Bench workout 7/3/18

One rep projected maxes – to be used to calculate poundage for work sets. If your 1rpm is 200 lbs, and the routine says 50% x 5 reps, you do 100 lbs for 5 reps. Round up to the nearest 5 lbs.

Bench 1rpm:

Oscar 420 Nick 400/480 Alyssa 190 Justin 380

David 400 Gillian 190 Darrell 440 Catherine 170

Beatriz 130 Lee 410 Jeremiah 500 Julian 460

Jeff 500 Terry 145 shirt Alex 380/440 Molly 140

CJ 420/ 600shirt Cristina 140 TJ 360 Sarah L 280

Jonathan 460 Krystal 190 Cory\_\_\_ Zach 440/560

Anna D 170 / 200 Christian 400 Billy 410/540 Brooke 190

Evan 250 Kendall 110 Trevor 590 Samantha 180

New 110 Sarah D 140 Marisa 170 Ashley 200

Andrew S 410 Blanca 295 Alfred 380 New 130

**Warmup - band shoulder dislocations, db shoulder complex, etc.**

**RAW Bench: : : Bar x 10, 40% x 8, 55% x 6, 65% x 3, 70% x 2 , 75% x 1, 80% x 1**

**(Shirted lifters only): 2 board: 80% x 2; 80% x 2; 80% x 2 then raw workout, LAST 3 sets**

**RAW BENCH Everyone else: 77.5% x 3, 72.5% x 3, 67.5% x 3, 60% x 8, 60% x 8**

**Close Grip Floor Press WITH CHAINS : 4 sets x 4 reps - if 1rm is under 200, use lighter chain, if 200- 350, heavier chain, 350+ use both chains (use same bar weight as last week but add chains - do 4 reps instead of 6)**

**Halbert Rolls- 4 sets x 10 reps**

**straight bar wide grip push downs - 3 sets x 10 reps**

**Arnold Press Seated - 3 sets x 10 reps**

**Dumbbell Darts - 3 sets x 15 reps**