



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



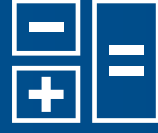
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3 WEEK NFL COMBINE BENCH PRESS PROGRAM

Improve your bench press strength and endurance with this 3 week program. Workouts cycle between 5x5, 5x8 and 3x3 weeks, ending with an all-out 20 rep test.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-week-nfl-combine-bench-press-program>

Main Goal: Increase Strength
Training Level: Intermediate
Program Duration: 3 Weeks
Days Per Week: 1 Day

Time Per Workout: 60-75 Mins
Equipment: Barbell, Dumbbells
Author: Steve Shaw

Week 1

| Exercise | Sets | Reps |
|--|------|-------|
| Bench Press | 5 | 5 |
| Dumbbell Bench Press | 3 | 10 |
| Skullcrushers | 3 | 10 |
| Push Press | 3 | 6 - 8 |
| EZ Bar Curl | 3 | 10 |
| Band Face Pulls | 3 | 12 |
| For your last set of the 5x5, perform as many reps as possible. When you are able to reach 8 or more reps, add weight the next time you perform Workout A. | | |

Week 2

| Exercise | Sets | Reps |
|---|------|------|
| Bench Press | 5 | 8 |
| Incline Dumbbell Bench Press | 3 | 8 |
| Close Grip Bench Press | 3 | 8 |
| Seated Barbell Press | 3 | 8 |
| Hammer Curls | 3 | 10 |
| Bent Over Reverse Flys | 3 | 12 |
| For your last set of the 5x8, perform as many reps as possible. When you are able to reach 10 or more reps, add weight the next time you perform Workout B. | | |

Week 3

| Exercise | Sets | Reps |
|--|------|------|
| Bench Press | 3 | 3 |
| Bench Press | 1 | 20+ |
| Cable Tricep Extensions | 3 | 10 |
| Seated Arnold Press | 3 | 10 |
| Seated Dumbbell Curls | 3 | 10 |
| Rope Cable Face Pulls | 3 | 12 |
| Start w/ heavy 3 x 3 bench pressing and finish w/ a 20 rep set “tester”. | | |
| For your last set of the 3x3, perform as many reps as possible. When you are able to reach 5 or more reps, add weight the next time you perform Workout C. | | |
| For your max rep set, add 5 pounds when you are able to perform more than 20 reps per set. Once you reach 20+ reps using 225 pounds, keep using 225 pounds and continue trying to set a new PR every third week. | | |