

BENCH PRESS TRIAL PROGRAM





Let's Get Rolling!

Thank you for joining the Garage Strength Team! Get ready to dive into this program and chase after your goals!

If you would like an individualized program that is built specifically for your needs as an athlete, sign up for a custom program **HERE**.

Autoregulation

Autoregulation is learning how hard your body is able to push itself. It requires you to feel how much to increase weights in a proper progression to ensure you are thoroughly warmed up and able to go as heavy as you are able without failing on any sets (unless specified).

Percentage Based Training

Percentage based training is an alternative to autoregulation where the specific weights to be lifted on each set is based on a percentage of your 1 rep max (1RM) of that lift. All percentages should be based on your 1RM prior to the beginning of the program. If you do not know your 1RM, use autoregulation instead.

We do not often use percentage based training as we want you to learn autoregulation to discover how your body reacts and adapts to training on your own.

Watch Here

Program Layout

Exercise Groups/ Supersets

Complete all sets from 1a, then move to 2a.

For group 3, complete a set of 3a, then 3b, and alternate between the exercises until all sets are completed.

Finally move onto 4a and complete all sets.

Ramp means that you should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

Static means that every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

3 x 2, 2 x 1

Perform 3 sets of 2, then perform 2 sets of 1.

Lifting

All Sets

1a

No Feet Snatch

Keep Toes Grounded

Ramp

3 x 2, 2 x 1

Ramp

3 x 2, 2 x 1

Static

4 x 2

Ramp

3 x 2, 2 x 1

All Sets

2a

Power Clean/Clean

5 x 2/1

5 x 2/1

4 x 2/1

5 x 2/1

All Sets

3a

Back Squat

7,5,3,7,5,3

7,5,3,7,5,3

7,5,3

7,5,3,7,5,3

3b

Box Jumps

6 x 4

6 x 4

3 x 4

6 x 4

All Sets

4a

Cossack Squats

Rest: 1:00

3 x 6/6

3 x 6/6

3 x 6/6

3 x 6/6

Weight Log

Enter the amount of weight you lifted here, either for each set or the heaviest set.

Video Links

Click the exercise title for an example video of the exercise.

Varying Rep Schemes

When every set in an exercise has different reps, we separate the sets with a comma. In this example, the first set is 7 reps, the second 5 reps, the third 3 reps, and so on.

Rest Time The rest time provided should be taken in between each set. For supersets, perform one exercise after the other, and take the rest period after each round.

Unilateral/ Alternating Exercises

Some exercises require a number of reps on each side, either x reps on one leg/arm then x reps on the other, or alternating between both sides. In this example, you will perform 6 squats on each leg, alternating from one leg to the other.

Complexes In a complex of exercises, the number of reps for each exercise is separated by the slash. One exercise should flow right into the next. In this case 2 power cleans right into 1 full clean.



Terms and Abbreviations

“Clean” and “Snatch”: If the exercise states only clean or snatch, it is indicating doing the full lift, pulling from the ground and catching at full depth. Any variation from the standard Olympic lift will be indicated. For example the exercise will be named “Power Clean” if the bar should be caught tall, or “Hang Clean” if the bar is to start at the knees.

Ramp: You should increase weight each set, pushing yourself to go heavier until the last set is the most weight that you can do.

Static: Every set should be the same weight. Typically you should pick a mid range weight, such as the amount you would lift on the 2nd or 3rd set of a ramping week.

Unbroken: Do not pause at the top or the bottom of the rep, make continuous.

OTM: On The Minute. Set a timer and start each set at the start of every minute.

NB: No brush. The bar may not make contact at the hips for cleans and snatches.

NF: No feet. On cleans and snatches your feet may come up on the toes but may not leave the ground.

BN: Behind the Neck. The bar is set behind the neck rather than a front rack.

NG: Neutral grip. Hold the dumbbells or grip so that your palms are facing each other.

ECC: Eccentric. Lower the weight slowly.

HAF/HAM: Heavy as F**k, as heavy as possible

SL: Single Leg.

DB: Dumbbell.

KB: Kettlebell.

Alt: Alternating.

DAY 1

Upper Body Day

Trial Program

Warm Up

Banded Internal/ External Rotations	Underhand Band Pull Aparts	Push Ups	Reverse Snow Angels
2 x 8/8	2 x 20	2 x 8	2 x 8/8

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	Bench Press Good movement, elbows tight, EXPLODE UP	8/5/3/5/11	5 x 5		
1b	Band Pull Aparts Posterior Shoulder Health	5 x 12	5 x 12		
2a	NG DB Incline Bench Palms facing each other, building	3 x 10, 1 x 17	4 x 12		
2b	Bent Over Row Tight back, squeezing elbows high	4 x 10	4 x 10		
3a	Push Ups Over Plate Lateral Explosiveness, fast hands	3 x 6/6	3 x 6/6		
3b	Homers Keep DBs at 90 degrees when walking	3 x 12/12	3 x 12/12		
3b	Miracle Gro Deep elbow bend behind head, have a spot	3 x 10	3 x 10		

Volume and
Movement Patterns

DAY 2

Lower Body Day

Trial Program

Warm Up

Hips Foam Roll	Elevated Calf Stretch	Overhead Deficit Split Squat	Deep Sumo Squat
1:00/1:00	1:00/1:00	2 x 8/8	2 x 8

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	High Hang Power Clean Strong reps, Long pull and shrug, fast elbows	5 x 2/1	3 x 3/2		
2a	Back Squat Deep squat, upright torso	6 x 4	4 x 5, 1 x 8		
2b	V Ups Lighter, Quads and Glutes	6 x 17	5 x 17		
3a	Walking Lunges DBs at side, don't swing, chest tall	3 x 10/10	3 x 10/10		
3b	Good Morning Push hips back to feel a stretch, then squeeze glutes to stand up tall	3 x 9	3 x 9		
3c	Calf Raise Pause Top Calves	3 x 12	3 x 12		

Volume and
Movement Patterns

DAY 3

Upper Body Day

Trial Program

Warm Up

Banded Internal/ External Rotations	Underhand Band Pull Aparts	Push Ups	Reverse Snow Angels
2 x 8/8	2 x 20	2 x 8	2 x 8/8

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	Incline Bench Explosive, keep butt down on the bench	4 x 7, 1 x 11	5 x 5		
1b	Neutral Grip Pull Ups Use a band if necessary	5 x 5-7	5 x 5-7		
2a	Dips Vertical chest, DEEP	4 x 8 1 x 17 no band	3 x 5, 2 x 17 no band		
2b	Clap Push Ups The better you are at these, the more explosive your bench will be!	5 x 17	5 x 17		
3a	EZ Curl 21s 7 curls from bottom to belly, 7 curls from chin to belly, 7 full curls	3 x 7/7/7	3 x 7/7/7		
3b	Triple Trize Big trize	3 x 10/10/10	3 x 10/10/10		

Volume and
Movement Patterns

DAY 4

Lower Body Day

Trial Program

Warm Up

Hips Foam Roll	Elevated Calf Stretch	Overhead Deficit Split Squat	Deep Sumo Squat
1:00/1:00	1:00/1:00	2 x 8/8	2 x 8

Lifting

		Week 1 Ramp	Week 2 Ramp	Week 3 Static	Week 4 Ramp
1a	Power Snatch Tight off the floor, strong lockout with heels down and knees bent on the catch	4 x 3	5 x 2		
2a	Single Leg Squat Good Movement	4 x 5/5, 1 x 10/10	5 x 4/4		
2b	Jump Lunges Snappy	5 x 4/4	5 x 4/4		
3a	Arnold Presses Seated, more pressing	3 x 12	3 x 12		
3b	Ab Roller Squeeze belly button to spine, roll out to feel tension then come up	3 x 10	3 x 10		
3b	Single Leg RDL Reaching leg and foot back to form a "T" at the bottom, try not to open	3 x 7/7	3 x 7/7		

Volume and
Movement Patterns