

Simply swap your current chest day with this one and continue with the rest of your routine as usual. Be sure to give your best effort on these bench days to complete every rep. I followed this program and increased my bench from 3 reps of 225 to 305 in 13 weeks because I missed the required reps one day and repeated that day to ensure completion. This was at Body Weight 176LBS height 5'11. You will notice a pattern with the warmups. Every week they are almost identical. Super set the warm-ups (Pass-Through Stretch with Dowel or Band, Push-up, and Band-Pull Aparts), then rest 1-2 min and go again till 3 sets complete.

P.S. With flies DO NOT BE SUPERMAN, if weight is way too heavy go down 10-20 lbs; it's ok, nobody cares how much you can DB Fly. This is more to get a good pec stretch than build/strengthen muscle.

Week 1

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

185 - 5 Reps (Rest 1 Min)

225 - 1 Reps (Rest 2 Min)

205 - 4 Reps (Rest 2 Min)

185 - 5 Reps (Rest 2 Min)

Incline Barbell Bench Press

135 - 9 Reps (Rest 2 Min)

115 - 9 Reps (Rest 2 Min)

Dips

BodyWeight - 13 Reps (Rest 90 Sec)

BodyWeight - 7 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN

60 - 5 Reps (Rest 90 Sec)

45 - 6 Reps (Rest 90 Sec)

30 - 5 Reps (Rest 90 Sec)

Week 2

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Incline Barbell Bench Press

Empty Bar - 5 Reps (Rest 1 Min)

95 - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

175 - 7 Reps (Rest 2 Min)

165 - 6 Reps (Rest 2 Min)

155 - 6 Reps (Rest 2 Min)

Barbell Bench Press

195 - 6 Reps (Rest 2 Min)

185 - 6 Reps (Rest 2 Min)

155 - 6 Reps (Rest 2 Min)

Dips

BodyWeight - 15 Reps (Rest 90 Sec)

BodyWeight - 6 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN

60 - 5 Reps (Rest 90 Sec)

45 - 6 Reps (Rest 90 Sec)

30 - 10 Reps (Rest 90 Sec)

Week 3

Warm Up

Pass-Through Stretch with Dowel or Band: Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

185 - 5 Reps (Rest 1 Min)

225 - 6 Reps (Rest 3 Min)

205 - 5 Reps (Rest 3 Min)

185 - 5 Reps (Rest 3 Min)

Incline Barbell Bench Press

155 - 5 Reps (Rest 2 Min)

145 - 6 Reps (Rest 2 Min)

135 - 6 Reps (Rest 2 Min)

Dips

BodyWeight - 11 Reps (Rest 90 Sec)

BodyWeight - 5 Reps (Rest 90 Sec)

Dumbbell Fly - DO NOT BE SUPERMAN

50 - 8 Reps (Rest 90 Sec)

40 - 8 Reps (Rest 90 Sec)

30 - 10 Reps (Rest 90 Sec)

Week 4

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

185 - 5 Reps (Rest 1 Min)

225 - 1 Reps (Rest 1 Min)

245 - 4 Reps (Rest 3 Min)

225 - 4 Reps (Rest 3 Min)

205 - 4 Reps (Rest 3 Min)

Incline Barbell Bench Press

155 - 7 Reps (Rest 2 Min)

145 - 6 Reps (Rest 2 Min)

135 - 6 Reps (Rest 2 Min)

Dips

BodyWeight - 12 Reps (Rest 90 Sec)

BodyWeight - 7 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN

60 - 4 Reps (Rest 90 Sec)

50 - 6 Reps (Rest 90 Sec)

40 - 10 Reps (Rest 90 Sec)

Week 5

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Incline Barbell Bench Press
Empty Bar - 5 Reps (Rest 90 Sec)

95 - 5 Reps (Rest 90 Sec)

135 - 5 Reps (Rest 90 Sec)

185 - 3 Reps (Rest 2 Min)

165 - 5 Reps (Rest 2 Min)

145 - 6 Reps (Rest 2 Min)

Barbell Bench Press
205 - 5 Reps (Rest 2 Min)

185 - 6 Reps (Rest 2 Min)

165 - 7 Reps (Rest 2 Min)

Dips
50 - 6 Reps (Rest 90 Sec)

25 - 6 Reps (Rest 90 Sec)

BodyWeight - 6 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN
50 - 5 Reps (Rest 90 Sec)

40 - 8 Reps (Rest 90 Sec)

30 - 10 Reps (Rest 90 Sec)

Week 6

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

185 - 5 Reps (Rest 1 Min)

225 - 2 Reps (Rest 1 Min)

265 - 3 Reps (Rest 3 Min)

235 - 4 Reps (Rest 3 Min)

205 - 6 Reps (Rest 3 Min)

175 - 8 Reps (Rest 3 Min)

Incline Barbell Bench Press

155 - 4 Reps (Rest 2 Min)

145 - 5 Reps (Rest 2 Min)

135 - 4 Reps (Rest 2 Min)

Dips

50 - 9 Reps (Rest 90 Sec)

25 - 8 Reps (Rest 90 Sec)

BodyWeight - 5 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN
60 - 5 Reps (Rest 90 Sec)

45 - 7 Reps (Rest 90 Sec)

30 - 10 Reps (Rest 90 Sec)

Week 7

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 90 Sec)

135 - 5 Reps (Rest 90 Sec)

185 - 5 Reps (Rest 90 Sec)

225 - 5 Reps (Rest 90 Sec)

265 - 3 Reps (Rest 3 Min)

235 - 4 Reps (Rest 3 Min)

205 - 5 Reps (Rest 3 Min)

175 - 9 Reps (Rest 3 Min)

Incline Barbell Bench Press
165 - 4 Reps (Rest 2 Min)

155 - 5 Reps (Rest 2 Min)

135 - 6 Reps (Rest 2 Min)

Dips
50 - 7 Reps (Rest 90 Sec)

25 - 7 Reps (Rest 90 Sec)

Dumbbell Fly - DO NOT BE SUPERMAN
50 - 10 Reps (Rest 90 Sec)

40 - 8 Reps (Rest 90 Sec)

Week 8
Warm Up
Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Incline Barbell Bench Press
Empty Bar - 5 Reps (Rest 1 Min)

95 - 5 Reps (Rest 1 Min)

135 - 5 Reps (Rest 1 Min)

185 - 5 Reps (Rest 2 Min)

165 - 7 Reps (Rest 2 Min)

145 - 9 Reps (Rest 2 Min)

Barbell Bench Press

225 - 4 Reps (Rest 2 Min)

205 - 5 Reps (Rest 2 Min)

185 - 6 Reps (Rest 2 Min)

Dips

50 - 8 Reps (Rest 90 Sec)

25 - 7 Reps (Rest 90 Sec)

BodyWeight - 6 Reps (Rest 90 Sec)

DumbBell Fly - NOT SUPERMAN

60 - 5 Reps (Rest 90 Sec)

45 - 8 Reps (Rest 90 Sec)

Week 9

At this Point you should know your body pretty well. Listen to your body for the rest periods. You can still use mine for advised reference range.

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 90 Sec)

135 - 5 Reps (Rest 90 Sec)

185 - 5 Reps (Rest 90 Sec)

225 - 2-3 Reps (Rest 90 Sec)

265 - 3 Reps (Rest 3-5 Min)

235 - 7 Reps (Rest 3-5 Min)

205 - 9 Reps (Rest 3 Min)

175 - 8 Reps (Rest 3 Min)

Incline Barbell Bench Press

175 - 5 Reps (Rest 2 Min)

155 - 6 Reps (Rest 2 Min)

135 - 8 Reps (Rest 2 Min)

Dips

50 - 8 Reps (Rest 90 Sec)

25 - 7 Reps (Rest 90 Sec)

25 - 6 Reps (Rest 90 Sec)

Dumbbell Fly - NOT SUPERMAN

65 - 3 Reps (Rest 90 Sec)

50 - 5 Reps (Rest 90 Sec)

35 - 10 Reps (Rest 90 Sec)

Week 10

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press

Empty Bar - 5 Reps (Rest 90 Sec)

135 - 5 Reps (Rest 90 Sec)

185 - 5 Reps (Rest 90 Sec)

225 - 2-5 Reps (Rest 90 Sec)

275 - 3 Reps (Rest 3 Min)

245 - 4 Reps (Rest 3 Min)

215 - 6 Reps (Rest 3 Min)

185 - 8 Reps (Rest 3 Min)

Incline Barbell Bench Press

185 - 3 Reps (Rest 2 Min)

165 - 6 Reps (Rest 2 Min)

145 - 5 Reps (Rest 2 Min)

Dips

75 - 8 Reps (Rest 90 Sec)

50 - 5 Reps (Rest 90 Sec)

BodyWeight - 9 Reps (Rest 90 Sec)

DumbBell Fly - NOT SUPERMAN
60 - 7 Reps (Rest 90 Sec)

50 - 6 Reps (Rest 90 Sec)

40 - 10 Reps (Rest 90 Sec)

Week 11

Warm Up

Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Incline Barbell Bench Press
Empty Bar - 5 Reps (Rest 90 Sec)

95 - 5 Reps (Rest 90 Sec)

135 - 5 Reps (Rest 90 Sec)

185 - 1 Rep (Rest 90 Sec)

205 - 3 Reps (Rest 2 Min)

185 - 5 Reps (Rest 2 Min)

135 - 7 Reps (Rest 2 Min)

145 - 7 Reps (Rest 2 Min)

Barbell Bench Press
225 - 5 Reps (Rest 3 Min)

205 - 6 Reps (Rest 3 Min)

185 - 6 Reps (Rest 3 Min)

Dips
105 - 3 Reps (Rest 90 Sec)

70 - 4 Reps (Rest 90 Sec)

35 - 10 Reps (Rest 90 Sec)

Dumbbell Fly - NOT SUPERMAN
60 - 5 Reps (Rest 90 Sec)

50 - 8 Reps (Rest 90 Sec)

35 - 10 Reps (Rest 90 Sec)

Week 12
Warm Up
Pass-Through Stretch with Dowel or Band: 3 Sets 10 Reps (No Rest)

Push-up 3 Sets 10-15 Reps (No Rest)

Band-Pull Apart 3 Sets 15-20 Reps (No Rest)

Barbell Bench Press
Empty Bar - 5 Reps (Rest 2 Min)

135 - 5 Reps (Rest 2 Min)

185 - 5 Reps (Rest 2 Min)

225 - 2-3 Reps (Rest 2 Min)

265 - 1 Rep (Rest 2 Min)

275 - 1 Rep (Rest 2 Min)

300 or 305 - 1 Rep (Rest 4 Min)

265 - 4 Reps (Rest 3 Min)

235 - 6 Reps (Rest 3 Min)

205 - 7 Reps (Rest 3 Min)

Incline Barbell Bench Press

185 - 3 Reps (Rest 2 Min)

165 - 3 Reps (Rest 2 Min)

145 - 7 Reps (Rest 2 Min)

Dips

105 - 3 Reps (Rest 90 Sec)

70 - 4 Reps (Rest 90 Sec)

35 - 6 Reps (Rest 90 Sec)

DumbBell Fly - DO NOT BE SUPERMAN

65 - 6 Reps (Rest 90 Sec)

55 - 7 Reps (Rest 90 Sec)

45 - 7 Reps (Rest 90 Sec)

Congrats You Did it!! Now its up to you to figure out how to grind out 10lbs more for the Mystical 315 Bench (: