurry on these to keep blood in the pecs.

This completes the Monday and Thursday benching program. Doing assistance exercises for arms, shoulders, and back strength is a systematic way to develop more bench pressing power. Generally two assistance exercises are done on Tuesdays and Fridays. The exercises are **Seated Press Behind the Neck with a Barbell**, which uses the same set and rep scheme as described in steps 1 through 5 for the bench press. **Vertical Dips on the Parallel Bars** is the second assistance exercise and is done for five sets of 8 reps. In all, keep your training intensity up by adding additional weight to your exercises whenever possible. Most generally, assistance exercises are tailored to certain specific weaknesses in muscle development and strength. For example, if your sticking point is on the chest (as it rests) you could be lacking in back strength which is necessary since the lats help drive the bar off the chest. In this case you will want to choose 1-2 exercise variations for the lats such as deadlifts and do four sets of eight reps, although varying the sets, reps, and poundages used can be beneficial providing they allow the lat muscles sufficient overload quality for development. Other suggests for the sticking point **on the chest** would be: Watch your form by keeping your body tight. Explode the weight off the chest by doing precise flat starts. Do ½ reps with 50-100 pounds under your current one-rep maximum, exploding the weight off the chest 6-10 inches for one set of 10 reps and a second set of 20 reps. Drive the bar up in an “arc” rather than straight up (too much triceps).

A sticking point at **mid-chest** can indicate that you are simply out of the proper tracing pattern groove in which you must then expel the air forcefully out of your lungs to bypass this sticking point. Front delt weakness could be a problem, and here you could **Dead-Stop Benches**

in a power rack using a beginning pressing range which is 5-6" off the chest, or perhaps you can do Barbell Front Raises for the delts.

Sticking point near lockout can be from fatigue, form, or weak triceps. One of the best exercises for this muscle is to perform Reverse Grip Bench Presses. Lower the bar down to your abdominals (not the chest) and press straight up from there (not in an "arc" back toward the bench upright supports as in the conventional bench press). Do a set of 5 reps, then immediately reduce the weight by 30-40% and go to absolute positive failure! This is one series. Do 2-3 more.

### Two Workouts Bench System

This Bench Press System has been proven time after time to produce amazing results. Some of our members have added over one hundred pounds to their previous bench press record. At that point we decided to offer the system to the many powerlifting and bodybuilding enthusiasts. We believe that you will find this system most rewarding. Read it carefully and follow the exact directions given. **GOOD LUCK!!!**

#### Workout #1

This workout would be considered by many to be a standard bodybuilding workout. Let's say you bench press 200 pounds. Find the column that has 200 at the bottom of it. Start your warmup set with 90 pounds shown at the top of the column. Perform 10-15 reps with that weight. Skip one number and go to 110 pounds. Perform 10 reps with that weight. Move on to the next number which is 140 pounds. Perform 8 reps with that weight.

The next set will be 30 pounds heavier. With 170 pounds get as many reps as you possibly can plus 2 forced reps. Repeat that set after getting a good rest to regain your strength. Following your five sets of bench pressing you are to perform 3 sets of heavy flies with a weight you can handle for no more than 7 reps. While performing the flies each rep should be held at the bottom for a count of three before raising the weight over your chest. After your flies you are free to continue your workout as you please. We suggest moving on to shoulders, then triceps.

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#### Workout #2

This workout is the real power builder. Again let's say you bench press 200 pounds. Start at the top of the column with 90 pounds and do only **one rep** with that weight. The next weight is 100 pounds, do only 1 rep with each weight. After do 200 pounds for one rep. Subtract 30 pounds from 200 which leaves you with 170 pounds. Perform as many reps as you can with that weight plus two forced reps. The next step will be three sets of light flies with a weight you can handle for no less than ten reps. After your flies you are free to continue your workout as your please. Again, we suggest moving on to shoulders, then triceps.

**200 to 245 Pounds**

90	90	90	90	90	90	90	100	100	100
100	105	105	105	110	115	120	125	130	135
110	115	120	125	130	135	140	145	150	155
140	145	150	155	060	165	170	175	180	185
150	155	160	165	170	175	180	185	190	195
200	205	210	215	220	225	230	235	240	245

**250 to 350 Pounds**

135	140	140	140	140	014	145	145
155	160	165	170	175	180	185	190
175	180	185	190	195	200	205	210
200	205	210	215	220	225	230	235
225	230	235	240	245	250	255	260
250	255	260	265	270	275	280	285
145	145	145	145	145	150	150	150
195	200	200	200	200	205	205	205
215	220	225	231	235	240	245	250
240	245	250	255	260	265	270	275
265	270	275	280	285	290	295	300
290	295	300	305	310	315	320	325
150	150	150	150	150			
210	210	210	210	210			
255	260	265	270	275			
280	285	290	295	300			
305	310	315	320	325			
330	335	340	345	350			

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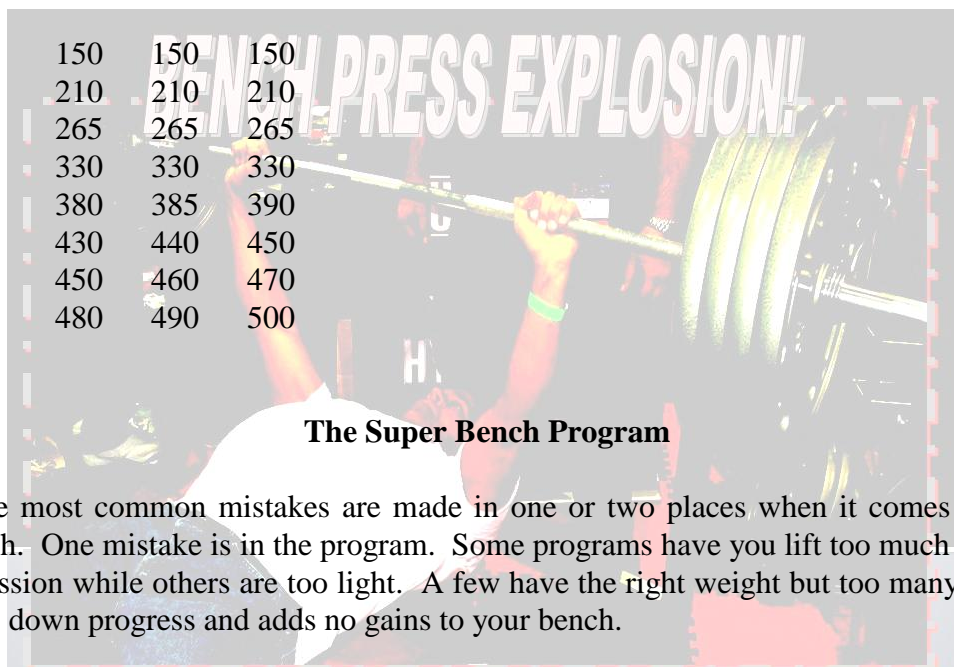
**355 to 500 Pounds**

150	150	150	150	150	150	150	150
210	210	210	210	210	210	210	210
250	250	250	255	260	260	260	260
280	285	290	295	300	305	310	315
305	310	315	320	325	330	335	340
330	335	340	345	350	355	360	365
355	360	365	370	375	380	385	390
150	150	150	150	150	150	150	
210	210	210	210	210	210	210	
260	265	265	265	265	265	265	



320	325	325	325	330	330	330
345	350	355	360	365	370	375
370	375	380	385	390	395	400
395	400	405	410	415	420	425

150	150	150	150	150	150	150
210	210	210	210	210	210	210
265	265	265	265	265	265	265
330	330	330	330	330	330	330
380	350	355	360	365	370	375
405	385	390	395	400	410	420
430	405	410	415	420	430	440
	435	440	445	450	460	470



### The Super Bench Program

The most common mistakes are made in one or two places when it comes to having a super bench. One mistake is in the program. Some programs have you lift too much weight each training session while others are too light. A few have the right weight but too many repetitions. This slows down progress and adds no gains to your bench.

The major mistake is in the time given for recovery. Not giving your chest muscles enough time to recover from training to training. By not giving your chest enough time to recover, it will slow down your progress, leaving yourself stale, at a standstill, or even losing strength and not knowing why.

The super bench program was created to train your chest muscle to its maximum potential, speed up recovery, and add power and strength to your bench. By training with super bench soon everyone around you will be asking you, "What is your secret to a super bench?"

## STEP ONE

**Maximum Bench Record:** You will start with the maximum bench record. This record will be used to record what your maximum bench weight is at the present time. Fill out all the information under week one. Your warmup weight should always be a weight you can press for 10-12 repetitions. Always control the weight. Try to take a second pause at the bottom of each repetition. Never bounce the weight off your chest., doing so will slow down your progress. After you have filled out all the information under week one you will go on to the weight chart. You will use the maximum bench record again on your sixth week. Follow the same steps as in week one. Go for your maximum bench as you did in week one. Remember to record all the information under week six. Once you have recorded all the information, use the maximum bench record to compare your progress; then go for a new maximum bench and start the program over for a new bench weight.

## STEP TWO

**Weight Chart:** The weight chart will break down the weight you will be training with using your maximum bench weight. Follow the instructions on your weight chart.

## STEP THREE

**The Super Bench Program:** The super bench program is broken into two training schedules – A and B. Your first training session will be schedule A. This is your light weight training day. You will train a total of seven sets. Your first and second sets will be warmup sets. For these sets, use a light weight (a weight you will be able to do 10-12 repetitions). Never bounce the weight off your chest and try to pause the weight at the bottom of each repetition. Your third through sixth set weight will be determined by the weight chart. You will go for six repetitions on each set, except on your sixth set try to go for an extra repetition. If you can do an extra repetition, add five pounds to your schedule A for your next schedule A training session.

After your training schedule A, you will not work your bench until five days later when you will go to schedule B. This will be your heavy weight training day. Do a total of seven sets. Your first and second set will be your warmup set. Again, you will use a weight you can press from 10-12 repetitions controlling the weight each repetition and again pausing at the bottom of each repetition. Your third through sixth set weight will again be determined by the weight chart. Go for four repetitions each set, except for your sixth set. Again, try for one more repetition. If you can do another repetition, add five pounds to your total weight in schedule B for your next B training session. You will not train your bench for five days then you will start with the entire program. You will train your bench once every five days. For example, if you train schedule A on Monday, you will train schedule B on Saturday and after Saturday your next training session will be schedule A on Thursday. Training your bench every five days will give your chest muscles the time needed to fully recover. The super bench program works your bench to its maximum capability leading to faster gains in strength and power.

## STEP FOUR

**Weekly Log Sheets:** As an extra benefit you will receive five weekly bench log sheets. These logs will enable you to keep track of your progress from week to week for up to your fifth week until your next maximum bench. Remember to log each workout. This way you will actually see your progress from week to week.

### SCHEDULE A

Set	Weight	Reps
1-2 Warmup	Light	10 to 12
3	_____ lbs	6
4	_____ lbs	6
5	_____ lbs	6
6	_____ lbs	6

(If possible, go for more than six reps on the sixth set. If you can do more than six, add five pounds to your bench, but only go for more reps on the sixth set.)

This set is a burnout set. Lower the weight and rep out as many as possible.

### SCHEDULE B

Set	Weight	Reps
1-2 Warmup	Light	10 to 12
3	_____ lbs	4
4	_____ lbs	4
5	_____ lbs	4
6	_____ lbs	4

(If possible, go for more than four reps on the sixth set. If you can do more than four, add five pounds to your bench, but only go for more reps on the sixth set.)

This set is a burnout set. Lower the weight and rep out as many as possible.

### MAXIMUM BENCH RECORD

Week 1

Date \_\_\_\_\_

Set	Weight	Reps
1. Warmup	Light _____ lbs.	10 to 12
2. Warmup	Light _____ lbs.	10 to 12
3. Maximum Bench	_____ lbs.	

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

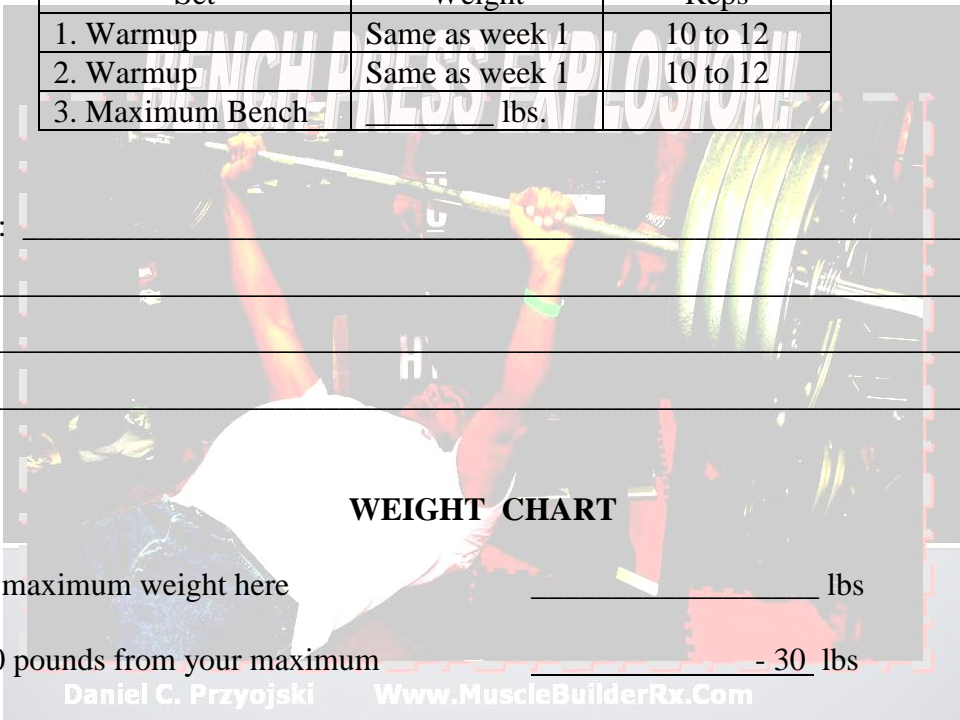
**MAXIMUM BENCH RECORD**

Week 6

Date \_\_\_\_\_

Set	Weight	Reps
1. Warmup	Same as week 1	10 to 12
2. Warmup	Same as week 1	10 to 12
3. Maximum Bench	_____ lbs.	

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**WEIGHT CHART**

Place your maximum weight here \_\_\_\_\_ lbs

Subtract 30 pounds from your maximum \_\_\_\_\_ - 30 lbs

Daniel C. Przyojski [www.MuscleBuilderRx.com](http://www.MuscleBuilderRx.com)

Total for your heavy workouts \_\_\_\_\_ lbs  
 (Schedule B)

Place your maximum weight here \_\_\_\_\_ lbs

Subtract 55 pounds from your maximum \_\_\_\_\_ - 55 lbs

Total for your light workouts \_\_\_\_\_ lbs  
 (Schedule A)

**Example**

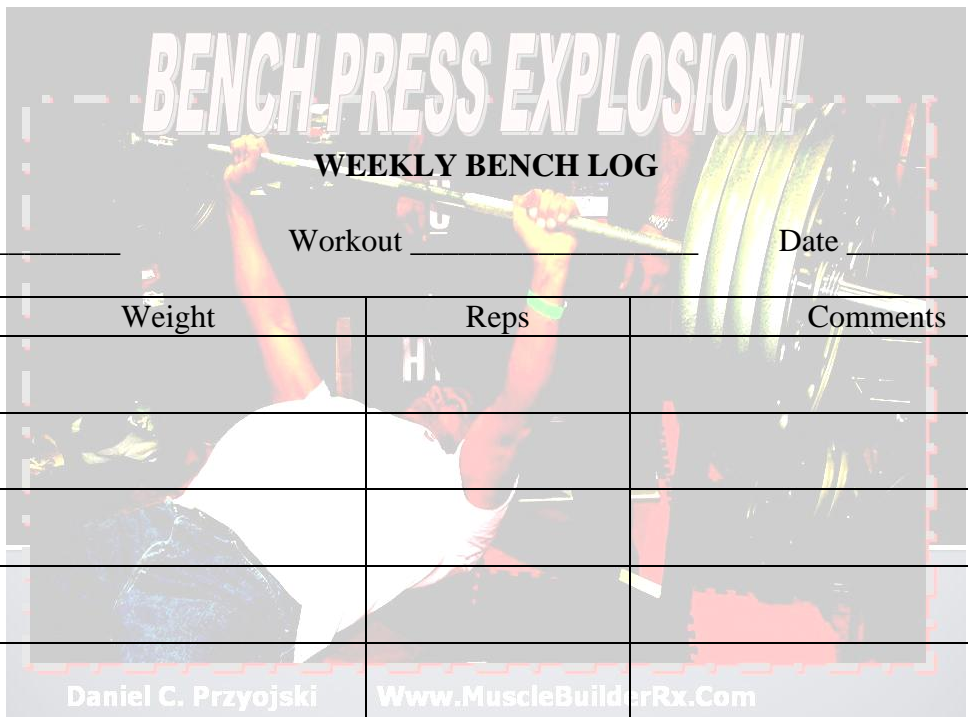


If your bench maximum is 300 lbs  
 Subtract - 30 lbs

Workout weight 270 lbs  
 (Schedule B)

If your bench maximum is 300 lbs  
 Subtract - 55 lbs

Workout weight 245 lbs  
 (Schedule A)



Week \_\_\_\_\_ Workout \_\_\_\_\_ Date \_\_\_\_\_

Set	Weight	Reps	Comments
1			
2			
3			
4			
5			
6			
7			

**Sample**

**WEEKLY BENCH LOG**

Week \_\_\_\_\_ Workout \_\_\_\_\_ Date \_\_\_\_\_

Set	Weight	Reps	Comments
-----	--------	------	----------

1	135 lbs	10 to 12	WARMUP
2	135 lbs	10 to 12	WARMUP
3	245 lbs	6	Weight felt light
4	245 lbs	6	Starting to feel heavy
5	245 lbs	6	Needed help with last rep
6	245 lbs	4 + 2	Needed a lot of help
7	135 lbs	13	Burned out



## RUSSIAN BENCH PRESS ROUTINE

Russian Bench Press Program: Here is a great routine for busting you out of that plateau.

	Day 1	Day 2	Day 3
	MONDAY	WEDNESDAY	FRIDAY
Week 1	80% (6X2)	80% (6X3)	80% X (6X2)
Week 2	80% (6X4)	80% (6X2)	80% X (6X5)
Week 3	80% (6X2)	80% (6X6)	80% X (6X2)
Week 4	85% (5X5)	80% (6X2)	90% X (4X4)
Week 5	80% (6X2)	95% (3X3)	80% X (6X2)
Week 6	100% (2X2)	80% (6X2)	102-105% x (new max)

**Notes:** The first day of the week is the light day. This is a very important day, even though the workout does not seem especially challenging. 6 x 2 (80%) means do 6 sets of two at 80% of your max weight. Be honest about your max weight, and always round down when you calculate percentages. You have to stick to the program **precisely** or you will defeat the purpose of using it. On the light day you should not do any assistance exercises that utilize the pecs, the deltoids, or the triceps. Leg work should be done in moderation. The light day is a good day for biceps and abdominal exercises. The heavy day is the key to the success of the program. If you fail to

complete all sets and all reps, **without** help from your spotter, you must go back and repeat that week. Do not go on to the next week until you have successfully completed the current heavy day. You should go all out on the heavy day with assistance exercises because the light day provides time for recovery. **Do not do any chest exercises for assistance on either day, and do not do any additional bench press sets.** You must have a positive attitude for this routine to work. It is challenging, but it is **realistic**. It does not promise incredible gains like some programs you read in magazines do (many routines seem to assume steroid use). Also be aware that the program is broken down into weeks. You do not have to adhere strictly to that schedule as long as you have two days of rest (not lifting at all) before your heavy days, and one day off before your light days. Always stretch out and warm up (quickly) to your weight without tiring yourself out.

### 10-Week Lifting Cycle

The first step used in applying this routine to your lifting regimen is by finding your current one rep max on your bench press. This max attempt is to be performed with no assistance for one complete repetition. The following routine utilizes a max lift of 250 pounds as the example. To make it work for you, substitute your current one rep max in the bench for the specified weight of 250 pounds. If your maximum lift is 350 pounds, multiply it by .55 and you get 192.5. Perform this weight then for 3 sets of ten reps for the first week's workout. Do this same procedure for the remainder of your routine construction. Remember that the largest drug-free bench presses in the world were obtained from using these principles.

Creatine Monohydrate's ingestion is to be utilized throughout the course of this lifting cycle. It has been scientifically proven to help increase muscle forque. This will give dramatic benefits that will result in the successful completion of this cycle, and other ones outlined in this report.

#### Day 1 – Flat bench press – (Chest)

Warm up sufficiently before performing the following routine. Perform only the amount of sets and reps necessary to prepare your muscles for the following routine.

<b>Week 1:</b>	3 sets of 10 reps with 55% of 250 lbs. = 137.5 lbs.	<b>Week 6:</b>	3 sets of 5 reps with 80% of 250 lbs. = 200 lbs.
<b>Week 2:</b>	3 sets of 9 reps with 60% of 250 lbs. = 150 lbs.	<b>Week 7:</b>	2 sets of 4 reps with 85% of 250 lbs. = 212.5 lbs.
<b>Week 3:</b>	3 sets of 8 reps with 65% of 250 lbs. = 162.5 lbs.	<b>Week 8:</b>	2 sets of 3 reps with 90% of 250 lbs. = 225 lbs.
<b>Week 4:</b>	3 sets of 7 reps with 70% of 250 lbs. = 175 lbs.	<b>Week 9:</b>	2 sets of 2 reps with 95% of 250 lbs. = 237.5 lbs.

**Week 5:** 3 sets of 6 reps with  
75% of 250 lbs. = 187.5 lbs.

**Week 10:** New max attempt.  
270 – 290+ lbs.

Notice how the weights gradually increase as the repetitions decrease. This will produce small but definite increases in strength. At the end of the 10 week cycle these small increments of strength increase will have amounted to a 20-40 pound jump on your bench press. This routine works very well so try it! After completing this cycle create a new routine based on your newly achieved one repetition max.

To be performed after flat bench press routine:

### **Incline dumbbell presses**

2 sets of 8-12 reps (utilize progressively increasing weight and decreasing reps)

Large muscle groups are directly trained by this bench press cycle. Smaller muscle groups that contribute to the bench press should also be trained. Three days after completing the previous chest routine, you should train your triceps, biceps and shoulders. Then, four days later, your back should be trained. While performing these assistance exercises keep in mind the progressive resistance theory. Perform each exercise by gradually increasing the weights from week to week while decreasing the reps. Perform the following exercises to assist your bench press:

#### **Day 4: (assistance exercises)**

##### **SHOULDERS**

**Military press**  
2 sets of 8-12 reps

##### **Front dumbbell raises**

2 sets of 8-12 reps

##### **Side delt raise**

2 sets of 8-12 reps

##### **Rear delt raises**

2 sets of 8-12 reps

##### **TRICEPS**

**Close grip bench press**  
2 sets of 8-12 reps

##### **Cable press downs**

2 sets of 8-12 reps

##### **One arm cable extensions**

2 sets of 8-12 reps

##### **BICEPS**

**Preacher curls**  
2 sets of 8-12 reps

##### **Hammer curls**

2 sets of 8-12 reps

##### **Concentration curls**

2 sets of 8-12 reps

#### **Day 5 – (assistance exercises)**

##### **BACK**

##### **Bent over rows**

2 sets of 8-12 reps



**Pull downs**

2 sets of 8-12 reps

**Cable rows**

2 sets of 8-12 reps

**Barbell shrugs**

2 sets of 8-12 reps

**ABDOMINALS**

Leg raises

3 sets of 15-20 reps

**Sit ups**

3 sets of 15-20 reps

**Bonus: Beef Up Your Bench. Move More Weight.**

Weight poundages determined by IRM for specific exercise chosen. Best exercises to use are bench and squat.

**Cycle Percentages**

Use light weight with assist exercises on the light workout day and heavy weight with assist exercises on the heavy workout day (i.e., single-joint exercises like biceps curl and triceps extension).

Work out 2-3 times a week depending on your recovery abilities. Rather than using all four cycles in a row, you can apply mesocycles by using cycles I and II followed by 2 weeks of moderate-low intensity training. Then proceed with another mesocycle (cycles III and IV).

**CYCLE I: 2-4 WEEKS TO 10-15 LB. GAIN ON YOUR MAX**

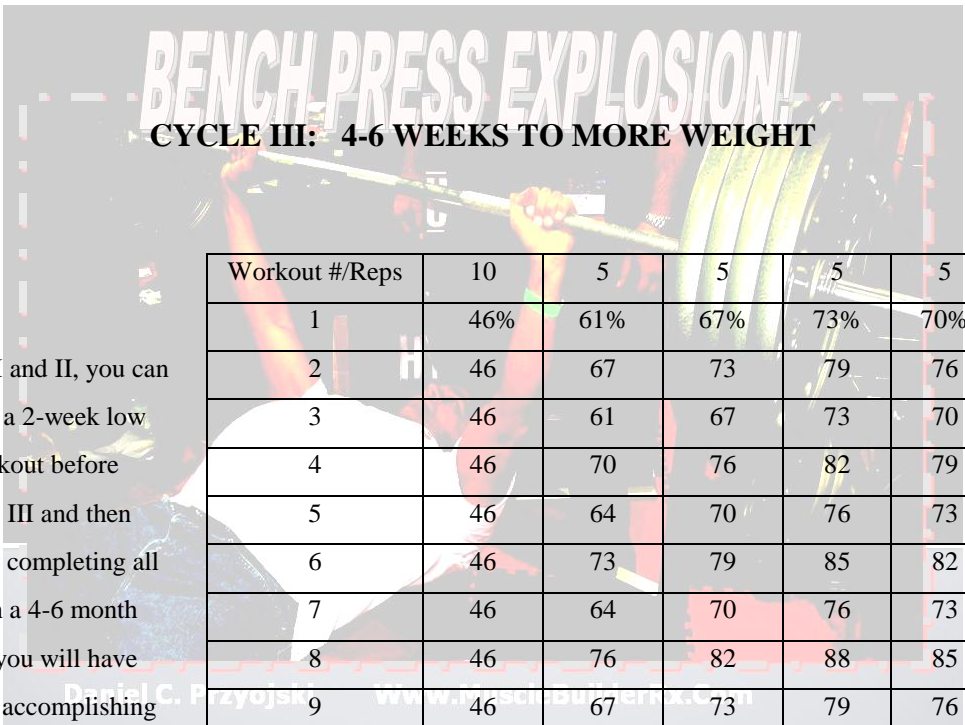
Depending on how often you work out (no more than 3 times a week), this cycle is designed to beef up your max by 10-15 lbs. by the end of the cycle through progressive resistance

Work	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	10x49%	10x55%	10x61%	10x67%	10x73%	
2	10x49	8x55	8x61	8x67	8x73	8x79
3	10x49	8x61	6x67	6x73	6x79	6x85
4	10x49	8x67	6x73	4x79	4x85	4x91
5	10x49	8x73	6x73	4x85	2x91	2x97
6	10x49	8x79	6x85	4x91	2x97	1x100
7	10x49	5x64	3x76	1x85	1x97	1x103-106

**CYCLE II: 2-4 WEEKS TO ANOTHER 10-15 LB. GAIN**

Another progressive cycle that should immediately follow cycle 1 for an increase of another 10-15 lbs. on your new 1 rep max

Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	10x49%	10x55%	10x61%	10x67%	10x73%	
2	10x49	5x64	1x70	5x76	5x82	5x88
3	10x49	5x67	4x73	4x79	4x85	4x91
4	10x49	5x70	4x76	3x82	3x88	3x94
5	10x49	5x73	4x79	3x85	2x91	2x97
6	10x49	5x76	4x82	3x88	2x94	1x100
7	10x49	5x64	3x76	1x85	1x97	1x103-106



After cycles I and II, you can proceed with a 2-week low intensity workout before starting cycle III and then cycle IV. By completing all four cycles in a 4-6 month time period, you will have succeeded in accomplishing a strength macrocycle.

**CYCLE III: 4-6 WEEKS TO MORE WEIGHT**

Workout #/Reps	10	5	5	5	5	5
1	46%	61%	67%	73%	70%	64%
2	46	67	73	79	76	70
3	46	61	67	73	70	64
4	46	70	76	82	79	73
5	46	64	70	76	73	67
6	46	73	79	85	82	76
7	46	64	70	76	73	67
8	46	76	82	88	85	79
9	46	67	73	79	76	70
10	46	79	85	91	88	82
11	46	67	73	79	76	70
12	46	82	88	94	91	85
13	46	64	76	85	97	103-106

**CYCLE IV: 4-5 WEEKS TO EVEN MORE WEIGHT**

This cycle should immediately follow cycle III. These cycles

Workout #/Reps	10	5	5	5	5	5
1	46%	70%	76%	82%	88%	85%
2	46	61	67	73	79	76

all work from low intensity to high intensity in a progressive, systematic and scientific method. As a result, your body adapts in an efficient manner without overtraining or undertraining, the two strength gain killers.

3	46	58	64	70	76	73
4	46	73	79	85	91	88
5	46	64	70	76	82	79
6	46	61	67	73	79	76
7	46	76	82	88	94	81
8	46	67	73	79	85	82
9	46	64	70	76	82	79
10	46	79	85	91	97	94
11	46	64	76	85	97	103-106

As you can see from reading this report, these systems of bench pressing and their associated assistance exercises do not take a lot of time or energy. Yet, improved chest development and respectable brute power bench pressing seem to naturally come quickly and will steadily keep coming if you will work on the programs I've outlined here.

## Doug Hepburn's Bench Press Routine

This select solid, bold and mighty "blue print" workout is one that the "late immortal" Doug Hepburn used exclusively back in the 50s to obtain a giant reserve of strength and power and take his Bench pressing strengths to a the world class level. The workout consists of two parts.

### Part One One-Rep System

Begin by loading a bar to starting weight you can Bench press for five consecutive repetitions for a specific warm-up (use a weight you can do comfortable without straining).

Next Perform five consecutive repetitions in the Bench press. Rest-pause from 3 to 5 minutes. From here you advance onto single repetitions. Perform 3 sub-maximum SINGLE repetitions (rest-pause 3-5 minutes between each single repetition) while increasing the weight of each proceeding sub-single so that a near limit weight that can be performed for the third and final sub-maximum single. Generally this will be about 30 pounds less than you can bench press for a maximum single effort. Take this poundage and do One maximum single repetition. Consider this to be workout number one. Build up the numbers by striving to add ONE additional maximum single repetition each proceeding workout until you are doing EIGHT maximum SINGLE repetitions.

When the EIGHT maximum SINGLE repetitions can be accomplished increase the specific warm-up, sub-maximum, and maximum single repetition weights by at least 5-pounds and no more than 10-pounds. **IMPORTANT NOTE:** Do not increase the poundage until the EIGHT maximum SINGLE repetitions can be performed otherwise you may create an environment of over-training of both the localized skeletal muscle and central nervous systems.

## Part Two Maxi-Rep Sets

Upon completion of part one of the workout number one decrease the weight so that FOUR sets of THREE CONSECUTIVE REPETITIONS with the most weight involved can be performed. Rest-pause 3-5 minutes between each maxi rep set. Each proceeding workout add One additional repetition in the following manner until FOUR sets of FIVE CONSECUTIVE REPEITIONS can be performed.

Workout #1  
4 sets/3 reps

Workout #2  
1 set/4 reps  
3 sets/3 reps

Workout #3  
1 set/5 reps  
3 sets/3 reps

Workout #4  
1 set/5 reps  
1 set/4 reps  
2 sets/3 reps

Workout #5  
2 sets/5 reps  
2 sets/3 reps

Workout #6  
2 sets/5 reps  
1 set/4 reps  
1 set/3 reps

Workout #7





3 sets/5 reps  
1 set/3 reps

Workout #8  
3 sets/5 reps  
1 set/4 reps

Workout #9  
4 sets/5 reps

When you can do prescribed FOUR sets of FIVE CONSECUTIVE REPETITIONS increase the weights on all four sets by at 5-pounds and no more and begin a new series of FOUR sets of THREE CONSECUTIVE REPETITIONS, following the above outline (Workouts #1 through #9). A 5-pound increase may not seem like much but remember that the Bench press is a low poundage lift, when compared to many other major lifts, such as Barbell squats and Conventional dead lifts ,with a low poundage improvement.

If at anytime you can't seem to make the required ONE REP GAIN for two consecutive workouts (most generally this happens within the grid of the single rep sets) you may be experiencing a mild onset of the over training syndrome. If this is the case temporarily eliminate part one (Single-Rep Sets) from the next 3 or 4 proceeding workouts but continue part two (Maxi-Rep Sets) doing SIX sets instead of FOUR. When you once again add part one (Single-Rep Sets) back into the program (beginning at where you left off previously) decrease the number of Maxi-Rep Sets back to four. You will have to recalculate parts one and two so that the progressive ONE REP GAIN, in both, once again increase somewhat proportionately.

This [Bench Pressing for Poundage] workout seems to garner the most productive cumulative results in muscular bulk and strength when it is performed on a frequency of every 3rd or 4th training day. In some severe cases of over training I would suggest decreasing the frequency to once every 7th day.

Daniel C. Przyowski - The World's Leading "Natural" Muscle Building & Fat Loss Expert

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Masters Mr. Michigan  
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