



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 18 WEEK BENCH PRESS PEAKING CYCLE

Unsatisfied with your bench press numbers? This effective peaking cycle ramps up the intensity week in and week out, providing you with plenty of bench-building volume.

Link to Workout: <https://www.muscleandstrength.com/workouts/18-week-bench-press-peaking-cycle>

**Main Goal:** Increase Strength  
**Training Level:** Intermediate  
**Program Duration:** 18 Weeks  
**Days Per Week:** 1 Days

**Time Per Workout:** 60-75 Mins  
**Equipment:** Barbell, Cables, Dumbbells, EZ Bar  
**Author:** Steve Shaw

## Bench Press Workout

Exercise	Sets	Reps
<a href="#">Bench Press</a>	See <a href="#">Article</a> for Weekly Bench Press Training.	
<a href="#">Dumbbell Bench Press</a>	3	10
<a href="#">Close Grip Incline Bench Press</a>	4	6 - 8
<a href="#">Skullcrushers</a>	4	8 - 12
<a href="#">Rope Cable Tricep Extensions</a>	4	10 - 15