

# THE WORKOUT

Apply this to your normal workout splits, doing bench press first on the days you bench.

## THE FIRST TWO WEEKS

### Mon/Wed/Fri

#### Superset #1: 3 sets of the following:

1A. [Incline Bench Press](#) (High Touch Point Full Motion)

- Close grip / medium grip / wide grip: 10 reps each

1B. Rows

- You choose the row exercise: 15-20 reps

#### Superset #2: 3 sets of the following:

2A. [Flat Bench Press](#)

- Close grip / medium grip / wide grip: 10 reps each

2B. Rows

- You choose the row exercise: 15-20 reps

***Notes:** Try to complete all 30 reps on bench without racking bar, unless needed. For the row superset, you can pick which type of row exercise you would like to perform: 1-arm row Seated rows, T-bar rows, Face pulls, Rear delt fly, Upright rows, or Shrugs.*

## WEEKS 3-6

### Mon/Wed

### Sets & Reps

Flat Bench Press	<ul style="list-style-type: none"><li>• Bar: 3 Reps, all paused.</li><li>• 95lbs: 3 Reps, all paused.</li><li>• 135lbs: 3 Reps, all paused.</li><li>• 185lbs: 3 Reps, all paused.</li><li>• 225lbs: 1 Rep, paused. From here on out just do 1 paused rep working up to a max.</li></ul>
1A. Back-Off Set	1 set of one rep with a 5-second pause (Use roughly 85-95% of your 1-rep max that day)
1B. Superset	Superset each set with 15-20 reps of 1 of the following exercises: 1-arm row Seated rows, T-bar rows, Face pulls, Rear delt fly, Upright rows, Shrugs

### Tues/Thus

<b>Superset #1: 3 sets of the following:</b>
1A. <a href="#">Incline Bench Press</a> (High Touch Point Full Motion)
- Close grip / medium grip / wide grip: 10 reps each
1B. Rows
- You choose the row exercise: 15-20 reps
<b>Superset #2: 3 sets of the following:</b>
2A. <a href="#">Flat Bench Press</a>
- Close grip / medium grip / wide grip: 10 reps each
2B. Rows
- You choose the row exercise: 15-20 reps
<i><b>Notes:</b> Try to complete all 30 reps on bench without racking bar, unless needed. For the row superset, you can pick which type of row exercise you would like to perform: 1-arm row Seated rows, T-bar rows, Face pulls, Rear delt fly, Upright rows, or Shrugs.</i>

## WEEK 7: TEST YOUR NEW 1 REP MAX

Test your new 1 rep max bench press. I'm confident you would have added 30-50lbs to your starting number.