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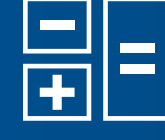
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MASSIVE BENCH PRESS 16 WEEK BLOCK TRAINING CYCLE

Get your bench press moving in the right direction with this 2 phase program. Lifters spend 8 weeks building muscle, and 8 weeks peaking towards a new one rep max.

Link to Workout: <https://www.muscleandstrength.com/workouts/massive-bench-press-16-week-block-training>

Main Goal: Increase Strength
Training Level: Intermediate
Program Duration: 16 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Barbell, Bodyweight, Dumbbells
Author: Steve Shaw

Block 1: Weeks 1 - 8 Hypertrophy

Monday: Lower Body

Exercise	Sets	Reps
Paused Squats	4	8 - 10
Stiff Leg Deadlift	4	8 - 10
Hack Squats	4	8 - 10
Leg Curls	3	10 - 15
Leg Press Calf Raise	3	15 - 20
Ab Wheel Roll Out	3	10 - 15

Tuesday: Upper Body

Exercise	Sets	Reps
Incline Dumbbell Bench Press	5	8 - 10
Barbell Rows	5	8 - 10
Seated Overhead Press	5	8 - 10
Skullcrushers	3	10 - 12
EZ Bar Curls	3	10 - 12

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	4	5
Leg Press	4	15 - 20
Front Squat	4	8 - 10
Reverse Hack Squat	3	8 - 10
Seated Calf Raise	3	10 - 15
Plank	3	60 Secs

Friday: Upper Body

Exercise	Sets	Reps
Bench Press	5	8 - 10
Pull Ups	5	As Many As Possible
Seated Arnold Press	5	8 - 10
Cable Tricep Extensions	3	10 - 12
Dumbbell Curls	3	10 - 12

Block 2: Weeks 9 - 12 Strength Peaking Cycle

Monday: Lower Body

Exercise	Sets	Reps
Paused Squats	4	8 - 10
Stiff Leg Deadlift	4	8 - 10
Hack Squats	4	8 - 10
Leg Curls	3	10 - 15
Leg Press Calf Raise	3	15 - 20
Ab Wheel Roll Out	3	10 - 15

Tuesday: Upper Body

Exercise	Sets	Reps
Close Grip Bench Press	4	8 - 10
Barbell Rows	4	8 - 10
Seated Overhead Press	4	8 - 10
Skullcrushers	4	10 - 12
EZ Bar Curls	4	10 - 12

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	4	5
Leg Press	4	15 - 20
Front Squat	4	8 - 10
Reverse Hack Squat	3	8 - 10
Seated Calf Raise	3	10 - 15
Plank	3	60 Secs

Saturday: Upper Body (Heavy Bench Day)

Exercise	Sets	Reps
Bench Press		See Instructions
Pull Ups	4	As Many As Possible
Seated Arnold Press	4	8 - 10
Cable Tricep Extensions	4	10 - 12
Dumbbell Curls	4	10 - 12

Bench Press: Week 9 - 75% of 1 Rep Max (RM) x 5 sets x 5 reps.
Week 10 - 80% RM x 5 sets x 4 reps.
Week 11 - 85% RM x 5 sets x 3 reps.
Week 12- 90% RM x 4 singles; 85% RM x 4 sets x 3 reps.

Block 2: Weeks 13 - 14 Strength Peaking Cycle

Monday: Lower Body

Exercise	Sets	Reps
Paused Squats	4	8 - 10
Stiff Leg Deadlift	4	8 - 10
Hack Squats	4	8 - 10
Leg Curls	3	10 - 15
Leg Press Calf Raise	3	15 - 20
Ab Wheel Roll Out	3	10 - 15

Tuesday: Upper Body

Exercise	Sets	Reps
Close Grip Bench Press	3	8 - 10
Barbell Rows	3	8 - 10
Seated Overhead Press	3	8 - 10
Skullcrushers	3	10 - 12
EZ Bar Curls	3	10 - 12

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	4	5
Leg Press	4	15 - 20
Front Squat	4	8 - 10
Reverse Hack Squat	3	8 - 10
Seated Calf Raise	3	10 - 15
Plank	3	60 Secs

Saturday: Upper Body (Heavy Bench Day)

Exercise	Sets	Reps
Bench Press		See Instructions
Pull Ups	3	As Many As Possible
Seated Arnold Press	3	8 - 10
Cable Tricep Extensions	3	10 - 12
Dumbbell Curls	3	10 - 12

Bench Press: Week 13- 92.5% RM x 3 singles; 87.5% x 3 sets x 3 reps.
Week 14- 95% RM x 2 singles; 90% RM x 2 sets x 3 reps.

Block 2: Week 15 Strength Peaking Cycle

Monday: Lower Body

Exercise	Sets	Reps
Paused Squats	4	8 - 10
Stiff Leg Deadlift	4	8 - 10
Hack Squats	4	8 - 10
Leg Curls	3	10 - 15
Leg Press Calf Raise	3	15 - 20
Ab Wheel Roll Out	3	10 - 15

Tuesday: Upper Body

Exercise	Sets	Reps
Close Grip Bench Press	2	8 - 10
Barbell Rows	2	8 - 10
Seated Overhead Press	2	8 - 10
Skullcrushers	2	10 - 12
EZ Bar Curls	2	10 - 12

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	4	5
Leg Press	4	15 - 20
Front Squat	4	8 - 10
Reverse Hack Squat	3	8 - 10
Seated Calf Raise	3	10 - 15
Plank	3	60 Secs

Saturday: Upper Body (Heavy Bench Day)

Exercise	Sets	Reps
Bench Press		See Instructions
Pull Ups	2	As Many As Possible
Seated Arnold Press	2	8 - 10
Cable Tricep Extensions	2	10 - 12
Dumbbell Curls	2	10 - 12

Bench Press: 97.5% RM x 2 singles; 92.5% RM x 2 sets x 2 reps.

Block 2: Week 16 Strength Peaking Cycle

Monday: Lower Body

Exercise	Sets	Reps
Paused Squats	4	8 - 10
Stiff Leg Deadlift	4	8 - 10
Hack Squats	4	8 - 10
Leg Curls	3	10 - 15
Leg Press Calf Raise	2	15 - 20
Ab Wheel Roll Out	2	10 - 15

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	4	5
Leg Press	4	15 - 20
Front Squat	4	8 - 10
Reverse Hack Squat	3	8 - 10
Seated Calf Raise	3	10 - 15
Plank	3	60 Secs

Saturday: Upper Body (Heavy Bench Day)

Exercise	Sets	Reps
Bench Press		Max Check*

*Bench Press: Test your new bench press max using the instructions on the [article](#).