

The Power Bench Press Program Workout Sheet

WORKOUT #1 Date: _____	1 1 @ _____ x 8 sets weight reps	2 1 @ _____ x 6 sets weight reps	3 3 @ _____ x 5 sets weight reps
WORKOUT #2 Date: _____	1 2 @ _____ x 5 sets weight reps	2 2 @ _____ x 3 sets weight reps	3 1 @ _____ x 1 sets weight reps
WORKOUT #3 Date: _____	1 1 @ _____ x 8 sets weight reps	2 1 @ _____ x 6 sets weight reps	3 3 @ _____ x 5 sets weight reps
WORKOUT #4 Date: _____	1 2 @ _____ x 5 sets weight reps	2 2 @ _____ x 3 sets weight reps	3 1 @ _____ x 1 sets weight reps
WORKOUT #5 Date: _____	1 1 @ _____ x 6 sets weight reps	2 2 @ _____ x 5 sets weight reps	3 FAILURE TEST 1 @ _____ x <input type="checkbox"/> sets weight reps
WORKOUT #6 Date: _____	1 2 @ _____ x 3 sets weight reps	2 2 @ _____ x 2 sets weight reps	3 NEGATIVE ONLY 1 @ _____ x 1 sets weight reps
WORKOUT #7 Date: _____	1 1 @ _____ x 6 sets weight reps	2 2 @ _____ x 5 sets weight reps	3 FAILURE TEST 1 @ _____ x <input type="checkbox"/> sets weight reps
WORKOUT #8 Date: _____	1 2 @ _____ x 3 sets weight reps	2 2 @ _____ x 2 sets weight reps	3 NEGATIVE ONLY 1 @ _____ x 1 sets weight reps
WORKOUT #9 Date: _____	1 1 @ _____ x 6 sets weight reps	2 2 @ _____ x 5 sets weight reps	3 FAILURE TEST 1 @ _____ x <input type="checkbox"/> sets weight reps
WORKOUT #10 Date: _____	1 2 @ _____ x 3 sets weight reps	2 2 @ _____ x 1 sets weight reps	3 NEGATIVE ONLY 1 @ _____ x 1 sets weight reps
WORKOUT #11 Date: _____	1 1 @ _____ x 6 sets weight reps	2 2 @ _____ x 5 sets weight reps	3 FAILURE TEST 1 @ _____ x <input type="checkbox"/> sets weight reps
WORKOUT #12 Date: _____	1 2 @ _____ x 3 sets weight reps	2 1 @ _____ x 2 sets weight reps	3 1 @ _____ x 1 sets weight reps
WORKOUT #13 Date: _____	1 1 @ _____ x 6 sets weight reps	2 2 @ _____ x 5 sets weight reps	3 FAILURE TEST 1 @ _____ x <input type="checkbox"/> sets weight reps
WORKOUT #14 Date: _____	1 1 @ _____ x 3 sets weight reps	2 1 @ _____ x 2 sets weight reps	3 MAX TEST 1 @ _____ x 1 sets weight reps

**** Always warm-up with 3-4 progressive sets before each workout!**

6 Special Report • How to Add Up To 40 Pounds To Your Max Bench Press In Just 6 Weeks!