

BLUE STAR NUTRACEUTICALS PRESENTS

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# BIGGER BETTER BENCH™

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Add 50 Pounds to your  
Bench Press in 7 Weeks

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**The Workout**

# BIGGER BETTER BENCH

## Week One

WEEK 1 EXERCISES	DAY 1 - MONDAY				DAY 2 - TUESDAY				DAY 3 - THURSDAY				DAY 4 - FRIDAY			
	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT
<b>Progressive Exercise</b>																
Bench Press	1	13	60	n/a	1	8	70	n/a	1	13	70	n/a	3	8	70	n/a
Bench Press	1	13	65	n/a	1	8	75	n/a	1	8	80	n/a				
Bench Press (Max Test: Day 3)	1	13	70	n/a	1	8	80	n/a	1	> 5	85	To Fail				
<b>Shoulders</b>																
Bent Over Rear Delt Cable Raise	5	8		7					5	8		7				
Dumbbell Side Lateral Raise					5	8		7								
<b>Chest</b>																
Incline Dumbbell Press	3	8		8	3	8		8	3	8		8				
<b>Back</b>																
Bent Over Barbell Row	5	8		8					5	8		8				
Lat Pulldown to Front					5	8		8								
Seated Row													8	8		7
<b>Arms – Super Sets</b>																
Barbell Curl	4	8		8					4	8		8				
Tricep Pushdown	4	8		8					4	8		8				
Hammer Curl					4	8		8								
Reverse One Arm Cable Pressdown					4	8		8								
Two Arm Preacher Curl													4	8		8
Tricep Bench Dip													4	8		8
<b>Abs / Core</b>																
Crunches	4	15		10					4	15		10				
Leg Raise with Swiss Ball	4	15		10					4	15		10				
Hanging Leg Raise					4	15		10								
Hyper Extension					4	15		8								

### Effort Levels

- 6 Good solid pump. You can feel the weight but you're not exhausted.
- 7 Tough, but you could've done two more reps if you'd had to.
- 8 Big effort. You may have had one more rep in the tank.
- 9 Heavy effort. With a spotter, you could've done one more.
- 10 Total intensity. You'll need a minute or two to recover.

### Day 3 - Progressive Exercise

Day 3 of the program is "Test Day". A "Max Test" set is completed in order to determine your next E1RM - which you will begin using on "Day 4". This is the only exercise in the program that you will perform to failure.

\*Weight indicated is % of E1RM





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## Week Three

WEEK 3 EXERCISES	DAY 1 - MONDAY				DAY 2 - TUESDAY				DAY 3 - THURSDAY				DAY 4 - FRIDAY			
	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT
Progressive Exercise																
Bench Press	1	13	60	n/a	1	8	70	n/a	1	13	70	n/a	3	8	70	n/a
Bench Press	1	13	65	n/a	1	8	75	n/a	1	8	80	n/a				
Bench Press (Max Test: Day 3)	1	13	70	n/a	1	8	80	n/a	1	> 5	85	To Fail				
Shoulders																
Bent Over Rear Delt Cable Raise	5	8		7					5	8		7				
Dumbbell Side Lateral Raise					5	8		7								
Chest																
Incline Dumbbell Press	3	8		8	3	8		8	3	8		8				
Back																
Bent Over Barbell Row	5	8		8					5	8		8				
Lat Pulldown to Front					5	8		8								
Seated Row													8	8		7
Arms – Super Sets																
Barbell Curl	4	8		8					4	8		8				
Tricep Pushdown	4	8		8					4	8		8				
Hammer Curl					4	8		8								
Reverse One Arm Cable Pressdown					4	8		8								
Two Arm Preacher Curl													4	8		8
Tricep Bench Dip													4	8		8
Abs / Core																
Crunches	4	15		10					4	15		10				
Leg Raise with Swiss Ball	4	15		10					4	15		10				
Hanging Leg Raise					4	15		10								
Hyper Extension					4	15		8								

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## Week Five

WEEK 5 EXERCISES	DAY 1 - MONDAY				DAY 2 - TUESDAY				DAY 3 - THURSDAY				DAY 4 - FRIDAY			
	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT
Progressive Exercise																
Bench Press	1	13	60	n/a	1	8	70	n/a	1	13	70	n/a	8	8	70	n/a
Bench Press	1	13	65	n/a	1	8	75	n/a	1	8	80	n/a				
Bench Press (Max Test: Day 3)	1	13	70	n/a	1	8	80	n/a	1	> 5	85	To Fail				
Shoulders																
Standing Rear Delt Overhead Cables	5	8		7					5	8		7				
Cable Side Laterals					5	8		7								
Chest																
Incline Dumbbell Flyes	3	8		8	3	8		8	3	8		8				
Back																
Seated Row	5	8		8					5	8		8	8	8		7
Close Grip Pulldown					5	8		8								
Arms - Super Sets																
One Arm Dumbbell Concentration Curl	4	8		8					4	8		8				
Overhead Rope Extension	4	8		8					4	8		8				
Zottoman Curl					4	8		8								
Reverse One Arm Cable Pressdown					4	8		8								
Two Arm Preacher Curl													4	8		8
Tricpe Bench Dip													4	8		8
Abs / Core																
Any Upper Ab Exercise	4	15		10	4	15		10	4	15		10				
Any Lower Ab Exercise	4	15		10					4	15		10				
Hyperextension					4	15		8								

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## Week Seven

WEEK 7 EXERCISES	DAY 1 - MONDAY				DAY 2 - TUESDAY				DAY 3 - THURSDAY				DAY 4 - FRIDAY			
	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT	SETS	REPS	WEIGHT*	EFFORT
Progressive Exercise																
Bench Press	1	13	60	n/a	1	8	70	n/a	1	13	70	n/a	8	8	70	n/a
Bench Press	1	13	65	n/a	1	8	75	n/a	1	8	80	n/a				
Bench Press (Max Test: Day 3)	1	13	70	n/a	1	8	80	n/a	1	> 5	85	To Fail				
Shoulders																
Standing Rear Delt Overhead Cables	5	8		7					5	8		7				
Cable Side Laterals					5	8		7								
Chest																
Incline Dumbbell Flyes	3	8		8	3	8		8	3	8		8				
Back																
Seated Row	5	8		8					5	8		8	8	8		7
Close Grip Pulldown					5	8		8								
Arms - Super Sets																
One Arm Dumbbell Concentration Curl	4	8		8					4	8		8				
Overhead Rope Extension	4	8		8					4	8		8				
Zottoman Curl					4	8		8								
Reverse One Arm Cable Pressdown					4	8		8								
Two Arm Preacher Curl													4	8		8
Tricpe Bench Dip													4	8		8
Abs / Core																
Any Upper Ab Exercise	4	15		10	4	15		10	4	15		10				
Any Lower Ab Exercise	4	15		10					4	15		10				
Hyperextension					4	15		8								

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