

**4 Week Training Plan**

**Bench Press Training: 2 workouts per week spaced out by no less than 48 hours**

**Week 1**

Max Rep Day

1. Bench Pushups (hands on bench) – 5 sets of 3 Reps – Focus on being explosive from bottom position
2. Barbell Bench Press – 3 sets of AMRAP (As Many Reps As Possible) @ Competition Weight (see guidelines for percentages based on Gender and Age and calculate based on current body weight; round to nearest 5 pounds).

Rack the weight and rest 5-10 minutes. You should rest long enough so that you can replicate your efforts in the next 2 sets, so if you did 20 reps on your first set, you should be around 20 reps, +/- 2 reps, in the following sets. Shake out your arms during your rest period to enhance recovery but resist the urge to do any static stretching.

1. Chest-Supported Rows – 3-5 sets of 12-15 reps
2. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (ex. EZ-bar bicep curls and Shoulder Press Machine or DB Overhead Press)
3. Close-grip Pushups (hands shoulder width and keep elbows tucked close to the body – 3 sets to failure with 90 seconds rest between sets.
4. Ab Circuit – 30 seconds on/30 seconds off x 3 Rounds
   1. Ab-wheel Rollouts or Swiss Ball Rollouts from knees progressing to standing
   2. Side Plank hold progressing to Side Plank hip dips

Max Strength Day

1. Bench Pushups (hands on bench) – 5 sets of 3 Reps – Focus on being explosive from bottom position
2. Barbell Bench Press - 60/65/70/75% of 1RM x 5 Reps

Don’t know your 1 Rep Max? Work up to a moderately heavy set of 5 reps where you feel like you could do 3-4 more reps. Use this weight as your 60% set and then add 5% for each of the following 3 sets.

1. Close-Grip Bench Press – 2-3 sets of 3-5 reps at a weight that you could have maybe done 2 more reps with.
2. Lat Pulldown or Pullups 3-5 sets of 8-15 reps
3. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (use different exercises than you did on the Rep Max day)
4. Ab Circuit – 30 seconds on/30 seconds off x 3 rounds
   1. Swiss Ball Plank
   2. DB/KB Side Bends

**Week 2**

Max Rep Day

1. Bench Pushups (hands on bench) – 6 sets of 3 Reps – Focus on being explosive from bottom position
2. Barbell Bench Press – 3 sets of AMRAP (As Many Reps As Possible) @ Competition Weight +5% (see guidelines for percentages based on Gender and Age and calculate based on current body weight; round to nearest 5 pounds).
   1. Rack the weight and rest 5-10 minutes. You should rest long enough so that you can replicate your efforts in the next 2 sets, so if you did 20 reps on your first set, you should be around 20 reps, +/- 2 reps, in the following sets. Shake out your arms during your rest period to enhance recovery but resist the urge to do any static stretching.
3. Chest-Supported Rows – 3-5 sets of 10-12 reps
4. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (ex. EZ-bar bicep curls and Shoulder Press Machine or DB Overhead Press)
5. Close-grip Pushups (hands shoulder width and keep elbows tucked close to the body – 3 sets to failure with 90 seconds rest between sets.
6. Ab Circuit – 30 seconds on/30 seconds off x 4 Rounds
   1. Ab-wheel Rollouts or Swiss Ball Rollouts from knees progressing to standing
   2. Side Plank hold progressing to Side Plank hip dips

Max Strength Day

1. Bench Pushups (hands on bench) – 6 sets of 3 Reps – Focus on being explosive from bottom position
2. Barbell Bench Press – 65% x 5 Reps, 70% x 5 Reps, 75% x 3 Reps, 80% x 2 Reps
   1. Don’t know your 1 Rep Max? Work up to a moderately heavy set of 5 reps where you feel like you could do 3-4 more reps. Use this weight as your 65% set and then calculate the remaining weights for the other sets by adding 5% of first set’s weight.
3. Close-Grip Bench Press – 2-3 sets of 3-5 reps at a weight that you could have maybe done 2 more reps with.
4. Lat Pulldown or Pullups 3-5 sets of 8-12 reps
5. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (use different exercises than you did on the Rep Max day)
6. Ab Circuit – 30 seconds on/30 seconds off x 4 rounds
   1. Swiss Ball Plank
   2. DB/KB Side Bends

**Week 3**

Max Rep Day

1. Plyo Explosive Bench Pushups (hands on bench and explode to have hands come off bench) – 5 sets of 2 Reps – Focus on being explosive from bottom position and absorbing bodyweight on landing)
2. Barbell Bench Press – 3 sets of AMRAP (As Many Reps As Possible) @ Competition Weight +10% (see guidelines for percentages based on Gender and Age and calculate based on current body weight; round to nearest 5 pounds).
   1. Rack the weight and rest 5-10 minutes. You should rest long enough so that you can replicate your efforts in the next 2 sets, so if you did 20 reps on your first set, you should be around 20 reps, +/- 2 reps, in the following sets. Shake out your arms during your rest period to enhance recovery but resist the urge to do any static stretching.
3. Chest-Supported Rows – 3-5 sets of 8-10 reps
4. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (ex. EZ-bar bicep curls and Shoulder Press Machine or DB Overhead Press)
5. Close-grip Pushups (hands shoulder width and keep elbows tucked close to the body – 3 sets to failure with 90 seconds rest between sets.
6. Ab Circuit – 30 seconds on/30 seconds off x 5 Rounds
   1. Ab-wheel Rollouts or Swiss Ball Rollouts from knees progressing to standing
   2. Side Plank hold progressing to Side Plank hip dips

Max Strength Day

1. Plyo Explosive Bench Pushups (hands on bench and explode to have hands come off bench) – 5 sets of 2 Reps – Focus on being explosive from bottom position and absorbing bodyweight on landing)
2. Barbell Bench Press – 4 sets of 4 Reps at 75% of 1-Rep Max
   1. Use same 75% weight calculated in previous week.
3. Close-Grip Bench Press – 2-3 sets of 3-5 reps at a weight that you could have maybe done 2 more reps with.
4. Lat Pulldown or Pullups 3-5 sets of 8-10 reps
5. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (use different exercises than you did on the Rep Max day)
6. Ab Circuit – 30 seconds on/30 seconds off x 5 rounds
   1. Swiss Ball Plank
   2. DB/KB Side Bends

**Week 4**

Max Rep Day

1. Plyo Explosive Bench Pushups (hands on bench and explode to have hands come off bench) – 6 sets of 2 Reps – Focus on being explosive from bottom position and absorbing bodyweight on landing)
2. Barbell Bench Press – 3 sets of AMRAP (As Many Reps As Possible) @ Competition Weight +15% (see guidelines for percentages based on Gender and Age and calculate based on current body weight; round to nearest 5 pounds).
   1. Rack the weight and rest 5-10 minutes. You should rest long enough so that you can replicate your efforts in the next 2 sets, so if you did 20 reps on your first set, you should be around 20 reps, +/- 2 reps, in the following sets. Shake out your arms during your rest period to enhance recovery but resist the urge to do any static stretching.
3. Chest-Supported Rows – 3-5 sets of 8-10 reps
4. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (ex. EZ-bar bicep curls and Shoulder Press Machine or DB Overhead Press)
5. Close-grip Pushups (hands shoulder width and keep elbows tucked close to the body – 3 sets to failure with 90 seconds rest between sets.
   1. If possible progress to 3 mechanical drop sets – 1st with feet elevated on bench/box, 2nd from floor, and 3rd with hands on box/bench and feet on floor
6. Ab Circuit – 30 seconds on/30 seconds off x 6 Rounds
   1. Ab-wheel Rollouts or Swiss Ball Rollouts from knees progressing to standing
   2. Side Plank hold progressing to Side Plank hip dips

Max Strength Day

1. Plyo Explosive Bench Pushups (hands on bench and explode to have hands come off bench) – 6 sets of 2 Reps – Focus on being explosive from bottom position and absorbing bodyweight on landing)
2. Barbell Bench Press – 3 sets of 3 Reps at 80% of 1-Rep Max
   1. Don’t know your 1-Rep Max? Work up to a heavy set of 3 reps where you feel like you could MAYBE do 2 more reps. Stay here for 2 more sets. OR use 80% calculated weight from week 2’s max strength day.
3. Close-Grip Bench Press – 2-3 sets of 3-5 reps at a weight that you could have maybe done 2 more reps with.
4. Lat Pulldown or Pullups 3-5 sets of 8-10 reps
5. Biceps/Shoulders – 2-3 sets of 8-15 reps of each body part (use different exercises than you did on the Rep Max day)
6. Ab Circuit – 30 seconds on/30 seconds off x 6 rounds
   1. Swiss Ball Plank
   2. DB/KB Side Bends

**Competition Week**

Chosen day for competition:

Warm-up

Bar x 10-30

60 seconds rest

Add 10% of BW x 10 Reps

60 seconds rest

Add 10% of BW x 5 Reps

60 seconds rest

Add final 10% of BW x 3 Reps

60 seconds rest

Rest 5-10 minutes

As many reps as possible @ Competition weight!