

# 150826 Wednesday Bench Press

Pro 27:23-24

Be diligent to know the state of your flocks, And attend to your herds; For riches are not forever, Nor does a crown endure to all generations.

*Keep diligent track of your life, finances, and business and teach the Proverbs to your children.*

**Base:** ROM

(This was fun-let's make it a little more challenging!)

15-14-13-12-11-10-9-8-7-6

(105)

Ring Push Ups

10-9-8-7-6-5-6-7-8-9-10

Dumbbell Bent Row

(85)

Alternate between Push Ups and DB Bent Row. Keep back flat and head up, knees slightly bent: like a great Linebacker stance.

(15)

**Skill:** Handstand/Walk on Hands 20 meters

**Strength:** 3 Rounds of Bench Press

5-5-5 Reps to failure

Scale to skill. Extend arms locked. Lower the bar on a 4 count to increase Time-Under-Tension\* **See TUT below.** Use a weight that will create failure within the 4-6 rep range. 7 reps is too light and 3 reps is too heavy.

(15)

**MetCon:** 3 Rounds of

5-10 Ring Incline Push Ups

Feet on bench or box. Push through an Incline Press (45 Degree Angle) stabilizing the rings. If a box or bench are too high, feet on floor or knees on box etc.

3 Rope Pull Ups or 1 Rope Ascent

(12)

**Stamina:** In MetCon/Base

**Endurance:** Jog 800

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17

# 150826 Wednesday Bench Press

Pro 27:23-24

Be diligent to know the state of your flocks, And attend to your herds; For riches are not forever, Nor does a crown endure to all generations.

*Keep diligent track of your life, finances, and business and teach the Proverbs to your children.*

## ✦TUT:

Charles Poliquin is the first person I remember working with this concept. [https://en.wikipedia.org/wiki/Charles\\_Poliquin](https://en.wikipedia.org/wiki/Charles_Poliquin) Many of us early weight training enthusiasts experimented with similar protocols but no one took the time to do the research and write about it until Mr Poliquin.

Several years ago I was researching muscle hypertrophy and read an article by him. I implemented his strategy for some huge muscle hypertrophy gains. I have been using the protocol with my athletes and students with great success.

The basic principal of TUT is to keep the muscles in a stressed environment for a prolonged period of time forcing the muscle to adapt to greater stress and subsequently to increase in strength and size. 'Tempo' is a critical component.

Tempo is generally a 4 Count negative (eccentric contraction) followed by either no pause or a 1 count pause followed by an explosive 1 count positive (concentric contraction) and a no pause or 1 count pause in preparation for the next rep. 4-0-1-0; 4-0-2-0 etc. You can play with the numbers for the desired outcome. I prefer to utilize the eccentric contraction for hypertrophy and the concentric contraction for fast twitch explosive power. I try to get the best of both worlds.

Using Bench Press as an example, the lifter would lower the load from an extended position on a 4 count (one thousand one, one thousand two, etc.) to the chest, pause/no pause at the chest, explode to a full extension on a 1 or 2 count, and pause at the return to full extension: one rep. 4-0-1-0 Tempo

### Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17