Strict Press Power

Week 1

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | MVT | Sets and Reps  | % |
| Monday  | BB Press | 5x5 | 70 |
| Wednesday  | Barbell Bench  | 10x3 | 60 – Fast  |
| Friday  | Dumbbell Press | Rest Pause 3x 2 fail sets | 25% each DB  |
| Sunday  | DB Bench  | 4x12 | AHAP |

Week 2

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | MVT | Sets and Reps  | % |
| Monday  | BB Press | 10x3 | 60 – Fast  |
| Wednesday  | Barbell Bench  | 4x12 | AHAP  |
| Friday  | Dumbbell Press | 4x8 | AHAP |
| Sunday  | DB Bench  | 4x10 | AHAP |

Week 3

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | MVT | Sets and Reps  | % |
| Monday  | BB Press | 5x5 | 72.5 |
| Wednesday  | Barbell Bench  | 10x3 | 65 – Fast  |
| Friday  | Dumbbell Press | Rest Pause 3x 2 fail sets | 25% each DB + 5 lbs |
| Sunday  | DB Bench  | 4x12 | AHAP |

Week 2

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | MVT | Sets and Reps  | % |
| Monday  | BB Press | 10x3 | 65 – Fast  |
| Wednesday  | Barbell Bench  | 4x12 | AHAP  |
| Friday  | Dumbbell Press | 4x8 | AHAP |
| Sunday  | DB Bench  | 4x10 | AHAP |

Week 5

|  |  |  |  |
| --- | --- | --- | --- |
| Day  | MVT | Sets and Reps  | % |
| Monday  | BB Press | 5x5 | 75 |
| Wednesday  | Barbell Bench  | 10x3 | 70 – Fast  |
| Friday  | Dumbbell Press | Rest Pause 3x 2 fail sets | 25% each DB + 10 lbs |
| Sunday  | DB Bench  | 4x12 | AHAP |

Notes: Nine times out of ten pressing issues are directly related to form and mobility. Alternating between warming up the press and tackling Lat and First Rib Mobility have proven to be very successful. Whereas alternating between Scap and Delt/Pec smash prior to bench has proven to be very successful. All pressing should be done with a neutral spine while flexing every muscle you have. DB press and bench are both neutral grip and barbell bench is press grip.