

Copyright Notice

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Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

Introduction

The bench press has become the most common measure of someone's strength in the weight room.



“Hey bro, how much do you bench?”

This is probably the most common question between young lifters. The amount you can bench press is what will determine your alpha status in the gym amongst other trainees.

Unfortunately, no one care how much you squat, how much you deadlift, or how many pull ups you can do. If you stack plates onto the bar in preparation to bench press, you can almost guarantee that people will stop to watch.

Aside from being the badass at your gym that bench press 100lbs over his weight for reps, strengthening your bench press is also going to pack some serious mass onto your upper body. Particularly your pecs, shoulders, and triceps.

Do you have to bench press in order to achieve a monstrous upper body?

No...you don't...

But what if I told you that the bigger your bench got, the bigger your upper body would have to get in order to handle to the load?

It's common knowledge that strength equals size, but trainees get too tied up in bodybuilding training vs powerlifting and have this idea that if they don't perform high reps, they won't build size...and this is simply not true.

Focusing on strength is the easiest but most underutilized techniques to pack on mass by bodybuilders. Unfortunately, if you can only bench press 185lbs, you'll probably look like you can only bench 185lbs, capiche?

Power Form

If your technique is not solid, you can't expect to push heavy weight, period. It all starts with form, mainly staying as tight as possible. The tighter you can get, the bigger you will bench, period. Not only is proper technique critical in making faster strength gains, but it's also important for preventing injury, strengthening connective tissue, and building a bigger chest in the process.

Powerlifting Technique VS Bodybuilder Form

When it comes to the bench press, there are two ways to approach it. One will provide maximal loads through leverages and the other will provide more hypertrophy. For me, I like to meet somewhere in the middle. I like to set myself up tight (like a powerlifter) without reducing the range of motion (like a bodybuilder). The benefit of this approach is simple...it allows me to increase strength substantially while still maintaining enough ROM for packing on muscle to my upper body in the process.

Form Check #1 - Foot Placement

The feet should be placed underneath the hips or slightly in front of the hips with the balls or heels of your feet driving through the floor. Dig your traps into the bench for stability. Hips should remain on the bench at all times and you should notice a small back arch.

Form Check #2 – Leg Drive

Keep the balls or heels of your feet planted firmly and maintain tension in your legs as you lower the bar.



When you're ready to push the weight up (once it has reached your chest), push hard through the legs, forcing the bar off the chest.

Form Check #3 – Bar Path and Elbow Positioning

The most efficient bar path is one with a slight arch. From just below the nipple line at the bottom to right above the base of the neck at the top.

To ensure a good bar path, tuck your elbows slightly and aim to touch below the nipple line with the bar.

Form Check #4 – Staying Safe and Strong at the Bottom

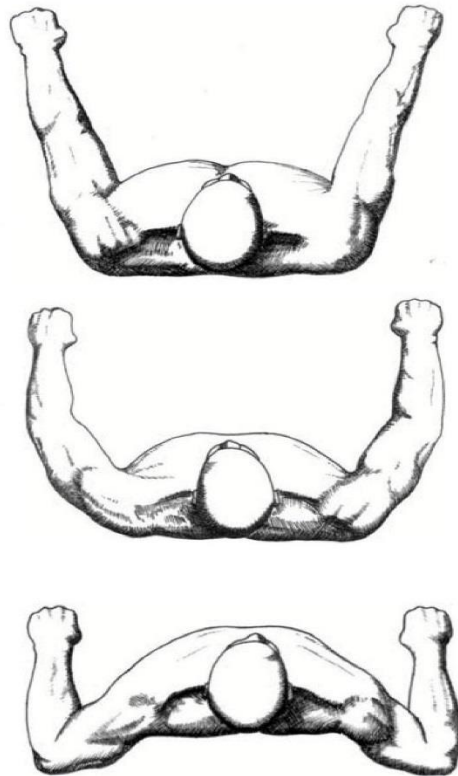
At the bottom of the rep, the elbow should be directly aligned with the wrist and the wrist should be directly aligned with the bar.

Form Check #5 – Gripping The Bar

Take a full grip with your thumbs wrapped around the bar and squeeze the bar tightly. Attempt to pull the bar apart or bend it in order to engage the triceps for assistance in the lift.

The Strength Curve

With every lift there is a strength curve. Part of the lifts ROM where we are at our strongest and where we are at our weakest. When it comes to the bench press, for most trainees, the weakest point in the strength curve is at the very bottom of the lift when the bar is at our chest. The strongest point for most individuals occurs close to the top of the range or toward the lockout. Either way, if you want to maximize the amount of weight you can push then all areas of the strength curve should be trained accordingly.



How to Determine Your Weak Point(s)

Although the majority of trainees have the most trouble at the bottom of the lift, this is not the case for everyone. Determining where you are at your weakest is extremely simple.

If you are finding it hard to get the lockout toward the top of the rep, then this is due to relatively weaker triceps.

Trouble getting the bar up from the bottom of the rep is typically due to a weaker chest.

Note: The above statements are true assuming that form/technique is in order.

How to correct weak points

Strengthening the lockout



If you are struggling with the lockout portion of the lift, direct triceps work is essential. Ensuring that your triceps are prepared to handle the load is critical to overall strength and safety when going heavy on the bench press. I won't go over the exact methods of training the triceps as I have programmed them into the routine in a very effective manner, but understand that although the bench press is a great chest exercise, it is a much more powerful compound movement that should be executed to its max potential for maximum results in both strength and overall size.

Strengthening the bottom position



If the trouble in your bench press occurs at the bottom, then weak pectorals and lats are to blame. Unlike strengthening the lockout, strengthening the bottom position is easily fixed by simply training in that position. Dumbbell pressing is also a great accessory to help strengthen the bottom of the lift as it removes the ability to bounce the bar off of the chest to provide momentum. Again, I have programmed the accessory work into the program as I saw fit and thus won't be getting into the long boring details here.

Back Off Weeks

Back Off Week: A planned reduction in volume and/or intensity for one week of your training split, whose purpose is to allow the body to dissipate accumulated fatigue, allow a full recovery, and prepare you for progress.

The Benefits of Back Off Weeks

- The repairing of ligaments, tendons, and joints.
- Recovery of the CNS (Central Nervous System) to recover.
- Reduces the risk of overtraining.
- Mental Break
- To prepare for greater progress.

Failing to Back Off

If you are anything like me, you absolutely love pushing your body in the gym, all the time. Unfortunately, there will come a time where progress will either come to a complete stop and we can no longer add weight to the bar for progressive overload or our performance regresses. These are both good signs that we are overreaching and/or close to overtraining. If we push our body to the point where it is over-trained, the back off phase could take much longer.



Other Signs of Under-Recovery (Needing to back off)

- Lifts are not increasing (and potentially decreasing)
- Feeling tired and unmotivated to train
- Achy joints and tendons
- High frequency training for a long period of time without a back off

When to Back Off

A back off week should take place before any of these symptoms show up. In fact, in this program the back off weeks are already included and scheduled for you. On the other hand, if these signs come up before you're scheduled for your back off week, start your recovery phase immediately.

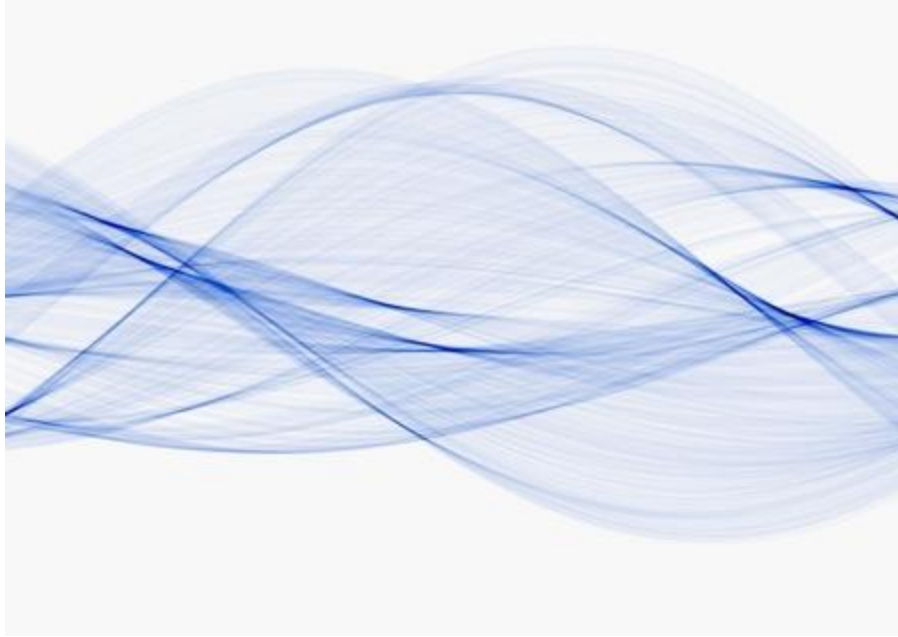
How should I back off?

- Same workout routine (sets & reps) but decrease workload by 50-60%.
- Same workload, but decrease volume (sets x reps) to 50-60% of your normal amount. For example: If you are doing 5 x 4 (on a regular training day), then 5 x 2 would be your de-load volume.
- Decrease workload (intensity) and volume. (Options 1 and 2)
- Use light weight and focus on refining your form and technique.

Back Off Success!

If done correctly, you should be able to make strength and performance increases, regularly, with a reduced risk of injury. It will also serve as a mental and physical break that will preemptively address any recovery issues you may have.

Wave Loading



What is Wave Loading?

It is an alternative loading pattern used by power lifters and bodybuilders. With wave loading, the weight being lifted is increased and decreased from set to set. When the weight is increased, the number of reps is decreased. And when the weight is decreased, the number of reps is increased.

Benefits of Wave Loading:

Wave loading results in the ability to recruit more of your current muscle fibers. This is also known as neuromuscular adaptation and is caused by the kind of stress produced from lifting closer to your 1 rep max.

Why Does Wave Loading Work?

After each set, the body will have adapted and will be ready for another heavy load. Due to this, the next set will always feel much lighter. These waves ensure the recruitment of the strongest muscle fibers and will mean you can lift heavier weights for longer.

Heavier weights and more volume = bigger and stronger muscles.

Different Types of Wave Loading

There are more types of wave loading patterns than I care to mention. Each one directly related to a specific goal. In our case, the goal is strength. With that being said, I'll spare you the extra reading and go straight into the meat and potatoes of Wave Loading for primal strength gains.

Wave Loading for Strength 5/3/1

Wave One
Set 1 - 5 reps @185lbs Set 2 - 3reps @195lbs Set 3 - 1 reps @205lbs

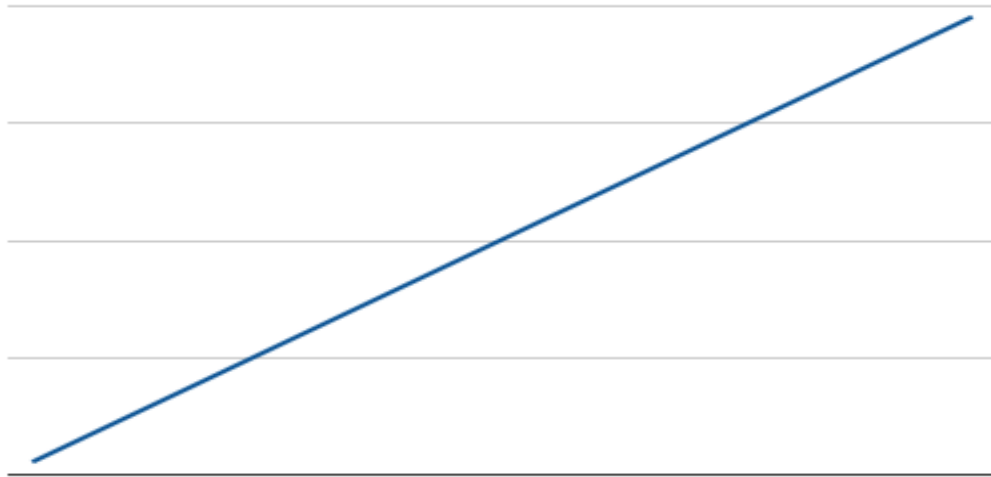
Wave Two
Set 4 - 5 reps @195lbs Set 5 - 3 reps @205lbs Set 6 - 1 reps @215lbs

Note: The weight used in the example above is exactly that, an example. The weight used for your waves will be based on your current stats and will be determined by you.

The Goal of Wave Loading for Strength

Finish every workout 3-5 percent heavier than your last.

Linear Progression



Load Progression

Your goal for each workout is to outperform the previous of its kind by adding 2.5-5 pounds to your main lifts. Some of you may experience some difficulty in adding any weight on some weeks while others may be able to add more weight than prescribed, in either case, your goal is to perform slightly better than you did previously and to continue to do this over the course of the program.

For Example: Flat Bench Press –Day 1

Set 1 - 135 x 10 = 1,350 lbs

Set 2 - 135 x 8 = 1,080 lbs

Set 3 - 135 x 8 = 1,080 lbs

Set 4 - 135 x 6 = 810 lbs

Total Workload = 4320 Total lbs

Next time you step in the gym and are performing a Flat Bench Press, the main goal is to increase the “Total Workload” by either finishing the prescribed sets with the prescribed reps or by increasing the weight slightly without sacrificing sets or reps.

For Example: Flat Bench Press –Day 2

Set 1 - 135 x 10 = 1,350 lbs

Set 2 - 135 x 10 = 1,350 lbs

Set 3 - 135 x 8 = 1,080 lbs

Set 4 - 135 x 8 = 1,080 lbs

Total Workload = 4860 Total lbs

Warming Up for Power

Warming Up

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity.

Why Warm Up?

Warming up is both muscular and neuromuscular. It elevates the temperature of the muscles and tissues thus making them more flexible (better range of motion) and less susceptible to injury. It is also going to improve the muscular contractile properties and allow you to practice the movement pattern that you are about to train.

How should I warm up?

1. Start off with a simple 5 minutes of aerobic exercise such as exercise bike or rower.
2. Go straight to the exercise you are starting off with. Perform this exercise about 3-5 times with an empty bar using a full range of motion. A basic rep range of 8-10 would be ideal.
3. Slowly add weight to the bar in even increments until you are ready to handle the work set.

Note: Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Warm Up Example:

Bench Press

Empty Bar x 3 x 8 Warm-up Set

135 lbs x 1 x 6 Warm-up Set

145 x 1 x 4 Warm-up Set

155 x 1 x 2 Warm-Up Set

Begin Working Sets

Note: Begin every exercise with an empty bar or lightweight in order to warm up the body for any given movement.

The Proper Role of the Warm-up: *To prepare the body for the working sets, not to interfere with them.*

The R.P.E Scale

R.P.E or Rate of Perceived Exertion – How hard the weight feels to you at the time. It is a subjective measure of your strength at a given time. The scale is rated from 1-10 and the larger the number, the harder the set felt.

R.P.E. vs Percentages

Although percentage programs are easy to use, they're very limited in how accurate they can be for most trainees. There are many things that throw off your percentages, not to mention no one wants to do math every time they get stronger. Each athlete is different because of differences in training history, fast to slow twitch ratios, illnesses, good and bad days, and general sleep patterns.

The RPE scale makes it simpler and more accurate by allowing you to regulate training based on how hard a weight *feels* on any given day. By using an RPE, you can regulate training more effectively and do so in a way that automatically takes into account recovery, sleep, good days and bad days, etc.

The 12 Week Primal Bench Press R.P.E. Scale

R.P.E.	
10	No Reps Left - Max
9	1 Rep Left – With Struggle
8	Bar Speed Slower – 2 Reps In The Tank
7	Good Bar Speed – Moves Quickly with Max Force
6	Light Weight – Moves Quickly with Moderate Force
5	Warm Up Weight
4	Can be performed for 20 reps – Not Hard
3, 2, 1	Will Not Be Used

Week #1**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	5	3	3-5 Minutes	8
Shoulder Press	5	5	3-5 Minutes	8
Incline DB Press	3	5	3-5 Minutes	8
Skull Crushers	3	8	90-120 Seconds	9

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #2**Monday: Heavy Pressing (b)**

Exercise	Sets	Reps	Rest	RPE
OHP	5	3	3-5 Minutes	8
Incline BB Press	5	3	3-5 Minutes	8
Skull Crushers	2	8	90-120 Seconds	9
Pushdowns	2	8	90-120 Seconds	9

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #3**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	5	3	3-5 Minutes	8
Shoulder Press	5	5	3-5 Minutes	8
Incline DB Press	3	5	3-5 Minutes	8
Skull Crushers	3	8	90-120 Seconds	9

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #4**Monday: Heavy Pressing (b)**

Exercise	Sets	Reps	Rest	RPE
OHP	5	3	3-5 Minutes	8
Incline BB Press	5	3	3-5 Minutes	8
Skull Crushers	2	8	90-120 Seconds	9
Pushdowns	2	8	90-120 Seconds	9

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #5**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	5	3	3-5 Minutes	8
Shoulder Press	5	5	3-5 Minutes	8
Incline DB Press	3	5	3-5 Minutes	8
Skull Crushers	3	8	90-120 Seconds	9

Wednesday: Wave Loading (see wave loading chapter)

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Friday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #6 – BACK OFF**Monday: Heavy Pressing (b)**

Exercise	Sets	Reps	Rest	RPE
OHP	3	3	3-5 Minutes	7
Incline BB Press	3	3	3-5 Minutes	7
Skull Crushers	1	8	90-120 Seconds	6
Pushdowns	1	8	90-120 Seconds	6

Friday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	3	6	1-3 Minutes	7
OHP	2	6	1-3 Minutes	7
Incline BB Press	1	8	1-3 Minutes	6
Pushdowns	3	8	90-120 Seconds	6

Week #7**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	5	3	3-5 Minutes	8
Shoulder Press	5	5	3-5 Minutes	8
Incline DB Press	3	5	3-5 Minutes	8
Skull Crushers	3	8	90-120 Seconds	9

Wednesday: Wave Loading (see wave loading chapter)

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Friday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #8**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	5	3	3-5 Minutes	8
Shoulder Press	5	5	3-5 Minutes	8
Incline DB Press	3	5	3-5 Minutes	8
Skull Crushers	3	8	90-120 Seconds	9

Wednesday: Wave Loading (see wave loading chapter)

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Friday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #9**Monday: Heavy Pressing (b)**

Exercise	Sets	Reps	Rest	RPE
OHP	5	3	3-5 Minutes	8
Incline BB Press	5	3	3-5 Minutes	8
Skull Crushers	2	8	90-120 Seconds	9
Pushdowns	2	8	90-120 Seconds	9

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	5	6	1-3 Minutes	9
OHP	3	6	1-3 Minutes	9
Incline BB Press	2	8	1-3 Minutes	9
Pushdowns	3	8	90-120 Seconds	9

Week #10 – BACK OFF**Monday: Heavy Pressing (a)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	3	3	3-5 Minutes	7
Shoulder Press	3	5	3-5 Minutes	7
Incline DB Press	2	5	3-5 Minutes	6
Skull Crushers	1	8	90-120 Seconds	6

Thursday: Controlled Pressing

Exercise	Sets	Reps	Rest	RPE
Pause Bench	3	6	1-3 Minutes	7
OHP	2	6	1-3 Minutes	7
Incline BB Press	1	8	1-3 Minutes	6
Pushdowns	3	8	90-120 Seconds	6

Week #11**Monday: Wave Loading (see wave loading chapter)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Thursday: Wave Loading (see wave loading chapter)

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Week #12**Monday: Wave Loading (see wave loading chapter)**

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Thursday: Wave Loading (see wave loading chapter)

Exercise	Sets	Reps	Rest	RPE
Bench Press	1	5/3/1	3-5 Minutes	9
Bench Press	1	5/3/1	3-5 Minutes	9

Full Body Maintenance

This is a bench press specialization training program and thus requires a reduced volume and frequency of other muscle groups. For the next 12 weeks you will be performing a full body maintenance workout every Tuesday. This full body workout is designed for the trainee to maintain overall muscle mass and/or increase strength throughout the course of this program.

There is a Full Body (a) and Full Body (b) workout that you will alternate between. I would recommend taking the standard approach and alternating from (a) to (b) on a weekly basis. However, this is completely optional and will not make or break your progress with the program.

Every Tuesday

Full Body (a)

Exercise	Sets	Reps	Rest	RPE
Squat	5	5	3-5 Minutes	8
Hamstring Curls	4	8	60-90 Seconds	9
Bent Over Rows	5	5	3-5 Minutes	8
Biceps Curls	4	8	60-90 Seconds	9

Full Body (b)

Exercise	Sets	Reps	Rest	RPE
Deadlift	3	5	3-5 Minutes	8
Dumbbell Rows	4	8	60-90 Seconds	9
Face Pulls	4	8	60-90 Seconds	9
Leg Press	5	6	1-2 Minutes	8

**Congratulations on
successfully completing
the program and achieving
a bigger bench press...**

**Enjoy the Results
and Stay Strong!**