

 **CRITICAL BENCH**.com presents...

BENCH PRESS EXPLOSION

"THE BEST OF BENCH!"



18 B-O-B ROUTINES

By Mike Westerdal



LEGAL STUFF

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ABOUT MIKE WESTERDAL



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Westerdal is the founder of CriticalBench.com a fitness publishing company that boasts being one of the Internet's first strength training and muscle building Web sites online.



His most popular workout is the best selling [Critical Bench Program 2.0](#) that has successfully helped over 17,238 clients increase their bench press by an average of 50 pounds in ten weeks. With this unique power-building approach you're guaranteed to build all around size and strength.

MIKE'S BENCH PRESS PERSONAL RECORDS

630 lbs equipped bench press in competition
452 lbs raw bench press
405 lbs for 5-reps
315 lbs for 15-reps

Introduction

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 5 times...and re-rack it to stand there lonely and stupid as a beaten piece of metal.

"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."

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 known...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 before you can achieve that goal, 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 only what I said here in the beginning.

“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.



BENCH PRESS EXPLOSION

PART 1: THE IMPORTANCE OF TECHNIQUE OR TRACKING

Whether you're training your chest, back, legs, shoulders, biceps or triceps, proper form is **critical** to success. Not only does proper form help prevent injuries and muscle trauma, but it focuses the movement and the weight on the right muscle group. In fact, proper form is even **more** important than the amount of weight you lift. If you're not lifting properly, then it doesn't matter how much weight you lift, it's not going to have the desired effect and most likely, will result in injury over time.

In my opinion, poor form is one of the most common—and most dangerous—mistakes made by most lifters. Even with a seemingly straightforward movement like the bench press, proper form is essential. I refer to this as technique or tracking which I will cover in depth below. The instructions that I am sharing with you are not only for developing maximum strength but also for increasing muscular size and development. Master the technique before you dive into the reps, sets and percentages.

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 ever so slightly, 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, Handspace, and Elbow Angle.

We'll first start with the grip. The safest method is the conventional "thumbs under the bar grip." I have seen some lifters 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. However, this method can be dangerous.

The real danger in this method is that it is very easy for the bar to roll out of the hands even if they are heavily chalked. Our theme throughout this book is to "train



smart” and if you are diligent in doing this, you will want to use the conventional grip method. Don’t risk injuring yourself by being a daredevil. Follow proper form and put safety first.

Also, you’ll notice that most big benchers have massive forearms. This helps control the bar. Grip the bar low in the palm and keep your wrists straight. This helps transfer your power straight to the bar. When you place the bar too high in your hands your wrists may bend and even become sore. A pair of APT wrist wraps will also help you keep your wrists straight. By squeezing the bar as hard as you can you will recruit more active motor units. The harder you can contract a muscle the better you can demonstrate strength in that muscle.

You can contract a muscle much harder if you also contract the muscles surrounding it. Try flexing your bicep. Now flex your bicep while making a fist. You should get a much stronger contraction while making a fist. Now apply this same principle to the bench press. Squeeze the bar as hard as you can and keep your entire body tight and contracted. You’ll be able to recruit the individual muscle groups needed for a monster bench much more efficiently when using this tactic.



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 tricep 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 training 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-inch to 18-inch arms and a 50-inch chest. We have found that the average lifter 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. Almost everyone you talk to says they want to increase their bench press, but not everyone actually does it. The number one excuse I hear is, "I can't bench press because my shoulders hurt." While it's true that bench pressing with bad form can cause shoulder injuries, there is fortunately a way to alleviate this. I had the same issues myself and thought my heavy benching days were over. That is until several years ago when I met with a powerlifting coach and discovered this tip — **tuck your elbows in closer to your body.**



As you bench press, keep your elbows tucked in close to your body. By doing this



the path of the bar will change a bit. The bar will touch a little lower on your chest right below your nipples. The fact you're touching the bar lower on your chest will decrease the pressure on your deltoids. The further you are from your center the less leverage you have.

When you tuck your elbows and keep them from flaring out you transfer the load to your triceps taking pressure off the shoulder complex. Touching the bar lower and keeping your elbows in close will allow the bar to travel in a straight line. We all know the fastest way from point A to point B is with a straight line. Give this technique a try. You may drop in poundage the first few workouts, but you'll skyrocket past where you were previously in record time.

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. 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.

An important note about safety: When working with heavier weights, you should always have a training partner ("spotter") who can help you lift the bar off the uprights and follow you throughout the movement. A spotter is particularly important if you are using a flight bench with uprights that are non-adjustable (height). These seem to accommodate lifters 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 a 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 he not only helps you in the lift off, but can help you with techniques like negatives, which will mean being able to handle heavier weights on your hard work sets as you progress in your workouts.

Training partners will also keep you accountable. It's a lot harder to take the day off when someone is relying on you to be there. Motivate and encourage each other, everyone has an off day from time to time but it's not likely you'll both have an off day together. To build a big bench you need to be consistent and training partners keep you on track.

If you just can't get a training partner there is still hope. 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 big Bencher Rock Lewis bench press 600 lbs raw, un-racking and re-racking the barbell himself.

Descent

To descend, begin by unlocking your arms and lowering the barbell 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.

The descent should take about 2-3 seconds. Lowering the bar at the prescribed

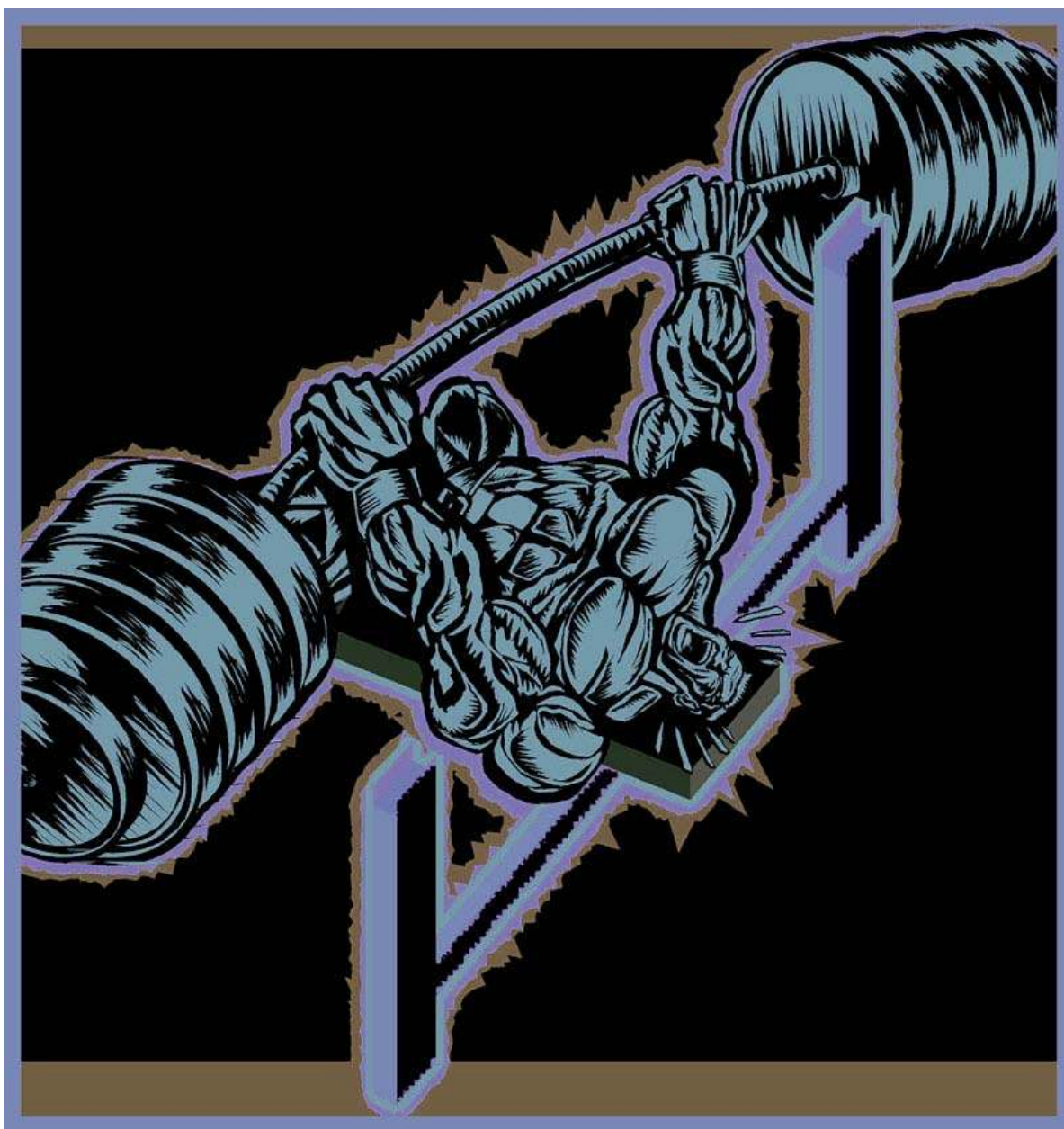


2-3 seconds seems to be just right for the conservation of energy needed to blast through the sticking point off the chest. Also, if you were to lower the bar any faster it would tend to crash or bounce off the chest. This action could not only injure the rib cage or tear a pec at its origin and insertion but causes the lifter 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.

We have seen some powerbuilders 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.



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 although the arch extremely helpful in decreasing the range of motion, just how big of an arch you want to develop is a personal matter. If you arch too much it can create trauma or pressure on the spinal disc and various vertebrae. You’ll have to find the sweet spot where it doesn’t aggravate you but helps your bench.

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. If you do not hit a sticking point with lighter weight the bar should travel in a straight line.

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 powerbuilders do, with an uneven arm lag (this generally happens during sets with weights in excess of 84% of your current one rep maximum), try looking at the center of the bar during the press off the chest

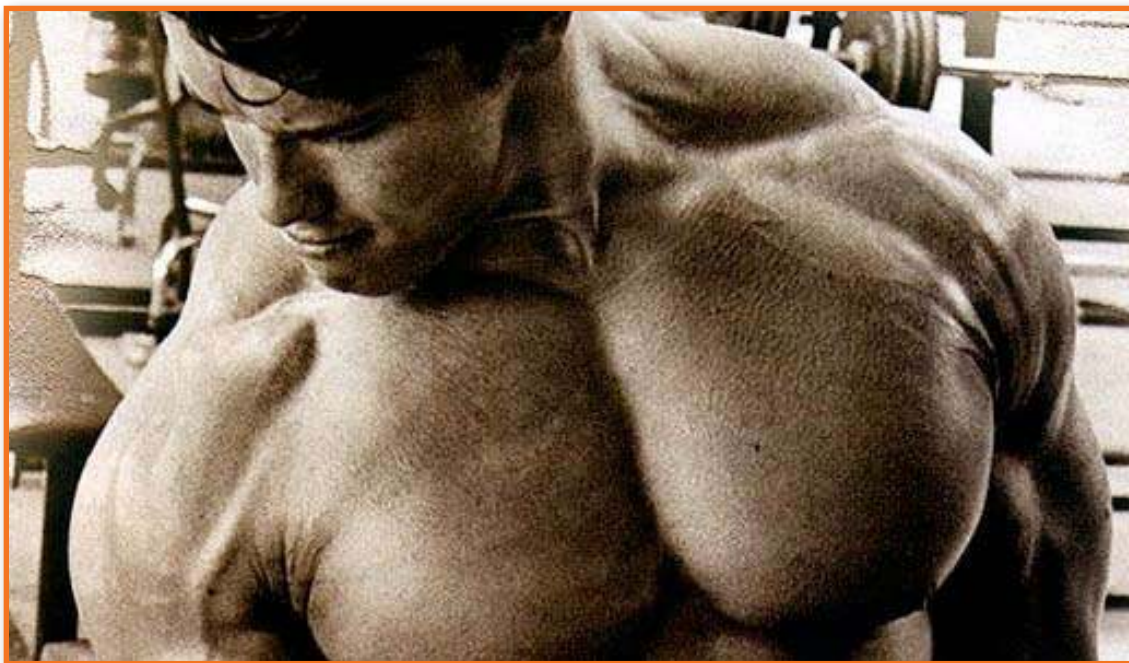


and to lockout. If this helps but not completely, try off-setting the handspacing on your weaker lagging arm an inch or two to the right or left. If, for example, your right arm lags, then move it to the right. This will put more resistance on the stronger left arm. Reverse the procedure if you have 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 deeps breaths, holding the last breath and begin your next rep.

Non-Competitive Bench Press Rankings

Where bodybuilders and powerlifters or hybrids called powerbuilders 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 weights are computed for the natural bodybuilder and powerlifter who elect not to use bench shirts, elbow wraps, or anabolic enhancers.

SUPINE (FLAT) BARBELL BENCH PRESS			
BODYWEIGHT CLASS	FAIR	GOOD	EXCELLENT
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



PART 2: BENCH PRESS ROUTINES THAT WORK!

What you're about to read is a collection of my personal favorites when it comes to the most effective bench pressing routines. The bench press, done in a supine position on a flat bench, is considered by many powerbuilders to be the monarch of all upper body exercises, much like the barbell back squat is to the thighs and glutes.

Because the bench press has long been counted among the most important muscle- and strength-building compound exercises, it is only natural that all powerbuilders want to develop a respectable bench press weight. However, building shapely armor-plated muscles in the chest is just as important as the weight you bench.

The problem as I see it is addressing how powerbuilders can simultaneously achieve big numbers in their bench press weight and still develop sculptured, striated pecs in a minimal amount of time? That is the challenge I strive to address with this book.

To achieve success, I strongly suggest that you constantly work on the mechanics of the bench press. Pile up those reps, continually correcting tracking pattern flaws as you do them. Spending focusing on improving your bench press will pay huge dividends in power and size.

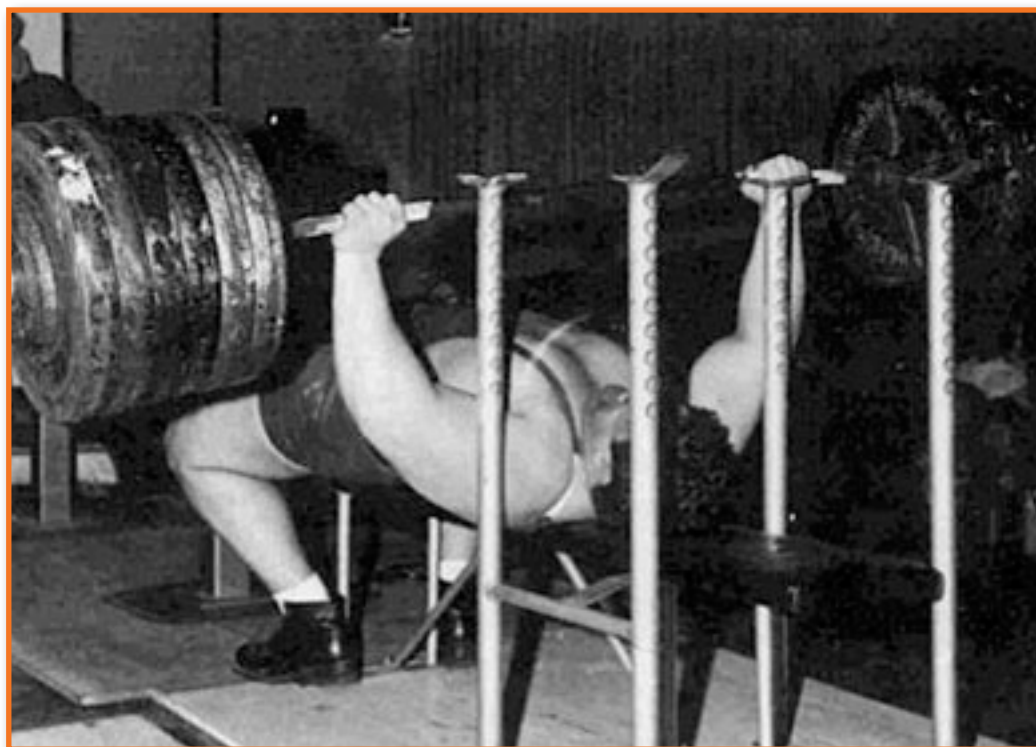




BENCH PRESSING 600 IN THE 1960S

The Superhuman Strength of Pat Casey

Looking back over the past few decades, 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



before Scot Mendelson hit the current world record of 715 lbs at the New England Bench Press Classic in May of 2005.

But there's something about the 600 pound barrier that's magical too, and well it should, 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.

It has been 45 years since the time that Pat broke ground with his 617-pound



bench. During this span of 45 years, powerlifters have been able to raise the standard of bench pressing excellence an average of slightly over 2 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.



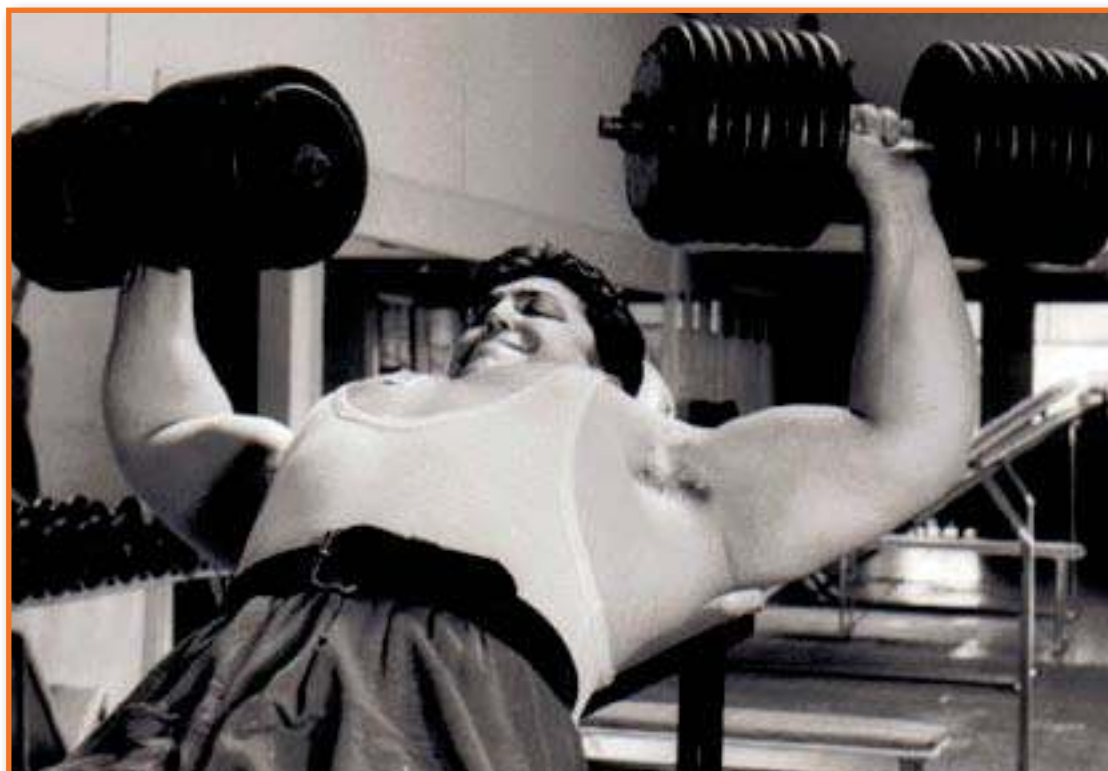
I don't know if Pat knew it or not, but this adding up the tonnage (lbs.) and the reps (volume) and then dividing the tonnage by the reps to find the mean intensity (the average weight used during the workout for this exercise) is the famous tonnage system of training.

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. Thank you to Pat Casey for sharing his routine with us on the next page.



SUPINE (FLAT) BARBELL BENCH PRESS

EXERCISE		SETS	REPS
MONDAY			
Supine (flat) bench press	Warm-up	1	10
Partial single rep bench lockout	Begin 4" off chest	6	5
	Begin 7" off chest	3	1
Supine (flat) bench press	Pump-out set	1	20
Incline dumbbell press		1	12
		5	4
		1	20
Parallel bar dips	Warm-up	1	10
		8	3
		1	10
Supine (flat) bench press	Warm-up	1	10
FRIDAY			
Supine (flat) bench press	Warm-up	1	10
		1	5
		1	3
		6	1
		1	5
	Pump-out set	1	20
Supine (flat) barbell triceps press		1	10
		5	5
SATURDAY			
Seated military press	Warm-up	1	10
		5	3-5
	Pump-out set	1	20

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

Although it's not specifically focused on just the bench press, this is a good workout for building all-around strength. It's particularly good for strengthening the muscles that support a powerful bench press before you move on to a more specialized routine.

BUILDING ALL-AROUND STRENGTH WORKOUT

EXERCISE		SETS	REPS
MONDAY OR TUESDAY			
Close grip benchpress	Stop bar 3" above chest. Increase weight.	1	10
		1	8
		4	5
Dumbbell flies		3	8
Dumbbell benchpress		3	8
		3	8
Incline front lateral raises		4	8
Hammer curls		3	8
Barbell curls		3	8
Triceps extensions		5	6
Triceps pushdown		4	8
Weighted incline sit-ups		4	10



BENCH PRESS EXPLOSION

BUILDING ALL-AROUND STRENGTH WORKOUT

MONDAY OR TUESDAY

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



BENCH PRESS EXPLOSION

BUILDING ALL-AROUND STRENGTH WORKOUT

FRIDAYS OR SATURDAYS

EXERCISE	WEEKS 1-4	WEEKS 5-8	WEEKS 9-12
Squats	10x warmup 5x increase 5x increase 5x increase 8x 100% of weekly max	10x warmup 5x increase 4x increase 3x increase 2x increase 5x 100% of weekly max	10x warmup 5x increase 4x increase 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

This is a very simple, straightforward routine that is excellent for building size and strength. It's called a 'pyramid' because you start with higher reps, decreasing the number of reps you perform with each set while increasing the weight. This is very similar to progressive overload where your goal is to push the muscle fibers to stimulate growth.

This reminds me of a bench press plan that I ordered from the Muscle Mags growing up as a kid and even helped inspire me to create CriticalBench.com down the road.

BUILDING SIZE AND STRENGTH 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%



UNDERGROUND GYM DECLINE BENCH PROGRAM

This routine is great for either mixing things up or as part of your regular bench pressing strategy. The decline bench press elevates the pelvis and lowers the head, and emphasizes the lower portion of the pectoralis major. A lot of powerbuilders feel that the decline bench press focuses exclusively on the lower pecs but that's not really the case.

The decline bench press is actually good for developing the overall chest. Try mixing this into your regular routine for 4-6 weeks and you'll be surprised by the nice form your pecs develop. Some guys complain that the decline bench press bothers their shoulders. If this is the case with you, try adjusting your grip, placing your hands slightly closer together.

TRANSITION CHART	
IF YOU ARE CAPABLE OF 8 REPS WITH	USE THESE WEIGHTS IN THE DECLINE
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.



TRANSITION CHART (CONT.)

IF YOU ARE CAPABLE OF 8 REPS WITH

USE THESE WEIGHTS IN THE DECLINE

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.



TRANSITION CHART (CONT.)	
IF YOU ARE CAPABLE OF 8 REPS WITH	USE THESE WEIGHTS IN THE DECLINE
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

This routine alternates between ‘heavy days’ and ‘light days,’ which is a good strategy for keeping the muscles from getting accustomed to any one particular routine. Remember that muscle ‘growth’ is actually the result of the body responding to the ‘trauma’ of lifting weights.



When we lift weights, the body’s endocrine system signals the affected muscle fibers to get bigger and stronger so that they can withstand the trauma of the next workout.

By switching between heavy and light days, you activate different responses in the muscle cells. I’ve seen many bodybuilders mix up their routines once in a while by alternating a heavy week with a light week. However, several studies have shown that it’s more effective to vary the weights you train with on a daily basis rather than weekly.

The close-proximity shock effect seems to help muscles grow faster. But like anything else, your body will eventually get accustomed to this approach so it’s not something you want to stick with for the long-run. The percentages below refer to the fraction of one’s max weight for one rep to be used in a given training set.

‘HEAVY DAYS’ & ‘LIGHT DAYS’ ROUTINES	
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



'HEAVY DAYS' & 'LIGHT DAYS' ROUTINES (CONT.)

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

MOVE BIGGER WEIGHTS IN THE BENCH PRESS.....

After you've worked your way through the routine above, here's another bench press routine you can transition into.

BIGGER WEIGHTS ROUTINES

WEEK	DAY	WORKOUT	INTENSITY
Week 1	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



BENCH PRESS EXPLOSION

BIGGER WEIGHTS ROUTINES (CONT.)

WEEK	DAYS	WORKOUT	INTENSITY
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



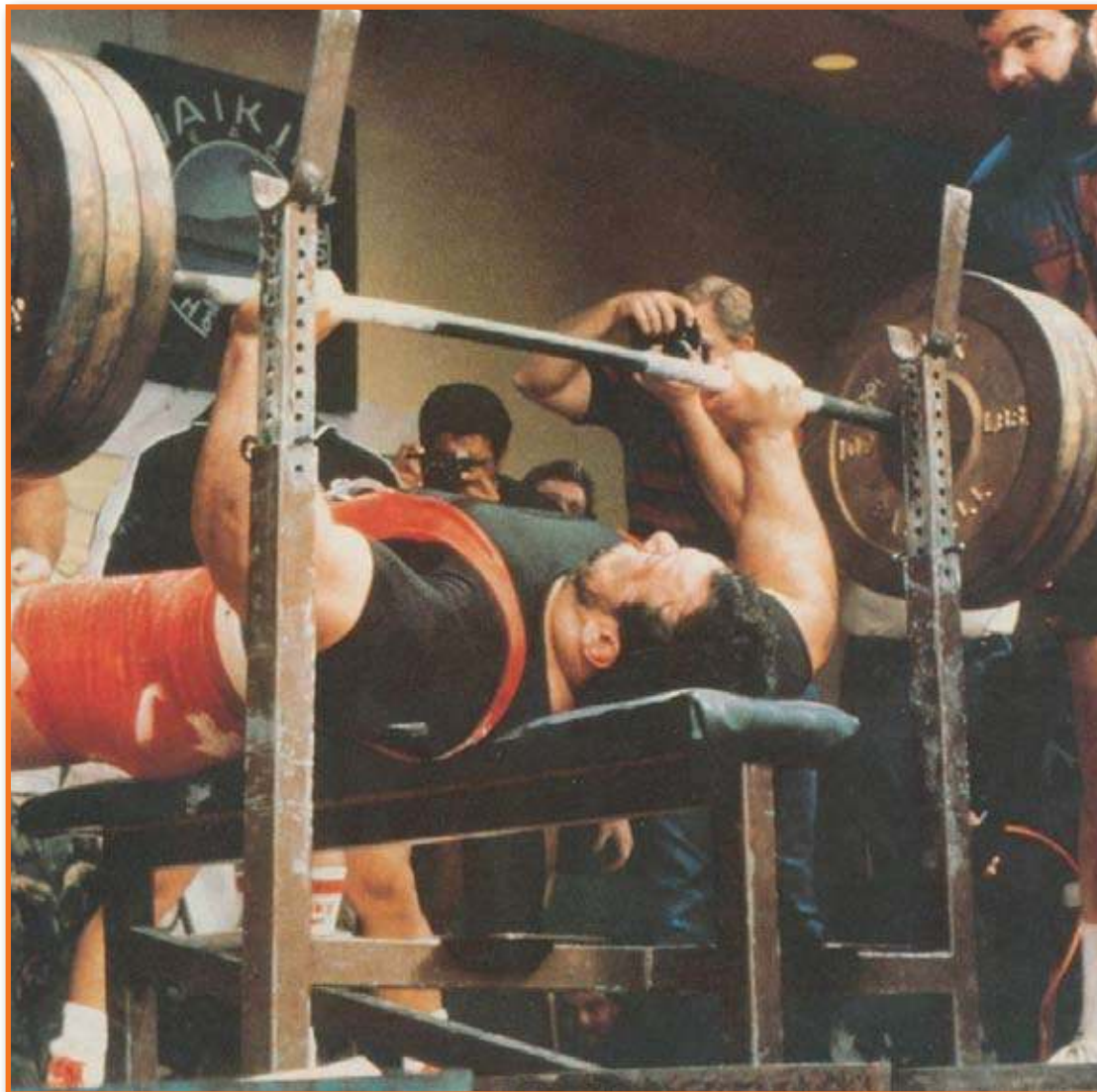
CRITICAL BENCH.com presents...

BENCH PRESS EXPLOSION

TED ARCIDI'S EXACT BLUEPRINT FOR BENCHING

When it comes to a powerful bench press, Ted Arcidi is a legend among legends. In 1985, he was the first man to bench press 700 pounds in an officially-recognized competition. His lifetime best in a contest came in 1991, when he bench pressed 725 pounds. He has been referred to as "The World's Strongest Man," "Mr. 705," and "The Boss of the Bench Press."

The following is the exact blueprint (workout schedule) outlining Ted's strategy for bench pressing success. There are probably as many opinions about what constitutes a gain theory bench press schedule as there are experts. However, Ted swears by this blueprint and says that 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.

CYCLE SEQUENCE		
WEEK	SETS	REPS
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.)

Sunday: **REST AND RELAXATION!!!**



CRITICAL BENCH.com presents...

BENCH PRESS EXPLOSION

KEN LAIN'S PROGRAM MATRIX FOR INCREASED BENCH PRESS POWER

Ken Lain is counted among the world's greatest when it comes to the bench press. In 1990, he was able to bench press an incredible 721 pounds. The Matrix Program below is what Ken says he used to achieve his amazing 740 bench press. It alternates between heavy and light training days, which continually shocks both the muscle fibers and the body's endocrine system, causing it to flood the body with muscle-building hormones.





KEN LAIN'S PROGRAM MATRIX

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 weight 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).

WEEK	HEAVY DAY	LIGHT DAY
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.



KEN LAIN'S PROGRAM MATRIX (CONT.)

CYCLE 10 WEEKS: SPECIFIC WARM-UP SETS (5-7 SETS)

4	3 sets x 7 reps (70%) _____ Rest-Pause: 2-3 min.	3 sets x 7 reps _____ Rest-Pause: 2-3 min.
5	3 sets x 6 reps (75%) _____ Rest-Pause: 2-3 min.	3 sets x 5 reps _____ Rest-Pause: 2-3 min.
6	3 sets x 5 reps (80%) _____ Rest-Pause: 4-5 min.	2 sets x 5 reps (15%) _____ 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.



KEN LAIN'S PROGRAM MATRIX (CONT.)

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

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) _____



KEN LAIN'S PROGRAM MATRIX (CONT.)

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.



BENCH PRESS EXPLOSION

SIX-WEEK RAPID MUSCLE MASS BENCH PRESS SYSTEM

This training technique uses a fixed weight, percentage of maximum unfatigued single-effort concept. The percentages of maximum and corresponding weight 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 warm-up 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





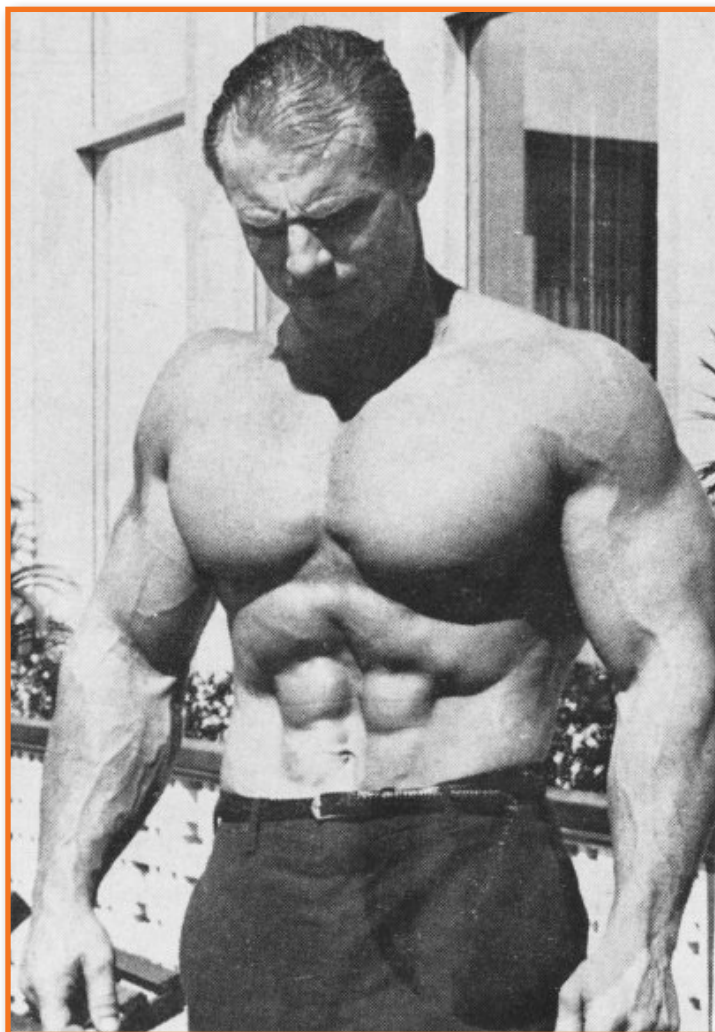
BENCH PRESS THE CHUCK SIPES WAY!

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.

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

EXERCISE	SETS	REPS
Supine Bench Press	2	6
	2	4
	2	2
	2	1
Limited Mid-Range Supine Bench Press	2	6
	2	4
	2	2
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.		
Supine Bench Press Lockouts	2	4
	2	2
This exercise's starting position begins 1-2 inches from lockout position and is pressed to full lockout each and every rep.		
Heavy Supports-Lockout Bench	4	10
Support the barbell at arm's length beginning at 5 seconds per set and working up to 10 seconds per set before adding weight. Use a power rack and a competent spotter on this bench press schedule! On exercises 1, 2, and 3, add weight and decrease the repetitions every 2 sets. Follow this program 1-2 times per week on nonconsecutive days.		



BENCH PRESS EXPLOSION

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%) /5 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.



SUCCESSFUL 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 John Carl Mese, a natural 400-pound plus bench presser.

Using this 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 weight, performing 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 warm-up 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 weight 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 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.

Generally, assistance exercises are tailored to target and improve 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 weights 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. Many people have added over one hundred pounds to their previous bench press record with this very program. It's only fair to share the system to the many powerlifting and bodybuilding enthusiasts. You should 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.

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 you please. Again, I 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	160	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	145	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

150	150	150
210	210	210
265	265	265
330	330	330
380	385	390
430	440	450
450	460	470
480	490	500



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

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)

WEEKLY BENCH LOG

Week _____ Workout _____
Date _____

Set	Weight	Reps	Comments
1			
2			
3			
4			
5			
6			
7			



Sample

WEEKLY BENCH LOG

Week _____
Date _____

Workout _____

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

The Russians are idolized for their muscle- and strength-building prowess. Over the years they've produced some of the world's most incredible lifters including Alexandr Vishnyak, Andrey Evtuhov and others. Here is a great routine for busting you out of that plateau and building an explosively powerful bench press.

SCHEDULE A			
WEEK	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 force. This can bring about 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.

Week 1: 3 sets of 10 reps with
55% of 250 lbs. = 137.5

Week 2: 3 sets of 9 reps with
60% of 250 lbs. = 150

Week 3: 3 sets of 8 reps with
65% of 250 lbs. = 162.5

Week 4: 3 sets of 7 reps with
70% of 250 lbs. = 175

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

Week 6: 3 sets of 5 reps with
80% of 250 lbs. = 200

Week 7: 2 sets of 4 reps with
85% of 250 lbs. = 212.5

Week 8: 2 sets of 3 reps with
90% of 250 lbs. = 225

Week 9: 2 sets of 2 reps with
95% of 250 lbs. = 237.5

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 2: (ASSISTANCE EXERCISES)

SHOULDERS

EXERCISE	SETS	REPS
Military press	2	8-12
Front dumbbell raises	2	8-12
Side delt raise	2	8-12
Rear delt raises	2	8-12

TRICEPS

EXERCISE	SETS	REPS
Close grip bench press	2	8-12
Cable press downs	2	8-12
One-arm cable extensions	2	8-12

BICEPS

EXERCISE	SETS	REPS
Preacher curls	2	8-12
Hammer curls	2	8-12
Concentration curls	2	8-12



DAY 3: (ASSISTANCE EXERCISES)

BACK

EXERCISE	SETS	REPS
Bent over rows	2	8-12
Pull downs	2	8-12
Cable rows	2	8-12
Barbell shrugs	2	8-12

ABDOMINALS

EXERCISE	SETS	REPS
Leg raises	3	15-20
Sit ups	3	15-20



BONUS: BEEF UP YOUR BENCH AND MOVE MORE WEIGHT



Weights are 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.

WORKOUT	SETS 1	SETS 2	SETS 3	SETS 4	SETS 5	SETS 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	SETS 1	SETS 2	SETS 3	SETS 4	SETS 5	SETS 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



CYCLE III: 4-6 WEEKS TO MORE WEIGHT

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.

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

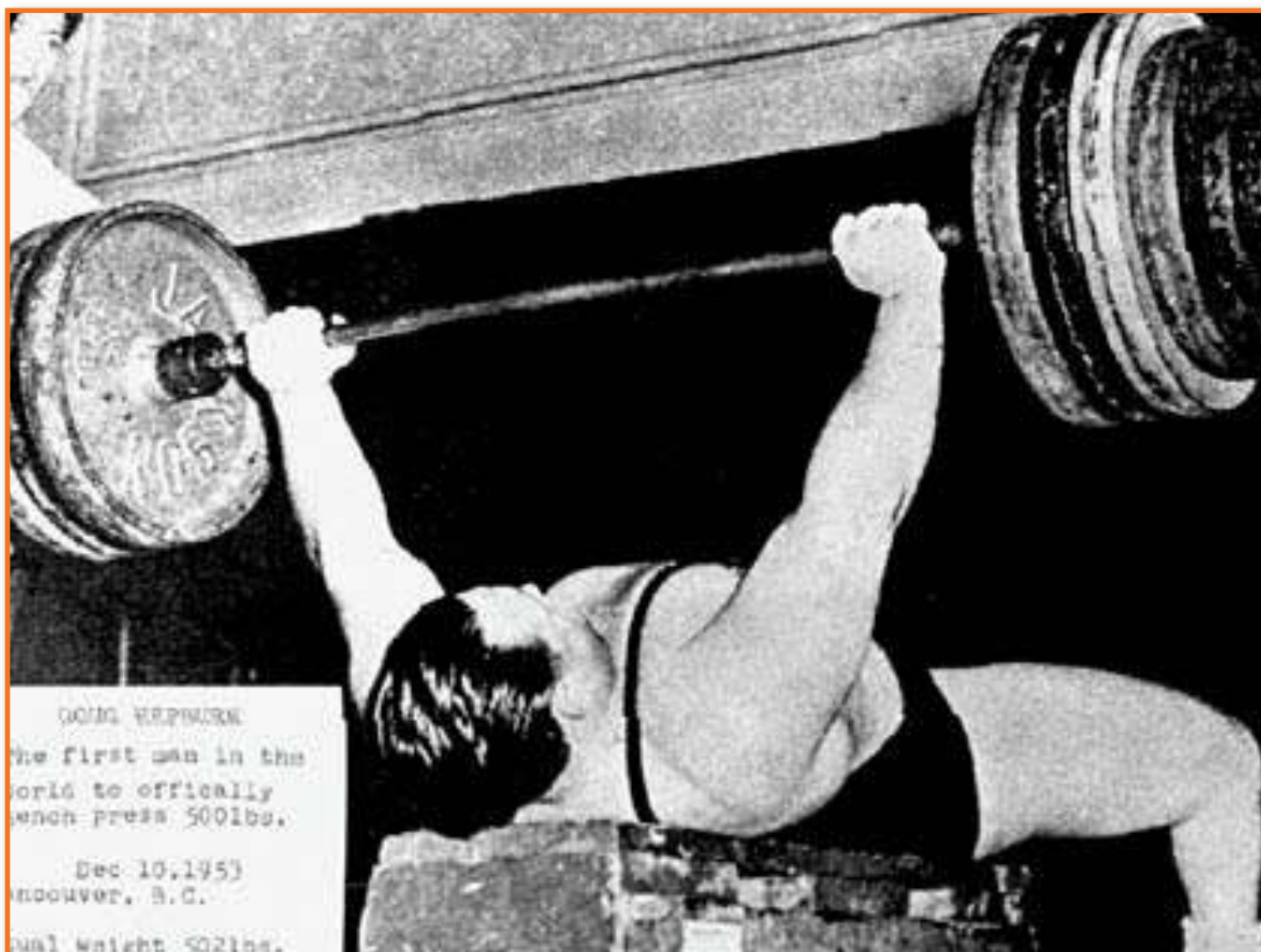
This cycle should immediately follow Cycle III. These cycles all work from low intensity to high intensity in a progressive, systematic and scientific method. As a result, your body adapts in an efficient manner without overtraining or undertraining—the two muscle size and strength gain killers.

WORKOUT #/REPS	10	5	5	5	5	5
1	46%	70%	76%	82%	88%	85%
2	46	61	67	73	79	76
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.



BONUS 2: 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 implement power points #1 through #7. Perform five consecutive repetitions in the Bench press overhead. Rest-pause from 3 to 5 minutes. From here you advance to 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 press overhead 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.

MAXI-REP SETS	
Workout #1 4 sets/3 reps	Workout #6 2 sets/5 reps 1 set/4 reps 1 set/3 reps
Workout #2 1 set/4 reps 3 sets/3 reps	Workout #7 3 sets/5 reps 1 set/3 reps
Workout #3 1 set/5 reps 3 sets/3 reps	Workout #8 3 sets/5 reps 1 set/4 reps
Workout #4 1 set/5 reps 1 set/4 reps 2 sets/3 reps	Workout #9 4 sets/5 reps
Workout #5 2 sets/5 reps 2 sets/3 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 any time 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.



CONCLUSION

This book is intended to provide you with an overview of some of the best bench press routines I've encountered in my years as a trainer and lifter.

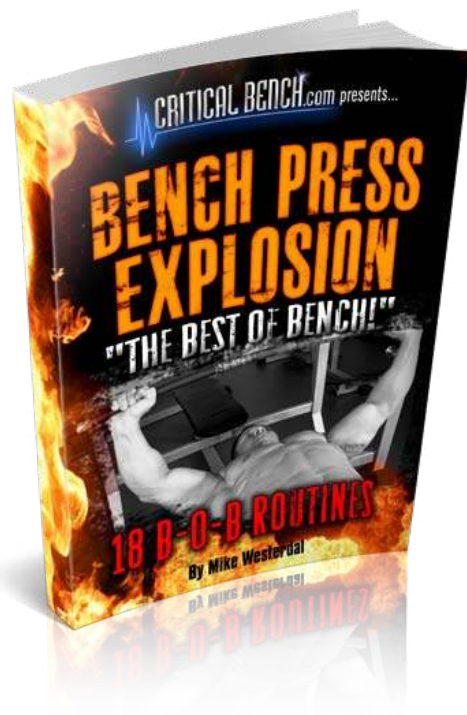
I've also tried to share some of my personal insights and experiences to help you along the way. If you learn nothing else from this book, do yourself a favor and take this lesson to heart—**PROPER FORM IS EVERYTHING IF YOU WANT TO BUILD A POWERFUL BENCH PRESS.** Focus on proper form first, then start increasing your weight as you advance.

To do otherwise is downright foolish because I can guarantee that if you don't get your form right and are lifting heavy weights, **you** will injure yourself. And recovery from a weightlifting-related injury can be long and painful so don't risk it.

I also can't emphasize enough the importance of a proper diet. If your body doesn't have the proper nutritional foundation, it doesn't matter how much weight you lift, you'll never get the body you desire. Make sure that every day you eat a healthy balance of lean proteins, complex carbohydrates and healthy fats. Drink lots of water and stay away from processed crap.

Lastly, I want to close by reminding you to utilize the **most powerful bench pressing tool you have at your disposal—your mind.** Remember that what we think is what we become. Always maintain a positive attitude.

Don't get discouraged if you don't see the results you want as fast as you like.





Change takes time, so stick with it. Believe in yourself and persevere and before you know it, you'll have the most powerful bench press you ever imagined!

God Bless and Keep Training Hard!



Mike Westerdal

CriticalBench.com

CriticalBenchVault.com

P.S. Thank you again, for allowing me to share this knowledge with you. If you are interested in learning more about programs you can see the line up at the following web page: <http://www.criticalbench.com/products/>

P.P.S. If you'd like to watch a video demonstrating how to bench press you can register for free here:

<http://www.criticalbench.com/gains/benchvid>



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