

## The WeighTrainer

### The 6 Week Power Bench Press Program

Enter your current 1RM Bench Press: 250  
 Enter 2.5 for KG or 5 for LB: 5

Projected new 1RM Bench Press: 266

Week 1: A			Week 1: B		
1 @	115	x 10	1 @	115	x 10
1 @	165	x 5	1 @	165	x 5
1 @	190	x 3	1 @	190	x 3
1 @	215	x 2	3 @	215	x 3
4 @	240	x 1			
Week 2: A			Week 2: B		
1 @	115	x 10	1 @	115	x 10
1 @	165	x 5	1 @	165	x 5
3 @	190	x 5	1 @	190	x 3
			1 @	215	x 2
			4 @	240	x 1
Week 3: A			Week 3: B		
1 @	115	x 10	1 @	115	x 10
1 @	165	x 5	1 @	165	x 5
1 @	190	x 3	3 @	190	x 5
3 @	215	x 3			
Week 4: A			Week 4: B		
1 @	115	x 10	1 @	115	x 10
1 @	170	x 5	1 @	170	x 5
1 @	195	x 3	1 @	195	x 3
1 @	220	x 2	3 @	220	x 3
4 @	245	x 1			
Week 5: A			Week 5: B		
1 @	115	x 10	1 @	120	x 10
1 @	170	x 5	1 @	170	x 5
3 @	195	x 5	1 @	200	x 3
			1 @	225	x 2
			4 @	250	x 1
Week 6: A			Week 6: B		
1 @	120	x 10	1 @	120	x 10
1 @	170	x 5	1 @	170	x 5
1 @	200	x 3	3 @	200	x 5
3 @	225	x 3			
Week 7: A					
1 @	120	x 10			
1 @	175	x 5			
1 @	200	x 3			
1 @	225	x 2			
1 @	255	x 1			
1 @	265	x 1			