



BENCH PRESS PROGRAM PDF

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	Exercise	Notes	Set / Rep scheme
Weeks 1 - 4			
Day 1: Heavy	Warm up bench press	Just an empty barbell	30 reps
	Bench Press		3 sets of 4 reps @ 75-80%
	Pause Reps	2-second pause holding bar at the chest. Do *not* rest the bar on the chest. Maintain tension.	2 sets of 5 reps @ 65-70%
	Rack Overloads	Set the safety bars just below your sticking point	3 sets of 5 reps @ 85-95%
Day 2: Light	Bench Press		3 sets of 4-6 reps @ 70%
	Close Grip Bench		2 sets of 4-6 reps @ 65%
	Triceps Extensions		2 sets of 6-8 reps
	Front Raises	Or Side Laterals in the Scapular Plane	2 sets of 6-8 reps
Weeks 5 - 8			
Day 1: Heavy	Warm up bench press	Just an empty barbell	30 reps
	Bench Press		3 sets of 3 reps @ 85-87.5%
	Pause Reps		2 sets of 4 reps @ 75%
	Rack Overloads	Set the safety bars near the top of your range of motion (lockout).	2 sets of 3-5 reps @105%
Day 2: Light	Bench Press		3 sets of 3 reps @ 77.5%
	Close Grip Bench		2 sets of 4-6 reps @ 70%
	Triceps Extensions		2 sets of 6-8 reps
	Front Raises	Or Side Laterals in the Scapular Plane	2 sets of 6-8 reps
Weeks 9 - 12			
Day 1: Heavy	Warm up bench press	Just an empty barbell	30 reps
	Bench Press		3 sets of 2 reps @ 90-93%
	Pause Reps		2 sets of 4-6 reps @ 80%
	Rack Overloads	Set the safety bars near the top of your range of motion (lockout). <i>Discontinue after Week 10.</i>	2 sets of 3-5 reps @105-110%
Day 2: Light	Bench Press		4 sets of 2 reps @ 82.5%
	Close Grip Bench		3 sets of 5 reps @ 75%
	Triceps Extensions	<i>Discontinue after Week 11.</i>	2 sets of 6-8 reps
	Front Raises	Or Side Laterals in the Scapular Plane. <i>Discontinue after Week 11.</i>	2 sets of 6-8 reps

General Guidelines

- Sleep a minimum 7 to 9 hours nightly.
- Maintain protein intake (1.8 to 2.2g per kg bodyweight). Opt for a high-bioavailable protein source, such as whey isolate or casein, fish, beef, or chicken. Plant-based proteins can be fine; however, many have low bioavailability and require higher total volume food consumption to meet the target percentages.
 - Most plant-based proteins are incomplete, meaning they lack all the necessary amino acids. Soy products (like tofu and tempeh) and quinoa are 2 that have all the essential aminos.
- Stay hydrated (3 to 4 liters of water daily). It's especially important to be well-hydrated prior to lifting, particularly for older lifters.
- Stay critical of your form and technique, such as how much time it takes between unracking the weight and beginning bar descent, or breath control.
- It's a good idea to include a back, or Pull, day in your workout schedule. Strong posterior delts, traps, lats, and other less obvious support muscles will help grow your bench press. We do not get into those exercises here. Rule of thumb: avoid too much volume
- Log all workouts. Track progress. Adjust as needed.
- Never sacrifice form.
- Concentrate on every rep.

Application Notes

- **Always warm up.** Just don't expend too much energy during warm-up. Get your joints moving with light weights and then stair step up with 2 to 3 sets of big jumps in weight using 3 to 4 reps for each set. Rest 3 minutes or so in between.
- **Use a spotter** for heavy sets.
- **Use your brain.** Concentrate on every rep. Visualize every set *before* you do it. And for heaven's sake, leave the smartphone in your bag or locker.

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Disclaimer: This guide is provided for informational and educational purposes only and is not intended as a substitute for professional medical advice or treatment. The bench press program described herein is designed to help improve your one rep max (1RM), but it may not be suitable for all individuals, especially those with pre-existing health issues or who are new to heavy weightlifting. It is essential to consult with a healthcare professional before beginning this or any intensive exercise regimen. Ensure that you perform all exercises with proper form and technique to minimize the risk of injury. If you experience any pain, discomfort, or other adverse symptoms during the program, discontinue immediately and seek medical advice. Always prioritize safety and personal health when attempting to increase your lifting capacities.