

Solving Lock-out Problems in the Bench Press

An eleven week cycle

More often than enough, trainees fail to make their lift in the bench press by having poor locking out ability. In this article I will outline how to break through that training problem. I will use a Jeet Kune Do approach to solve the problem using many techniques I have learned from people I admire such as Chuck Sipes, Josh Bryant etc..

Notice that as time goes on, particularly during the unloading weeks there is a reduction in training volume, this facilitates supercompensation. This allows you to show your true strength levels. As Roger Bannister would say : Fatigue masks fitness.

In this routine, the chest and triceps muscles are trained on the same day as the elbow flexors. By having the antagonistic pairs contracting alternately (e.g. flexion followed by extension). as opposed to agonist contractions alone (precontraction of antagonists). The ability of achieving full motor unit activation (MUA) in a muscle contraction may be enhanced when immediately preceded by a contraction of the antagonists. This has the added benefit of allowing to double the workload per training unit. Alternate exercises working agonists

muscles with exercises working antagonistic muscles together, while respecting long rest intervals. For example, after doing a 3 R.M. set of close grip triceps presses, rest 2-3 minutes perform an heavy set for the antagonist muscle i.e. 3-4 R.M. set of dumbbell curls for the biceps, rest another 2-3 minutes and repeat the described-above procedure for the required amount of sets.

Phase 1: Accumulation 1

Workout days 1 to 36

Day 1

A-1 Paused Half Presses in Rack, 4 x 6-8, tempo 3210, Rest Interval 90 seconds

A-2 Seated Zottmann Thick Dumbbell Curls, 4 x 6-8, tempo 3110, Rest Interval 90 seconds

B-1 V-Bar Dips , 4 x 6-8 tempo 3210, Rest Interval 90 seconds.

B-2 Incline Hammer Dumbbell Curls, 4 x 6-8, tempo 3110, Rest Interval 90 seconds

Day 6

A-1 Rack Lock-outs, 4 inches from top, 4 x 5-7, Tempo 3212, Rest Interval 90 seconds.

A-2 Thick Bar Scott Mid-Grip Reverse E-Z bar Curls, 4 x 5-7, Tempo 5010, Rest Interval 90 seconds.

B-1 Decline Lying Triceps Ext. to Forehead with Chains, 4 x 5-7, Tempo 3210, Rest Interval 90 seconds.

B -2 One Arm Concentration Curls, 4 x 5-7, Tempo 5010, Rest Interval 90 seconds.

Day 11

A-1 Half Presses in Rack, 5 x 5-7, tempo 3210, Rest Interval 120 seconds

A-2 Seated Zottmann Thick Dumbbell Curls, 5 x 5-7, tempo 3110, Rest Interval 90 seconds

B-1 V-Bar Dips , 5 x 5-7 tempo 3210, Rest Interval 120 seconds.

B-2 Incline Hammer Dumbbell Curls, 5 x 5-7, tempo 3110, Rest Interval 90 seconds

Day 16

A-1 Rack Lock-outs, 4 inches from top, 5 x 4-6, Tempo 3212, Rest Interval 120 seconds.

A-2 thick Bar Scott Mid-Grip Reverse E-Z bar Curls, 5 x 4-6, Tempo 5010, Rest Interval 100 seconds.

B-1 Lying Triceps Ext. to Forehead with Chains, 5 x 4-6, Tempo 3210, Rest Interval 120 seconds.

B -2 One Arm Concentration Curls, 5 x 4-6, Tempo 5010, Rest Interval 100 seconds.

Day 21

A-1 Half Presses in Rack, 5 x 4-6, tempo 3210, Rest Interval 120 seconds

A-2 Seated Zottmann Thick Dumbbell Curls, 5 x 4-6, tempo 3110, Rest Interval 100 seconds

B-1 V-Bar Dips , 5 x 4-6, tempo 3210, Rest Interval 120 seconds.

B-2 Incline Hammer Dumbbell Curls, 5 x 4-6, tempo 3110, Rest Interval 100 seconds

Day 26

A-1 Rack Lock-outs, 4 inches from top, 6 x 3-5, Tempo 3212, Rest Interval 120 seconds.

A-2 Thick Bar Scott Mid-Grip Reverse E-Z bar Curls, 6 x 3-5, Tempo 5010, Rest Interval 120 seconds.

B-1 Lying Triceps Ext. to Forehead with Chains, 5 x 4-6, Tempo 3210, Rest Interval 120 seconds.

B -2 One Arm Concentration Curls, 5 x 4-6, Tempo 5010, Rest Interval 100 seconds.

Day 31 (unloading workout)

A-1 Half Presses in Rack, 3 x 3-5, tempo 3210, Rest Interval 120 seconds

A-2 Seated Zottmann Thick Dumbbell Curls, 3 x 3-5, tempo 3110, Rest Interval 100 seconds

B-1 V-Bar Dips , 3 x 3-5, tempo 3210, Rest Interval 120 seconds.

B-2 Incline Hammer Dumbbell Curls, 3 x 3-5, tempo 3110, Rest Interval 100 seconds

Day 36 (unloading workout)

A-1 Rack Lock-outs, 4 inches from top, 4 x 3-5, Tempo 3212, Rest Interval 120 seconds.

A-2 Thick Bar Scott Mid-Grip Reverse E-Z bar Curls, 4 x 3-5, Tempo 5010, Rest Interval 120 seconds.

B-1 Lying Triceps Ext. to Forehead with Chains, 3 x 4-6, Tempo 3210, Rest Interval 120 seconds.

B -2 One Arm Concentration Curls, 3 x 4-6, Tempo 5010, Rest Interval 100 seconds.

Phase 2:

Intensification Workout days 41 to 76

In this second phase your goal is to do more specific work and dynamic work, hence the use of the Full-speed device once every 10 days. The device should be set so that the weight leave at 75% of lock out.

Day 41

A-1 Bench with Bands , 5 x 5-7, tempo 30x0, Rest Interval 100 seconds

A-2 One Arm Scott Dumbbell Curls, 5 x 5-7, tempo 30x0, Rest Interval 100 seconds

B-1 Press Behind Neck, 5 x 5-7, tempo 30X0, Rest Interval 90 seconds.

B-2 Seated Hammer Dumbbell Curls, 5 x5-7, tempo 30X0, Rest Interval 90 seconds

Day 46

A-1 Competitive Bench Press, 5 x 4-6, Tempo 33X0, Rest Interval 100 seconds.

A-2 Seated Zottmann Curls, 5 x 4-6, Tempo3020, Rest Interval 100 seconds.

B-1 Lying Triceps Ext. to Chin with Ful-Speed, 5 x4-6, Tempo 30X0, Rest Interval 90 seconds.

B -2 Standing Narrow Grip EZ Bar Curls*, 4 x 5-7, Tempo 40X0, Rest Interval 90 seconds.

Day 51

A-1 Bench with Bands, 5 x 4-6, tempo 30x0, Rest Interval 120 seconds

A-2 One Arm Scott Dumbbell Curls, 5 x 4-6, tempo 30x0, Rest Interval 120 seconds

B-1 Press Behind Neck, 5 x 4-6, tempo 30X0, Rest Interval 90 seconds.

B-2 Seated Hammer Dumbbell Curls, 5 x4-6, tempo 30X0, Rest Interval 90 seconds

Day 56

A-1 Competitive Bench Press, 4 x 2, 2 x 4, Tempo 32X0, Rest Interval 100 seconds.

A-2 Seated Zottmann Curls, 5 x 3-5, Tempo3020, Rest Interval 100 seconds.

B-1 Lying Triceps Ext. to Chin with Ful-Speed, 4 x4-6, Tempo 30X0, Rest Interval 90 seconds.

B -2 Standing Narrow Grip EZ Bar Curls*, 4 x 4-6, Tempo 40X0, Rest Interval 90 seconds.

Day 61

A-1 Bench with Bands, 4 x 2, 2 x 3, tempo 40X0, Rest Interval 120 seconds

A-2 One Arm Scott Dumbbell Curls, 6 x 3-5, tempo 40x0, Rest Interval 120 seconds

B-1 Press Behind Neck, 3 x 4-6, tempo 30X0, Rest Interval 100 seconds.

B-2 Seated Hammer Dumbbell Curls, 3 x4-6, tempo 30X0, Rest Interval 100 seconds

Day 66

A-1 Competitive Bench Press, 3,2,1,3,2,1, Tempo 31X0, Rest Interval 120 seconds.

A-2 Seated Zottmann Curls, 6 x 3-5, Tempo 4010, Rest Interval 120 seconds.

B-1 Lying Triceps Ext. to Chin with Ful-Speed, 2 x4-6, Tempo 30X0, Rest Interval 100 seconds.

B -2 Standing Narrow Grip EZ Bar Curls, 2 x 4-6, Tempo 40X0, Rest Interval 100 seconds.

Day 71 (peaking phase, unloading of volume)

A-1 Bench with Bands, 3 x 1 , 3 x 2, tempo 40X0, Rest Interval 150 seconds

A-2 One Arm Scott Dumbbell Curls, 6 x 2-4, tempo 40x0, Rest Interval 150 seconds

Day 76 (Peaking phase, unloading of volume)

A-1 Competitive Bench Press, 6 x 1, Tempo 30X0, Rest Interval 120 seconds.

A-2 Seated Zottmann Curls, 6 x 3-5, Tempo 4010, Rest Interval 120 seconds.

