



6 Week European Bench Press Program

Max Effort Day

1)

Max Effort Exercise	Reps	Sets
Wk 1: 1-Inch board	Work to 1RM	6-10 work up
Wk 2: 15KG Chain	Work to 2RM	6-10 work up
Wk 3: Floor Press	Work to 1RM	6-10 work up
Wk 4: 3 Board, Close grip	Work to 3 RM	6-10 work up
Wk 5: Thin Band	Work to 1RM	6-10 work up
Wk 6: 1 Board + thin band	Work to 1RM	6-10 work up

Take 8-12 sets to work up to the max for each day. Make sure you don't fatigue yourself in the process.

2)

	Reps	Sets
Wk 1-3: Incline Bench	5	3
Wk 4-6: Spoto Press	5	5

3)

	Reps	Sets

Wk 1-3: Batwing Row	5	3
Wk 4-6: Chest Supported Barbell Row	5	5

4)

	Reps	Sets
Wk 1-3: Close Grip Bench Press	10	4
Wk 4-6: JM Press	8	4

5a)

	Reps	Sets
Wk 1-3: Bench Grip Leaning Pulldown	12	4
Wk 4-6: Split handle Cable Row	12	4

5b)

	Reps	Sets
Wk 1-3: Dumbbell Front Raise	12	4
Wk 4-6: Dumbbell Lateral raise	12	4

Dynamic Effort Day

1)

Dynamic Bench Press	Load	Sets	Reps	Rest
Wk 1: Barbell	50%	16	3	30 seconds, 1 minute after every 4 sets

Wk 2: Barbell	55%	16	3	30 seconds, 1 minute after every 4 sets
Wk 3: Barbell	60%	16	3	30 seconds, 1 minute after every 4 sets
Wk 4: Banded Bench	40% + 20% band	16	3	30 seconds, 1 minute after every 4 sets
Wk 5: Banded Bench	45% + 20% band	16	3	30 seconds, 1 minute after every 4 sets
Wk 6: Banded Bench	50% + 20% band	16	3	30 seconds, 1 minute after every 4 sets

Use 4 grips, Change every 4 sets. Grips: Wide, Regular, Narrow (1 inch in) super narrow (Index fingers on smooth of bar).

2)

	Reps	Sets
Wk 1-3: Incline Dumbell Press	15	3
Wk 4-6: Seated Dumbell Press	15	3

3)

	Reps	Sets
Wk 1-3: Decline Rolling Extension	8	3
Wk 4-6: Floor Skull Crushers	8	3

4a)

	Reps	Sets
Wk 1-3: Wide grip Chest Cable row	12	4
Wk 4-6: Stretchers	12	4

4b)

	Reps	Sets
Wk 1-3: Seated Lateral raise	15	4
Wk 4-6: Stretchers	12	4

5a)

	Reps	Sets
Wk 1-3: Behind head cable Extension	15	4
Wk 4-6: V bar cable push down	20	4

5b)

	Reps	Sets
Wk 1-3: Hammer Curl	20	3
Wk 4-6: Reverse grip Dumbbell curls	20	3