

MARK BELL'S

STRONGER IN 30 DAYS

THE BENCH PRESS CYCLE



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INTRODUCTION

The purpose of this program is to get STronger. While using submaximal weights, you're going to increase your work capacity, take your bench to the next level, and execute the lift correctly. I'll take you through your warm up, your main bench movement, and your accessory work in the program outlined below.



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KEYS TO SUCCESS

BIGGEST KEYS TO SUCCESS FOR THE PROGRAM

- **DON'T MISS ANY REPS. EVER. BITCH PLEASE.**
 - **ALL REPS ON BENCH ARE ALWAYS PAUSED.**
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WARM-UP

TIP #1:

THE WARM-UP SETS SHOULD NOT BE THAT DIFFICULT. THE GOAL IS TO INCREASE YOUR GENERAL FITNESS AND WORK CAPACITY BY ACTIVATING SPECIFIC MUSCLES THAT ARE INVOLVED IN BENCH PRESSING.

TIP #2:

BY IMPROVING YOUR GENERAL FITNESS LEVELS, YOU WILL BE ABLE TO RECOVER FASTER IN BETWEEN WORKOUTS AND YOUR SETS.

TIP #3:

THIS PROGRAM REQUIRES YOU TO NOT MISS ANY REPS, SO YOU MAY NEED TO ADJUST THE WEIGHT SLIGHTLY.

TIP #4:

YOUR LAST REP OF YOUR LAST SET SHOULD LOOK LIKE YOUR FIRST REP OF YOUR FIRST SET.

TIP #5:

TO INCORPORATE THE SLING SHOT® INTO YOUR BENCH WORKOUT: AFTER YOUR WORKING SETS EACH WEEK, YOU WILL ADD THE SLING SHOT® FOR 3-4 SETS OF 3 REPS.

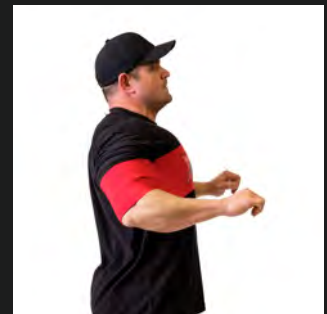
The objective for your warm-up is to increase your work capacity for bench pressing. Plus, it will get you ready to SMASH SOME FRICKIN' WEIGHT!

SUPERSET (AKA GO BACK AND FORTH BETWEEN EXERCISES):

- **A1:** Flat dumbbell press – 4 sets x 10 reps [lightweight, increasing at each set]
- **A2:** Sling Shot® Lat Activation – 4 sets x 10 reps
- * **Rest 1 minute and repeat.**
- **Sling Shot® Pull Apart:** **SEE IMAGES BELOW**

SIMPLE DUMBBELL WARM-UP:

- **10-20 lbs x 10 reps**
- **30-40 lbs x 10 reps**
- **50-60 lbs x 10 reps** [do 2 sets of this]

**1****2****3****4**

Simple warm up bench progression:

I refer to this as “cheating the system” – we’re going to do the least amount of work to maximize our working sets. This means as soon as the weight gets heavy, we’re going to use very low reps. For example, if you’re a stud and you bench 315 lbs, then your final working weight is going to be 235 lbs (75% of 315 lbs).

*****To find your weight percentages go to: <https://www.bodybuilding.com/fun/other7.htm> and type in your 1 rep max.***

WARM-UP BENCH PROGRESSION SETS:

Set 1: Empty barbell x 20 reps

Set 2: 30% x 10 reps

Set 3: 45% x 6 reps

Set 4: 60% x 3 reps

Set 5: 65% x 1 rep

Set 6: 70% x 1 rep

First Working Set: 75% x 6 reps

**** Adjust weights based on your max bench press***



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WORKOUT

Always make sure you're maintaining your form and bar speed the best you can.

WEEK 1:

- + **Move 1 - Raw Work:** 4 sets x 6 reps (75% of max)
- + **Move 2 - Sling Shot® Work:** 3-4 sets x 3 reps (80% of raw max)
- *Rest intervals: between each set, 4-5 minutes*

WEEK 2:

- + **Move 1 - Raw Work:** 5 sets x 5 reps (75% of max)
- + **Move 2 - Sling Shot® Work:** 3-4 sets x 3 reps (80% of raw max)
- *Rest intervals: between each set, 4-5 minutes*

WEEK 3:

- + **Move 1 - Raw Work:** 6 sets x 4 reps (75% of max)
- + **Move 2 - Sling Shot® Work:** 3-4 sets x 3 reps (85% of raw max)
- *Rest intervals: between each set, 4-5 minutes*

WEEK 4:

- + **Move 1 - Raw Work:** 3 sets x 2 reps (85% of max)
- + **Move 2 - Sling Shot® Work:** 3 sets x 1 reps (90% of raw max)
- *Rest intervals: between each set, 4-5 minutes*



WEEK 5 - TEST WEEK:

Do some general warm-ups to get your body temperature up, then jump into your bench workout.

- + **Set 1:** Bar x 10 reps
- + **Set 2:** 30% x 10 reps
- + **Set 3:** 45% x 10 reps
- + **Set 4:** 60% x 5 reps
- + **Set 5:** 70% x 3 reps
- + **Set 6:** 85% x 1 rep
- + **Set 7:** 95% x 1 rep
- + **Set 8:** New PR x 1 rep

****Adjust weight based on your max bench press***

****Rest intervals: between each set, 4-5 minutes***

*****To find your weight percentages go to: <https://www.bodybuilding.com/fun/other7.htm> and type in your 1 rep max.***



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ACCESSORY WORK

After your main sets each week, complete the following accessory work (these should be challenging sets):

SUPERSET - 4 SETS OF 10 REPS:

A1: Incline dumbbell presses

A2: Barbell bent over row

** Rest 90 seconds and repeat.*

B1: Dumbbell tricep extensions

B2: Lat pull downs

** Rest 90 seconds and repeat.*

SUPERSET - 4 SETS OF 25 REPS:

C1: Pushups in the Sling Shot®

C2: Face pulls

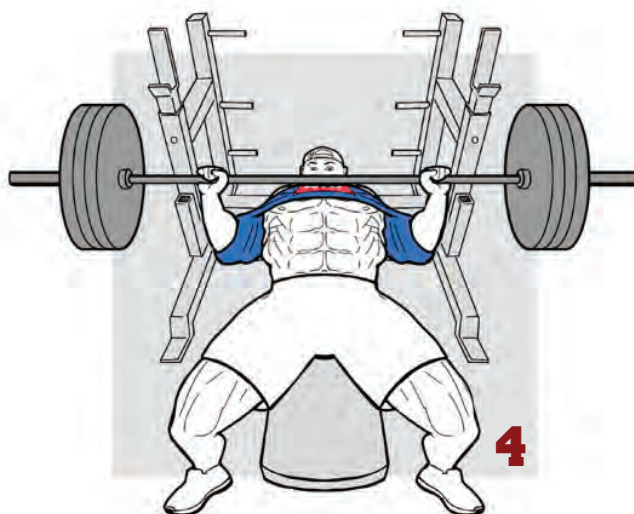
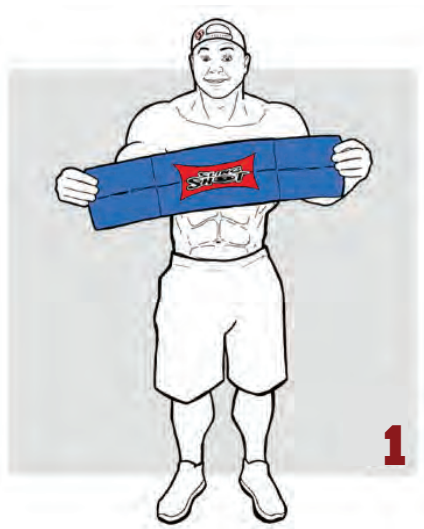
** Rest 90 seconds and repeat.*

** In Week 4, skip supersets B and C in order to be well-rested for your big bench in Week 5.*



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HOW TO USE YOUR SLING SHOT®



- 1.** Get your Sling Shot® out of the package
- 2.** Put your arms through the holes above the elbows.
- 3.** Use the small holes in the Sling Shot® to position comfortably.
- 4.** Bench using normal form.



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OUTRO

Like with any program, you have to make sure you are fueling your body with the necessary pre and post workout nutrients. These exercises are designed to be challenging and will put a lot of exertion on your body. So, giving your body the correct supplements and nutrition it needs to recover and grow is a necessity.

With this guide, you have all of the information to get a stronger bench press in 30 days. Take this seriously, plan your training, eat clean, and most importantly, put in 110% everyday!

“Strength is never a weakness. Weakness is never a strength. I’m Mark Bell and I’m outta here.”

–MB



