

STRICT PRESS POWER CYCLE

WEEK 1

DAY	MOVEMENT	SETS X REPS	%
MONDAY	BARBELL PRESS	5X5	70
WEDNESDAY	BARBELL BENCH	10X3	60 - SPEED
FRIDAY	DUMBBELL PRESS	REST PAUSE	25% (EACH DB)
SUNDAY	DUMBBELL BENCH	4X12	AHAP - NO MISSES

WEEK 2

DAY	MOVEMENT	SETS X REPS	%
TUESDAY	BARBELL PRESS	10X3	60 - SPEED
THURSDAY	BARBELL BENCH	4X12	AHAP - NO MISSES
SATURDAY	DUMBBELL PRESS	4X8	AHAP - NO MISSES
SATURDAY	DUMBBELL BENCH	4X10	AHAP - NO MISSES

WEEK 3

DAY	MOVEMENT	SETS X REPS	%
MONDAY	BARBELL PRESS	5X5	72.5
WEDNESDAY	BARBELL BENCH	10X3	65 - SPEED
FRIDAY	DUMBBELL PRESS	REST PAUSE	25% (EACH DB) +5lbs
SUNDAY	DUMBBELL BENCH	4X12	AHAP - NO MISSES

WEEK 4

DAY	MOVEMENT	SETS X REPS	%
TUESDAY	BARBELL PRESS	10X3	65 - SPEED
THURSDAY	BARBELL BENCH	4X12	AHAP - NO MISSES
SATURDAY	DUMBBELL PRESS	4X8	AHAP - NO MISSES
SATURDAY	DUMBBELL BENCH	4X10	AHAP - NO MISSES

WEEK 5

DAY	MOVEMENT	SETS X REPS	%
MONDAY	BARBELL PRESS	5X5	75
WEDNESDAY	BARBELL BENCH	10X3	70 - SPEED
FRIDAY	DUMBBELL PRESS	REST PAUSE	25% (EACH DB) +10lbs
SUNDAY	DUMBBELL BENCH	4X12	AHAP - NO MISSES

NOTES

Nine times out of ten pressing issues are directly related to form and mobility. Alternating between warming up the press and tackling Lat and First Rib Mobility have proven to be very successful. Whereas alternating between Scap and Delt/Pec smash prior to bench has proven to be very successful. All pressing should be done with a neutral spine while flexing every muscle you have. DB press and bench are both neutral grip and barbell bench is press grip.