

ICON Performance Professional Sports & Fitness Consultants
Three Day Split Power Bench Specialization Regimen

Monday:

Max Effort Day:

Chest:

- *Pick TWO new exercises every two weeks
- *Wear no gear at all until two weeks prior to contest
- *Keep a record of all lift maximums - try to increase wherever you can
- *All dumbbell work should be done with a neutral grip unless otherwise specified
- *Change the exercise choices every two weeks
- *Work up to Max Triple (x3) on TWO of any the following movements:
 - Deep DB Bench Press
 - DB Neutral Grip Bench Press
 - Cambered Bar Bench Press
 - BB Incline Press
 - Smith Low-End Pin Press
 - "Illegal Wides" Bench Press
 - Dips (weighted) {bar close to ground}

Shoulders:

- *Pick any ONE of the following core exercises and perform 6x10
- *Change this exercise every two weeks
 - DB Side Laterals
 - Plate Front Raises
 - BB Front Raises
 - Supine Incline BB, DB, or Plate Front Raises
 - Alternating BB Press
 - DB Bent Laterals

Triceps:

- *Pick any ONE of the following core exercises and perform 6x10
- *Change this exercise every two weeks
 - Dips (weighted/non-weighted)
 - Seated Weighted Dips
 - Supine Lying or Incline Neutral Grip DB Extensions
 - HEAVY "Rolling" DB Neutral Grip Extensions
 - BB or EZ Bar Pullover & Press
 - Cable Pressdowns

Abdominals:

Lying Weighted Crunches 100 reps

Wednesday:

Supplementary Day

Back:

Prone Low Incline Double DB Rows	4x8
Seated Chest-Supported Machine Rows	4x8
Seated Upright Cable Straight Arm Pullovers	4x8
(*alternate ex. - Supine Flat Bench Straight Arm DB Pullovers)	
Seated DB Shrugs	4x8
Seated Cable One-Arm Rows	4x8
Seated Low-Pulley Close Grip Upright Rows to the Nose	4x8
DB Horizontal External Rotation Work	3x20

Biceps:

Seated DB Hammer Curls	4x10
------------------------	------

Grip Work:

(Thumb Strength Pinching Grip Power)	
Plate Inversion Pinch Grip	3x 30 sec ea.
(Crushing Grip Power)	
Tennis Ball Squeezes	3x 10 ea.
(Supporting Grip Power)	
*optional - Straight Arm Bodyweight Bar Hangs	1-2x failure

Abdominals:

Lying Medicine Ball Power-Pullover Situps	100 reps
---	----------

Friday:

Dynamic Method Day:

Chest:

- *No shoulder-specific work on this day for recovery reasons
- *No gear - No bench shirt until two weeks prior to the meet
- *Can be used with chains, jump stretch bands, or weight releasers
- *Emphasis on explosive power (increasing speed in the ascent)
- *Also try to practice pausing the first rep of each set

Week/Workout One:	50% of max - 12x3	_____
Week/Workout Two:	52% of max - 12x3	_____
Week/Workout Three:	54% of max - 10x3	_____
Week/Workout Four:	56% of max - 10x3	_____
Week/Workout Five:	58% of max - 8x3	_____
Week/Workout Six:	60% of max - 8x3	_____
Week/Workout Seven:	re-max	

Triceps:

- *Pick any ONE of the following core exercises and perform 6x10
- *Change this exercise every two weeks

- Dips (weighted/non-weighted)
- Seated Weighted Dips
- Supine Lying or Incline Neutral Grip DB Extensions
- HEAVY "Rolling" DB Neutral Grip Extensions
- BB or EZ Bar Pullover & Press
- Cable Pressdowns

Abdominals:

Lying Rotational Medicine Ball Work 100 reps

Monday Chest Accessory Movement Record Log:

Week #	Movement	Max Triple
One	1. _____	_____
	2. _____	_____
Two	1. _____	_____
	2. _____	_____
Three	1. _____	_____
	2. _____	_____
Four	1. _____	_____
	2. _____	_____
Five	1. _____	_____
	2. _____	_____
Six	1. _____	_____
	2. _____	_____
Seven	1. _____	_____
	2. _____	_____
Eight	1. _____	_____
	2. _____	_____