

BOOST YOUR BENCH PRESS: THE ULTIMATE WORKOUT PLAN TO INCREASE STRENGTH & POWER

Workout Summary

Main Goal: Increase Strength
Training Level: Beginner
Days Per Week: 4 Day
Program Duration: 10 Weeks
[Click here for the full workout!](#)

Equipment: Barbell, Cables, Dumbbells, Machines
Target Gender: Male & Female
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Day 1: Upper Body

Follow the chart to determine your weights for heavy bench days. Use challenging weights for the remaining exercises.

| Exercise | Sets | Reps | Rest |
|-------------------------|------|-------|--------------|
| Barbell Bench Press | 5 | 1 - 4 | 90 - 120 Sec |
| Overhead Barbell Press | 3 | 4 - 6 | 60 Sec |
| Bent Over Row | 3 | 4 - 6 | 60 Sec |
| Pull Up | 3 | 4 - 6 | 60 Sec |
| Skull Crushers | 3 | 4 - 6 | 60 Sec |
| Cable Triceps Extension | 3 | 4 - 6 | 60 Sec |

Chart for Heavy Bench Press Day

- Week 1 – 75% of max for 4 reps
- Week 2 – 80% of max for 3 reps
- Week 3 – 85% of max for 2 reps
- Week 4 – 90% of max for 1 rep
- Week 5 – Test Your Max
- Week 6 – 75% of new max for 4 reps
- Week 7 – 80% of new max for 3 reps
- Week 8 – 85% of new max for 2 reps
- Week 9 – 90% of new max for 1 rep
- Week 10 – Test Your Max

Day 2: Lower Body Day

This is a classic workout structure you can perform at your own pace with manageable weights. Avoid going too heavy.

| Exercise | Sets | Reps | Rest |
|-----------------------|------|-------|-------------|
| Squat | 3 | 8 -12 | 60 - 90 Sec |
| Leg Press | 3 | 8 -12 | 60 - 90 Sec |
| Hip Adduction Machine | 3 | 8 -12 | 60 - 90 Sec |
| Romanian Deadlift | 3 | 8 -12 | 60 - 90 Sec |
| Leg Curl | 3 | 8 -12 | 60 - 90 Sec |
| Standing Calf Raise | 3 | 8 -12 | 60 - 90 Sec |
| Ab Crunch | 3 | 15 | 60 - 90 Sec |

Day 3: Light Bench Day

This day focuses on technique and bar speed. The goal is to lower the weight on the bar, pause, and press as quickly as you can. Perform paused triples at 50% of your max, pressing explosively. For the remaining exercises, use moderate weights and avoid training to failure.

| Exercise | Sets | Reps | Rest |
|------------------------------|------|--------|-------------|
| Barbell Bench Press | 8 | 3 | 30 Sec |
| Incline Dumbbell Bench Press | 3 | 8 - 12 | 60 - 90 Sec |
| Lateral Raise | 3 | 8 - 12 | 60 - 90 Sec |
| Overhead Tricep Extension | 3 | 8 - 12 | 60 - 90 Sec |

Day 4: Upper Body Day

This workout targets the rest of your upper body. Use challenging, but manageable, weights. You should leave feeling worked, not drained.

| Exercise | Sets | Reps | Rest |
|--------------------------------|------|-------|-------------|
| Wide Grip Lateral Pull Down | 5 | 8 -12 | 60 - 90 Sec |
| Seated Row | 3 | 8 -12 | 60 - 90 Sec |
| Bent Over Dumbbell Reverse Fly | 3 | 8 -12 | 60 - 90 Sec |
| Front Raise | 3 | 8 -12 | 60 - 90 Sec |
| Barbell Curl | 3 | 8 -12 | 60 - 90 Sec |
| Hammer Curl | 3 | 8 -12 | 60 - 90 Sec |
| Lying Leg Raise | 3 | 15 | 60 - 90 Sec |

Day 5: Lower Body Day (Optional)

This optional day is designed to improve unilateral strength through single-leg exercises. Add it if you want to dedicate extra time to lower body development. Training one leg at a time helps correct muscle imbalances, improves stability, and can enhance overall athletic performance.

| Exercise | Sets | Reps | Rest |
|----------------------------------|------|-------------|-------------|
| Deadlift | 3 | 8 -12 | 60 - 90 Sec |
| Walking Lunge (each leg) | 3 | 8 -12 | 60 - 90 Sec |
| Bulgarian Split Squat (each leg) | 3 | 8 -12 | 60 - 90 Sec |
| Leg Extension | 3 | 8 -12 | 60 - 90 Sec |
| Standing Calf Raise | 3 | 8 -12 | 60 - 90 Sec |
| Plank | 3 | 30 - 60 Sec | 60 - 90 Sec |