



8-WEEK BENCH PRESS PROGRAM **+4 WEEK BASE-BUILDING PHASE**

How much can you bench? We've all been asked this question, from backyard barbecues to job interviews! If you want your answer to be something you're proud to say in any situation this program may be for you. Or if you feel like you've been stuck at the same number for longer than you'd like, this may help you break through your plateau. This program is 8-weeks long and has you bench pressing twice a week. It is a specialized program designed to focus solely on your bench while putting other goals into maintenance mode.

SAMPLE OF TRAINING CONCEPTS

- Back down sets.
- Compensatory Acceleration Training (CAT.)
- Assistance work
- Density training

THIS BENCH PRESS PROGRAM IS SPECIFIC & DETAILED TO INCREASES YOUR 1 REP MAX IN 8 WEEKS.

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*Programmed by
Trainer Jack Dowdell*

