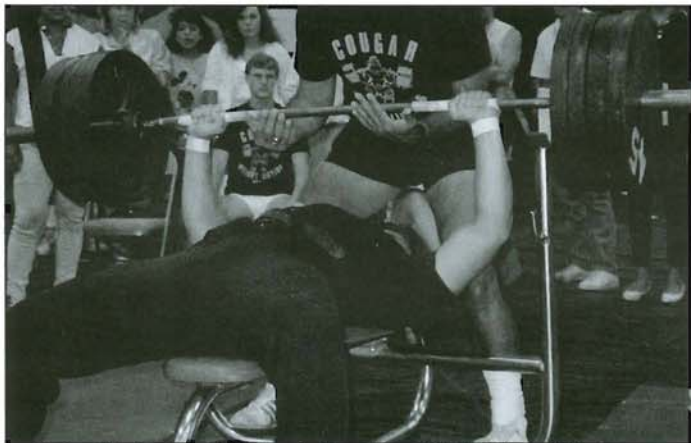


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By Dr. Greg Shepard



Brian Blutraich, History's Top Five High School Throwers, Benching Over 400 Pounds. Brian Learned Athletes Should Only Have Two Bench Workouts Per Week And To Vary Sets.



Ex-Texas A&M Linebacker Jeroy Robinson Doing Close Grips With 460 Pounds. This Is A Very Good Bench Variation. Close Grips Can Even Be Done Narrower Than Shown.



Utah Jazz Guard Blue Edwards Does Inclines As An Auxiliary But They Can Be Done As A Bench Variation.



The same Selye' theories discussed on the Squat article on page 45 apply here. Do not Bench 3x per week. Do not Bench heavy one day and light the next. You should have one intense and heavy workout on the regular Bench and one heavy and intense Bench Variation Workout. For this variation, I love the Towel Bench. You get used to a heavier weight and it prevents injuries to the shoulder joint area. Also, recently some of Europe's finest throwers and strength athletes have been doing our BFS Towel Bench for the Plyometric effect. You can use 3 rolled up towels as shown in the photo above or use our Towel Bench Pad. We've used them in our Upper Limit facility for over one year and they're still just like new.

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**THE BFS
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Now Instead of Rolling Up 3 Towels and Using Them For Our BFS Towel Bench You Can Get A Neoprene Pad Which Is Perfect For
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