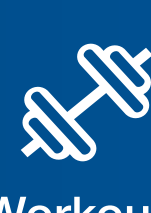




THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



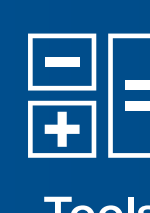
Diet Plans



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BENCH MOST DAYZ: INCREASE YOUR BENCH BY 30-50 lbs in 6 WEEKS

Cory Gregory's Bench Most Dayz 6 week program is designed to add some serious weight to your bench and muscle mass in your chest!

Link to Workout: <https://www.muscleandstrength.com/workouts/bench-most-dayz>

Main Goal: Increase Strength

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell

Author: Cory Gregory

Weeks 1 & 2

Exercise	Sets	Reps
Monday / Wednesday / Friday		
Superset		
Incline Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Superset		
Flat Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Try to complete all 30 reps on bench w/o racking bar unless necessary. Suggested row exercises: 1 - Arm Seated Row , T - Bar Rows , Face Pulls , Rear Delt Fly , Upright Rows , or Shrugs .		

Weeks 3 - 6

Exercise	Sets & Reps	
Monday		
Flat Bench Press	<ul style="list-style-type: none"> • Bar: 3 Reps, All Paused • 95 lbs: 3 Reps, All Paused • 135 lbs: 3 Reps, All Paused • 185 lbs: 3 Reps, All Paused • 225 lbs: 1 Rep, Paused. From here on out, do 1 paused rep working up to a max. 	
Flat Bench Press (Back-off Set)	1 set of one rep with a 5-second pause. Use roughly 85-95% of your 1-rep max that day.	
Superset		
1 - Arm Seated Row	1 x 15 - 20	
T - Bar Row	1 x 15 - 20	
Superset		
Face Pulls	1 x 15 - 20	
Rear Delt Fly	1 x 15 - 20	
Superset		
Upright Row	1 x 15 - 20	
Shrug	1 x 15 - 20	
Tuesday		
Superset		
Incline Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Superset		
Flat Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Thursday		
Flat Bench Press	<ul style="list-style-type: none"> • Bar: 3 Reps, All Paused • 95 lbs: 3 Reps, All Paused • 135 lbs: 3 Reps, All Paused • 185 lbs: 3 Reps, All Paused • 225 lbs: 1 Rep, Paused. From here on out, do 1 paused rep working up to a max. 	
Flat Bench Press (Back-off Set)	1 set of one rep with a 5-second pause. Use roughly 85-95% of your 1-rep max that day.	
Superset		
1 - Arm Seated Row	1 x 15 - 20	
T - Bar Row	1 x 15 - 20	
Superset		
Face Pulls	1 x 15 - 20	
Rear Delt Fly	1 x 15 - 20	
Superset		
Upright Row	1 x 15 - 20	
Shrug	1 x 15 - 20	
Friday		
Superset		
Incline Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Superset		
Flat Bench Press (Close Grip / Medium Grip / Wide Grip)	3	10 Each Grip
Row Exercise of Your Choice	3	15 - 20
Try to complete all 30 reps on bench w/o racking bar unless necessary. Suggested row exercises: 1 - Arm Seated Row , T - Bar Rows , Face Pulls , Rear Delt Fly , Upright Rows , or Shrugs . Week 7: Test your new 1 Rep Max. I'm confident you've added 30 - 50 lbs to your starting weight.		

