

OROL FARMER'S
BENCH PRESS x ARMS PROGRAM

BLOCK 2: PEAKING PHASE / WEEK 7: DAYS 1-5

CHEST BACK	SETS	REPS	RPE/1RM	REST	1	2	3	4	5	NOTES	LSRPE
BARBELL BENCH PRESS	1	3	N/A	N/A						WORK UP TO A HEAVY SET OF 3 @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
ADDUCTORS	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- RB 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	SETS	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 REC DECK	3	15	RPE8	1-2MIN						TAKE YOUR SCAPULAE THROUGH A ROW	

TOTAL SET VOLUME: 21

ARM DAY	SETS	REPS	RPE/1RM	REST	1	2	3	4	5	NOTES	LSRPE
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						PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT	
STANDING EZ BAR CURL	4	6	RPE9	2-3MIN						3 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET	
DUMBBELL PREACHER HAMMER CURL	3	12-15	RPE9	1-2MIN						FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROW	
TRICEP PRESSDOWN	4	10	RPE9	1-2MIN						USE BAR ATTACHMENT, 2 SETS WIDE, 1 SETS NARROW, KEEP ELBOWS LOCKED 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 ROW	
LATERAL RAISES	3	15	RPE9	1-2MIN						FOCUS ON SQUEEZING	
LAYED LATERAL RAISES	2	15	RPE9	1-2MIN						FOCUS ON SQUEEZING	

TOTAL SET VOLUME: 23