



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

A BIGGER BENCH PRESS & CHEST USING ONLY 135 POUNDS -- REALLY!

No I am not insane - this program really works. Build a bigger chest and improve your bench press by inserting this specialty workout into your current training regimen.

Link to Workout: <https://www.muscleandstrength.com/workouts/bigger-bench-press-chest-135-pounds>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 4 Weeks

Days Per Week: 2 Days

Time Per Workout: 10-15 Mins

Equipment: Barbell

Author: Team Muscle & Strength

135lb Bench Press Workout

Exercise	Sets	Reps
Bench Press - 135 lbs	3	5
Bench Press - 135 lbs	3	10
Bench Press - 135 lbs	1	Max

Perform twice a week. When you are able to perform 20 reps on set 7, add 10 lbs to the bar and try this plan using 145 lbs.