

## BENCH DAY

## SQUAT DAY

## CLEAN AND JERK DAY

---

### BENCH DAY (STRENGTH):

FLAT BENCH or

DECLINE BENCH or

INCLINE BENCH: all are “compound” movements, the “meat” of your workout. Do as many warmup sets as you see the need, but don’t end up doing more than 50% of a 1 rep max for any warmup (keep your reps to NMT 10 for any warmup). The main focus is the “work sets”, and there’s NEVER more than 3 work sets. These are the actual strength-building sets....of all the sets you do during a day’s workout, only these work sets are truly mandatory.

- pick ONE compound movement for the workout from the list above. After the work sets, move to “assistance exercises”. Do no more than 3 sets of any one assistance exercise from below (no warmups needed), and no more than 2 exercise (only one for the first 5 workouts). Don’t do more than 60% IRM; you can do more reps, but DON’T go past failure (and, frankly, try to avoid going all the way to failure).

INCLINE DUMBBELL PRESSES

INCLINE SMITH MACHINE

INCLINE STABILITY BALL PRESSES (either Smith or Dumbbell)

GYMNAST DIPS

BAND DIPS

TRICEPS only 4 or 5 sets of ONE exercise

UPPER LAT EXERCISE (can pick from several)

### EXAMPLE BENCH DAY WORKOUT:

*FLAT BENCH: WARMUPS -- 135X10, 225X2X6, 315X3*

*WORK SETS – 405X2X4, 425X3(up to 85% IRM)*

*STABILITY BALL DUMBBELL PRESSES: WeightX3X8-10 (65-70% IRM)*

*GYMNAST DIPS: 2X10-12*

*JM PRESSES (TRICEPS): 4X6-10*

*CLOSE-GRIP LAT PULLDOWNS: 5X10 (55-60%)*

*GO THE HELL HOME – THE GOAL IS **NOT** TO BE COMPLETELY SMOKED AS YOU LEAVE; TIRED, BUT NOT HURTING OR “DEAD”*

## **SQUAT DAY (VOLUME):**

Squat day is a high-volume day; you don't need to do anything else but squat, save for some calves and light hamstring work (I use bands for this). The major issue for squats is doing FULL, controlled, good-form reps – unlike bench day, you can and will do a fairly high number of reps. The 2 major exercises for this are:

### **BACK SQUAT**

### **FRONT SQUAT**

In this workout, you want to concentrate on getting a higher ratio of FRONT SQUATS to BACK SQUATS (at least 2 to 1). The most typical workout will look like this:

### **EXAMPLE SQUAT DAY WORKOUT:**

**BACK SQUATS:** WARMUPS, 3-4X8-10 (ascending weight, last warmup no more than 50% of 1RM),  
**WEIGHTx3x8-6**

**FRONT SQUATS:** **WEIGHTx5x10-6**



**BAND HAMSTRING CURLS (optional):** 3x10

**CALF RAISES:** 5x20-15 (calves are one of the few muscle groups that need many reps)

You'll also want to start working in BAND SQUATS: WARNING! These are smokers, but powerfully effective! You'll put them where you'd normally do BACK SQUATS (do normal warmups, then add bands for work sets).

A note of cardio caution: If you're going to run on the same day as squatting, RUN FIRST ('cause, you won't be running after!).

## **CLEAN AND JERK DAY (POWER):**

For this workout, we're going to concentrate on POWER CLEANS (cleans that start from the upper shin/knee range). CLEANS are exhausting, so we want to be sure to worry a lot less about weight, and more on form and "getting it". Also, for this workout, we'll separate CLEANS from JERKS; you'll do your JERKS from the rack (as well as "PUSH PRESSES"). Also, not unlike BENCH DAY, we won't be working in the range of high reps (you won't be able to, frankly).

The exercises we'll work from are:

POWER CLEANS

HANGING CLEANS

POWER SNATCHES

POWER CLEANS will be the meat (like compound BENCHING), and we'll follow up with limited sets of either HANGING CLEANS or POWER SNATCHES (or both). We'll then move into JERKS and/or PUSH PRESSES; the major difference between them is we'll use more weight for JERKS, but only 1 to 3 reps max. With PUSH PRESSES, we'll use less weight, but more reps (8 to 10).

EXAMPLE CLEAN AND JERK DAY:

*CLEANS: WARMUPS: 3x4 (ascending weight), **WEIGHTx4x2-1***

*HANGING CLEANS: **WEIGHT (40-50% 1RM) x3x3-2***

*JERKS: WARMUPS, **WEIGHTx4x2-1**, **WEIGHTx4x1** (for example, for me it's 315x2x1, 345x1, 365-380x1)*

*PUSH PRESSES: **WEIGHT (55-60% 1RM)x2x10-8***

You can add extra body parts to the days you wish (i.e., biceps, abs, forearms) – typically, I do bicep/forearm work on SQUAT DAY, but you can do it on CLEAN DAY as well. **ONLY DO EACH WORKOUT ONCE PER WEEK!!!!!!**