

## **Gary Edward's 4-Week Bench Workout**

This is what I used to get started in benching. I had a partner; we were very dedicated and well-scheduled. The charts work as follows:

- 1) Pick your maximum 1 repetition category from the chart
- 2) Follow the workout listed under that weight for Week 1, Week 2 and so on

After I reached 300 pounds for a max bench, I stopped using the chart. I used my log and if I was able to complete that week's workout, I simply added 5 pounds to each workout weight.

I used the chart as my basic bench routine on Mondays and on Thursdays I would do other variations such as: close grip benching, GVT(10X10's) or Bill's 5x5 routine for 6 weeks or so.

Mondays, I also did:

Reverse benching (3 sets of 4)  
Dumbbell flat bench (2 sets of 10)  
Standing dumbbell presses (2 sets of 8)  
Dips (2 sets to failure)

Thursdays, I also did:

Incline bench (3 sets of 4)  
Dumbbell flat bench (2 sets of 10)  
Standing dumbbell presses (2 sets of 8)  
Dips (2 sets to failure)

That's it for bench days. Look up your 1 rep max and get started! By the way, if your 1 rep max is higher than the chart goes, it's easy to calculate your starting poundages by following the previous columns, not that you need the chart if your bench is already that high.

## WORKOUT SCHEDULE WEEK #1

### **100-105   110-115   120-125   130-135   140-145   150-155**

12x60	12x65	12x70	12x75	12x80	12x90
12x60	12x65	12x70	12x75	12x80	12x90
10x60	10x70	10x75	10x80	10x85	10x95
8x65	8x70	8x80	8x85	8x90	8x100
8x65	8x70	8x80	8x85	8x90	8x100
10x60	10x70	10x75	10x80	10x85	10x90

### **160-165   170-175   180-185   190-195   200-205   210-215**

12x90	12x100	12x105	12x110	12x115	12x120
12x90	12x100	12x105	12x110	12x115	12x120
10x95	10x105	10x110	10x115	10x120	10x125
8x105	8x110	8x115	8x125	8x130	8x135
8x105	8x110	8x115	8x125	8x130	8x135
10x95	10x105	10x110	10x115	10x120	10x125

### **220-225   230-235   240-245   250-255   260-265   270-275**

12x130	12x130	12x140	12x145	12x150	12x155
12x130	12x130	12x140	12x145	12x150	12x155
10x135	10x140	10x150	10x160	10x160	10x160
8x145	8x150	8x155	8x160	8x170	8x175
8x145	8x150	8x155	8x160	8x180	8x180
10x130	10x140	10x145	10x150	10x155	10x160

### **280-285   290-295   300-305   310-315   320-325   330-335**

12x160	12x170	12x175	12x180	12x185	12x190
12x160	12x170	12x175	12x180	12x185	12x190
10x170	10x175	10x180	10x185	10x190	10x200
8x180	8x190	8x195	8x200	8x210	8x215
8x180	8x190	8x195	8x200	8x210	8x215
10x170	10x175	10x180	10x185	10x190	10x200

### **340-345   350-355   360-365   370-375   380-385   390-395**

12x200	12x205	12x210	12x215	12x220	12x225
12x200	12x205	12x210	12x215	12x220	12x225
10x205	10x210	10x215	10x220	10x230	10x235
8x220	8x230	8x235	8x240	8x245	8x250
8x220	8x230	8x235	8x240	8x245	8x250
10x205	10x210	10x215	10x220	10x230	10x235

## REPETITION SCALE – WEEK #2

<b>100</b>	<b>110</b>	<b>120</b>	<b>130</b>	<b>140</b>	<b>150</b>
10x55	10x60	10x65	10x70	10x75	10x80
8x65	8x70	8x80	8x85	8x90	8x95
6x75	6x80	6x90	6x95	6x105	6x110
4x85	4x90	4x100	4x110	4x115	4x125
8x65	8x80	8x80	8x85	8x90	8-105

  

<b>160</b>	<b>170</b>	<b>180</b>	<b>190</b>	<b>200</b>	<b>210</b>
10x85	10x95	10x100	10x105	10x110	10x115
8x105	8x110	8x115	8x125	8x130	8x135
6x120	6x125	6x135	6x140	6x150	6x155
4x135	4x145	4x155	4x160	4x170	4x180
8x100	8x105	8x115	8x125	8x130	8x135

  

<b>220</b>	<b>230</b>	<b>240</b>	<b>250</b>	<b>260</b>	<b>270</b>
10x120	10x125	10x130	10x135	10x145	10x150
8x145	8x150	8x155	8x160	8x170	8x175
6x165	6x170	6x180	6x180	6x195	6x200
4x185	4x195	4x205	4x210	4x220	4x230
8x145	8x150	8x155	8x160	8x170	8x175

  

<b>280</b>	<b>290</b>	<b>300</b>	<b>310</b>	<b>320</b>	<b>330</b>
10x155	10x160	10x165	10x170	10x175	10x180
8x180	8x190	8x195	8x200	8x210	8x215
6x210	6x215	6x225	6x230	6x240	6x245
4x240	4x245	4x255	4x260	4x270	4x280
8x180	8x190	8x195	8x200	8x210	8x215

  

<b>340</b>	<b>350</b>	<b>360</b>	<b>370</b>	<b>380</b>	<b>390</b>
10x190	10x195	10x200	10x205	10x210	10x215
8x225	8x230	8x235	8x240	8x245	8x250
6x260	6x265	6x270	6x275	6x280	6x285
4x295	4x300	4x305	4x315	4x320	4x325
8x225	8x230	8x235	8x240	8x245	8x250

### REPETITION SCALE – WEEK #3

#### **110-115   120-125   130-135   140-145   150-155   160-165**

8x65	8x75	8x85	8x95	8x105	8x110
5x75	5x85	5x95	5x105	5x115	5x120
3x85	3x95	3x105	3x115	3x125	3x130
1x100	1x110	1x120	1x130	1x140	1x150
1x100	1x110	1x120	1x130	1x140	1x150
5x75	5x85	5x95	5x105	5x115	5x120

#### **170-175   180-185   190-195   200-205   210-215   220-225**

8x115	8x120	8x130	8x140	8x140	8x150
5x130	5x135	5x140	5x150	5x160	5x160
3x140	3x150	3x160	3x170	3x175	3x185
1x160	1x170	1x180	1x190	1x200	1x210
1x160	1x170	1x180	1x190	1x200	1x210
5x130	5x135	5x140	5x150	5x160	5x160

#### **230-235   240-245   250-255   260-265   270-275   280-285**

8x150	8x160	8x160	8x170	8x180	8x190
5x170	5x180	5x190	5x190	5x200	5x210
3x190	3x200	3x210	3x220	3x225	3x235
1x220	1x230	1x240	1x250	1x250	1x260
1x220	1x230	1x240	1x250	1x250	1x260
5x170	5x180	5x190	5x190	5x200	5x210

#### **290-295   300-305   310-315   320-325   330-335   340-345**

8x200	8x200	8x210	8x215	8x215	8x220
5x220	5x230	5x240	5x250	5x250	5x255
3x240	3x250	3x265	3x280	3x285	3x290
1x270	1x280	1x290	1x300	1x310	1x320
1x270	1x280	1x290	1x300	1x310	1x320
5x220	5x230	5x240	5x250	5x250	5x255

#### **350-355   360-365   370-375   380-385   390-395   400-405**

8x225	8x240	8x245	8x255	8x260	8x265
5x260	5x270	5x280	5x290	5x295	5x300
3x280	3x295	3x310	3x320	3x325	3x335
1x330	1x340	1x350	1x360	1x370	1x380
1x330	1x340	1x350	1x360	1x370	1x380
5x260	5x270	5x280	5x290	5x295	5x300

## REPETITION SCALE – WEEK #4

<b><u>100-105</u></b>	<b><u>110-115</u></b>	<b><u>120-125</u></b>	<b><u>130-135</u></b>	<b><u>140-145</u></b>	<b><u>150-155</u></b>
3x85	3x95	3x105	3x110	3x120	3x130
3x90	3x100	3x105	3x115	3x125	3x135
3x90	3x100	3x110	3x120	3x130	3x140
<b><u>160-165</u></b>	<b><u>170-175</u></b>	<b><u>180-185</u></b>	<b><u>190-195</u></b>	<b><u>200-205</u></b>	<b><u>210-215</u></b>
3x140	3x145	3x155	3x165	3x170	3x180
3x140	3x150	3x160	3x170	3x180	3x185
3x145	3x155	3x165	3x175	3x185	3x195
<b><u>220-225</u></b>	<b><u>230-235</u></b>	<b><u>240-245</u></b>	<b><u>250-255</u></b>	<b><u>260-265</u></b>	<b><u>270-275</u></b>
3x190	3x200	3x205	3x215	3x225	3x230
3x195	3x205	3x215	3x220	3x230	3x240
3x200	3x210	3x220	3x230	3x240	3x250
<b><u>280-285</u></b>	<b><u>290-295</u></b>	<b><u>300-305</u></b>	<b><u>310-315</u></b>	<b><u>320-325</u></b>	<b><u>330-335</u></b>
3x240	3x250	3x260	2x265	3x275	3x285
3x250	3x260	3x265	3x275	3x285	3x295
3x260	3x265	3x275	3x285	3x295	3x305
<b><u>340-345</u></b>	<b><u>350-355</u></b>	<b><u>360-365</u></b>	<b><u>370-375</u></b>	<b><u>380-385</u></b>	<b><u>390-395</u></b>
3x290	3x300	3x310	3x320	3x325	3x335
3x300	3x310	3x320	3x330	3x340	3x345
3x310	3x320	3x330	3x340	3x350	3x360