



6 WEEK BENCH PROGRAM

Bench 1RM:

315

WEEK 1

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench Press	8	3	77.5%	245	-					
Superset x3											
Dumbbell Incline	3	10	-		9						
Face Pull	3	30	-		9						

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench	4	6-8	65%	205	-					
Overhead Press	3	5	70%	220	-						
Rows	3	8-10	-		9						

WEEK 2

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench Press	6	3	80.0%	250	-					
Superset x3											
Dumbbell Incline	3	10	-		9						
Face Pull	3	30	-		9						

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench	3	5	70%	220	-					
Overhead Press	4	5	70%	220	-						
Rows	3	8-10	-		9						

WEEK 3

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench Press	5	3	82.5%	260	-					
Superset x3											
Dumbbell Incline	3	10	-		8						
Face Pull	3	30	-		8						

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench	4	6-8	72.5%	230	-					
Overhead Press	5	5	70%	220	-						
Rows	3	8-10	-		8						

WEEK 4

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench Press	5	3	85%	270	-					
Superset x3											
Dumbbell Incline	3	10	-		8						
Face Pull	3	30	-		8						

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench	4	5	75%	235	-					
Overhead Press	3	5	72.5%	230	-						
Rows	3	8-10	-		8						

WEEK 5

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench Press	5	2	87.5%	275	-					
Superset x3											
Dumbbell Incline	3	10	-		7						
Face Pull	3	30	-		7						

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal				Notes
	Bench	3	3-5	77.5%	245	-					
Overhead Press	4	5	72.5%	230	-						
Rows	3	8-10	-		7						

WEEK 6

WEEK 0

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal					Notes
	Bench Press	1	2	90%	285	-						
	Bench Press	1	1	95%	300	-						
	Superset x3											
	Dumbbell Incline	3	10	-		7						
Face Pull	3	30	-		7							

DAY 2	Movement	Sets	Reps	%1RM	Weight	RPE	Journal					Notes
	Bench	3	5	60.0%	190	-						
	Rows	3	8-10	-		7						

WEEK 7 - Test

DAY 1	Movement	Sets	Reps	%1RM	Weight	RPE	Journal					Notes
	Bench Press	1	1	90%	285	-						
	Bench Press	1	1	95%	300	-						
	Bench Press	1	1	100%	315	-						