

GYM REAPER 6 WEEK BENCH PROGRAM

This program is based off a **6-week phase** I personally followed for 2 years to develop my bench press, it has accessory work which is necessary and crucial to growing a bigger bench press.

You will need to allocate time for **2 Bench focused sessions a week**, whether you follow a bro-split, a PPL split or just generally train whatever you feel on the day, to ensure the positive benefits and end results of this program, the 2 weekly sessions are necessary.

I personally recommend a **5-day training split**, with **Monday being the first bench session, Tuesday for legs (bench focused back work on this day also), Wednesday for shoulders, Thursday for back and Friday for bench session number 2**. If you're someone who likes to dedicate a day to arms, I recommend a bicep focus on your back day as triceps will receive enough focus throughout this program.

This program works, but **only if you work**, ensure you're eating, sleeping and recovering efficiently.

Please read the last page for important notes.

DURING WEEKS 1-3 ALL PRESS MOVEMENTS SHOULD BE AS EXPLOSIVE AS POSSIBLE.

WEEK 1 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench press(flat)</u>	Sets	Reps
50% (warm up)	2	15
80%	4	8
70%	2	8
<u>Close Grip Bench</u>		
60%	3	Till Failure
<u>Cable flys</u>		
Moderate weight(final 3 reps should be challenging)	3	12
<u>Tricep pushdown</u>		
Moderate weight(final 3 reps should be challenging)	3	12

WEEK 1 – BENCH SESSION 2: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
85%	5	2

80%	3	3
<u>Close grip pin press from a dead start (just above chest)</u>		
60%	3	Till failure
<u>Tricep Pushdown</u>		
Heavy	4	8

WEEK 2 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
80%	4	8
75%	2	8
<u>Close Grip Bench</u>		
60%	3	Till Failure
<u>Cable Flys</u>		
Moderate Weight	3	12
<u>Tricep Pushdown</u>		
Moderate Weight	3	12

WEEK 2 – BENCH SESSION 2: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
85%	5	3
75%	3	6
<u>Close grip pin press from a dead start (just above chest)</u>		
65%	3	Till Failure
<u>Tricep Pushdown</u>		
Heavy	4	8

WEEK 3 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (Warm up)	2	15
85%	4	5
75%	2	8

<u>Close Grip Bench</u>		
65%	3	Till failure
<u>Cable Flys</u>		
Moderate Weight	3	12
<u>Tricep Pushdown</u>		
Moderate Weight	3	12

WEEK 3 – BENCH SESSION 2: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (Warm up)	2	15
90%	4	2
75%	2	9
<u>Close grip pin press from a dead start (just above chest)</u>		
70%	3	Till Failure
<u>Tricep Pushdown</u>		
Heavy	4	8

WEEKS 4 – 6 ARE FOCUSED ON PURE CONTROL, NO SPEED REPPING – Pin Press is now neutral grip.

WEEK 4 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench press(flat)</u>	Sets	Reps
50% (warm up)	2	15
75%	3	10
5 SECOND ECCENTRIC, 3 SECOND CONCENTRIC AT 75%	2	6
<u>Close Grip Bench</u>		
70%	2	10
<u>Cable flys</u>		
Moderate weight	3	12
<u>Tricep Pushdown</u>		
Moderate weight	3	12

WEEK 4 – BENCH SESSION 2: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
90%	4	2
85%	3	3

<u>Barbell Pin press from a dead start (just above chest)</u>		
70%	3	Till Failure
<u>Tricep Pushdown</u>		
Heavy	4	10

WEEK 5 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
85%	4	6
5 SECOND ECCENTRIC, 3 SECOND CONCENTRIC AT 75%	2	6
<u>Close Grip Bench</u>		
75%	3	Till Failure
<u>Cable Flys</u>		
Moderate Weight	3	15
<u>Tricep Pushdown</u>		
Moderate Weight	3	15

WEEK 5 – BENCH SESSION 2: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
92.5%	4	1
90%	2	2
85%	2	4
<u>Barbell Pin press from a dead start (just above chest)</u>		
75%	3	12

WEEK 6 – BENCH SESSION 1: All percentages are of your current 1RM.

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (warm up)	2	15
90%	5	2
<u>Close Grip Bench</u>		
70%	2	10
<u>Cable Flys</u>		
Moderate weight	3	12

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WEEK 6 – BENCH SESSION 2: All percentages are of your current 1RM.

IT'S NEW 1RM DAY! (HOPEFULLY)

<u>Barbell Bench Press(flat)</u>	Sets	Reps
50% (Warm up)	2	15
70%	1	3
80%	1	2
90%	1	1
105%	1	1
^^^ If achieved, attempt an additional 5% of original 1RM – 110%		
95%	2	1

You now restart the 6-week cycle with all percentages becoming a reflection of your new 1RM.

IMPORTANT POINTS –

ON LEG DAY,

INCLUDE 4X12 OF A ROW VARIATION,

In my opinion the most effective back movement to support a stronger bench is Barbell Row and T- Bar row.

PLATE LOADED OR MACHINE, OF A MODERATE WEIGHT.

ALSO INCLUDE 4X12 OF FACEPULLS.

When you train shoulders, aim to include

standing overhead press

, even if this a movement you have never done before, including it and strengthening it has a direct carry over to a stronger more stable bench press.

Bracing, Bar path, Leg drive, Grip and grip width all play a part in a good bench. All of these are simple to learn and I recommend Youtubing them as they will give you the best chance at developing your bench press, however things like grip width usually come down to personal preference, this doesn't mean however it will give you the most effective use of your back for bench press.

Any questions please message me on Instagram @Bigboybake and I will do my best to support you.