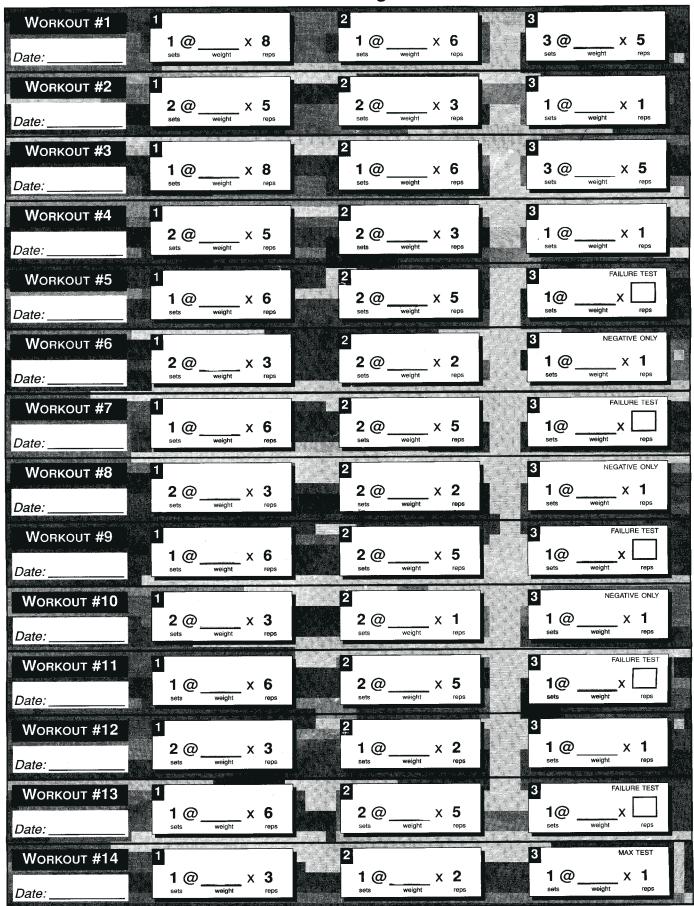
The Power Bench Press Program Workout Sheet



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