

ORIOL FARRÉS'S

BENCH PRESS x ARMS PROGRAM

BLOCK 1: VOLUME ACCUMULATION PHASE / WEEK 1: DAYS 1-5

CHEST BACK ARMS	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	4	6	72.50%	3-5MIN						45° ELBOW TUCK	
WIDE PULLDOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
BARBELL INCLINE PRESS	2	8	RPE8	2-3MIN						2-SECOND LOWERING PHASE. ELBOWS TUCKED -30°	
PULL-OVER	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
DIP	2	10	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
SKULL CRUSHER	2	8	RPE7	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	
LATERAL RAISES	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 21

LEGS	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
ADUCTORS	3	15	RPE7	2-3 MIN						SIT DOWN AND BACK	
HAMSTRING	3	20	RPE8	1-2 MIN						FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
HACK SQUAT	3	5	75%	3-4MIN						USE A PAD. RIB CAGE AND CHIN TUCKED DOWN	
CALF RAISES	3	20	RPE8	1-2 MIN						FOCUS ON SQUEEZING YOUR CALFS TO MOVE THE WEIGHT	
LEG EXTENSION	3	20	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	

TOTAL SET VOLUME: 15

CHEST ARMS	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	5	3	80%	3-5MIN						45° ELBOW TUCK	
SMITH BARBELL PIN PRESS	2	8	RPE7	2-3MIN						START WITH THE BAR ON THE PINS. FOCUS ON SPEED OFF OF THE CHEST	
FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
MILITARY PRESS	2	6	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS".	
DUMBBELL LATERAL RAISE	3	12	RPE8	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	
SKULL CRUSHER	2	10	RPE8	1-2MIN						KEEP YOUR ELBOWS OVER YOUR HEAD. KEEP YOUR SHOULDER JOINT MOTIONLESS	
HAMMER CURL	2	10	RPE8	1-2MIN						CURL THE WEIGHT "OUT", NOT "UP"	

TOTAL SET VOLUME: 22

CHEST BACK TRAPS	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
PAUSE BARBELL BENCH PRESS	5	5	67.50%	3-5MIN						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
SUPINATED PULLDOWN	3	12	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
DUMBBELL INCLINE PRESS	2	12	RPE7	2-3MIN						FOCUS ON PRESSING EVENLY. 30° ELBOW TUCK	
MACHINE ROW	3	10-10	RPE8	1-2MIN						FIRST 10 REPS RETRACT YOUR SCAPULAE AND PULL YOUR ELBOWS OUT, LAST 10 REPS ONLY GO THROUGH A SCAPULAR ROM (YOUR ARMS DONT MOVE)	
CABLE FLYE	3	15	RPE7	1-2MIN						KEEP YOUR SCAPULAE RETRACTED AND DEPRESSED	
V-BAR PRESSDOWN	2	15	RPE7	1-2MIN						KEEP YOUR SHOULDER AND ELBOW LOCKED IN PLACE	
FACE PULL	3	15	RPE8	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	

TOTAL SET VOLUME: 23

ARM DAY	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
CLOSE GRIP BENCH PRESS	3	8	RPE8	3-5MIN						SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE	
PREACHER CURL	2	12	RPE7	1-2MIN						PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITHLIGHT WEIGHT	
STANDING EZ BAR CURL	4	8	RPE7	2-3MIN						2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE,1-2 EFFECTIVE CHEAT REPS AT END OF SET	
BAYESIAN CABLE CURL	3	12-15	RPE8	1-2MIN						FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM	
TRICEP PRESSDOWN	4	10	RPE7	1-2MIN						USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWSLOCKED IN PLACE, MINIMIZE SWINGING	
OVERHEAD ROPE TRICEP EXTENSION	2	15	RPE7	1-2MIN						PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM	
LATERAL RAISES	3	15	RPE8	1-2MIN						FOCUS ON SQUEEZING	
LAYED LATERAL RAISES	2	15	RPE7	1-2MIN						FOCUS ON SQUEEZING	

TOTAL SET VOLUME: 23