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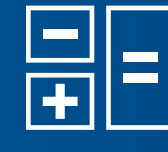
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BEEF UP YOUR BENCH PRESS 10 x 3 WORKOUT PROGRAM

Bring up your bench press with this intense 10 set x 3 rep bench press specialization workout plan from top powerlifter Steve Shaw

Link to Workout: <https://www.muscleandstrength.com/workouts/beef-up-bench-press-10x3-workout-program>

Main Goal: Increase Strength

Training Level: Intermediate

Program Duration: 17 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Steve Shaw

Day 1: 10 x 3 Bench Press Day

Exercise	Sets	Reps
Bench Press - 10 Sets x 3 Reps Work	Varies*	Varies*
Bench Press Shrug	3	5
Barbell Row	3	5 - 10
Seated Arnold Press	3	8 - 12
EZ Bar Skullcrusher	3	8 - 12
Dumbbell Curl	3	10

*See article for more details. For the bench press, start with a weight that is 65% of your one rep max. If you're unsure of your current rep max, use the [bench press calculator](#) to help you estimate. Add 5lbs every week. Do not perform Bench Press Shrugs without spotters.

Day 3: Strength Day

Exercise	Sets	Reps
Deadlift - Ramped	3	5
Squat	3	6 - 12
Pull Up or Rack Chins	3	As Many As Possible
Seated Calf Raise	3	12 - 20
Leg Curl	3	10 - 15
Power Shrug	3	5 - 10

Day 5: Bench Press Moderate Day

Exercise	Sets	Reps
Military Press Variation - Standing or Seated	3	6 - 12
Close Grip Bench Press	5	3
Dumbbell Row	3	8 - 12
Dumbbell Bench Press	3	8 - 12
Face Pull	3	10
Hammer Curl	3	10