ORIOL FARRES'S
BENCH PRESS x ARMS PROGRAM

CHEST BACK	SETS	REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	1	N/A	N/A						WORK UP TO A HEAVY SINGLE @RPE9	
PAUSE BARBELL BENCH PRESS	2	5	65%	3-5min						3-SECOND PAUSE. FOCUS ON SPEED OFF THE CHEST	
WIDE PULLDOWN	3	10	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AND IN	
MILITARY PRESS	2	8	RPE7	2-3MIN						RESET THE BAR AFTER EACH REP. THINK ABOUT DOING A "DEAD PRESS". SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT	
PULL-OVER	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
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: 16

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

UPPER		REPS	RPE/%1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL SPEED BENCH PRESS	6	3	70%	3-5MIN						FOCUS ON STAYING TIGHT AND SPEED OFF THE CHEST	
NEUTRAL-GRIP PULLDOWN	3	8	RPE8	2-3MIN						PULL YOUR SHOULDERS DOWN AGAINST YOUR SIDES	
PULL-OVER	3	10	RPE8	2-3MIN						SCAPULAE BACK AND DOWN. PULL WITH YOUR ELBOWS OUT	
DUMBBELL LATERAL RAISE	3	15	RPE7	1-2MIN						FOCUS ON SQUEEZING YOUR DELTOIDS TO MOVE THE WEIGHT	
FACE PULL	3	20	RPE7	1-2MIN						PULL YOUR ELBOWS UP AND BACK. FOCUS ON SCAPULAR RETRACTION	
REVERSE PEC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROM	

TOTAL SET VOLUME: 21

ARM DAY	SETS	REPS	RPE/%1RM	REST	- 1	2	3	4	5	NOTES	LSR
CLOSE GRIP BENCH PRESS	4	6	RPE8	3-5MIN						SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE	
BAYESIAN CABLE CURL	2	12-15	RPE7	1-2MIN						PREACTIVATIO N, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITHLIGHT WEIGHT	
STANDING EZ BAR CURL	4	6	RPE9	2-3MIN						2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET	
DUMBELL PREACHER HAMMER CURL	3	12-15	RPE9	1-2MIN						FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM	
TRICEP PRESSDOWN	4	10	RPE9	1-2MIN						LISE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWSLOCKE D IN PLACE, MINIMIZE SWINGING	
OVERHEAD ROPE TRICEP EXTENSION	2	12	RPE9	1-2MIN						PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM	
LATERAL RAISES	3	15	RPE9	1-2MIN						FOCUS ON SQUEEZING	
LAYED LATERAL RAISES	2	15	RPE9	1-2MIN						FOCUS ON SQUEEZING	