

Bench Press Programme

Bench Press			
Set	Week 1	Week 2	Week 3
1	40% x 5	40% x 5	40% x 5
2	50% x 5	50% x 5	50% x 5
3	60% x 5	60% x 5	60% x 5
4	65% x 5	70% x 3	75% x 5
5	75% x 5	80% x 3	85% x 3
6	85% x 5+ (AMRAP)	90% x 3+ (AMRAP)	95% x 1+ (AMRAP)

Accessory - Pick 2 Main Exercises PLUS Shoulder Health Option			
Exercise	Week 1	Week 2	Week 3
Close Grip Bench Press	3 x 8-10	4 x 6-8	5 x 3-5
Floor Press			
Incline Dumbbell Bench Press			
Weighted Dips			
Banded Cuban Press	3 x 10	3 x 10	3 x 10
Y-T-W			

*Week 4 = Test then repeat 3 week cycle