

# 12 WEEK BENCH PRESS PROGRAM FOR STRENGTH GAIN

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In this program, you'll train your chest twice a week. On your first day, you'll focus on strength (heavyweight sets), and on the other day, you'll lift (moderate weight) to improve the development of your pecs.

A combination of heavy and moderate weight sets will help you [boost your pushing ability](#) and promote hypertrophy.

Anyone, from males to females, can try this 12-week bench press peaking program to maximize their strength safely and effectively.

**Warm-up:** Before you begin lifting weights, you need to perform warm-up exercises to increase blood flow and get your muscles ready to lift weights. Warmup helps you prepare to push more weight and lower the risk of injuries.

**Here's a 10-minute warm-up workout for bench press:**

- Stationary Bike: 5 minutes
- Upper Body Foam Rolling: 4 minutes
- Empty Barbell Bench Press: 20 reps (1 min)

If you want to explore a [comprehensive bench press warm-up guide](#), you can check out this excellent resource published by Avi Silverberg on his website [Powerliftingtechnique.com](#).

Okay, let's explore the program.

## WEEK 1-3

### MONDAY

Set	Reps	Intensity	Rest
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1	6	60% of your 1RM	2-min
2	5	70% of your 1RM	4-min
3	5	75% of your 1RM	4-min
4	4	80% of your 1RM	3-min
5	3	85% of your 1RM	–

**Accessory Exercises** (Perform three sets of 10 to 12 reps with one to 2 minutes of rest between them.)

- Chest Flys: 12 x 3
- Band Pull Apart: 10 x 3
- Bent-over Barbell Row: 12 x 3

## THURSDAY

Exercise	Intensity	Reps	Sets
Incline DB Bench Press	40-50% of your 1RM	12-15	3
<a href="#">Barbell Overhead Press</a>	30-45% of your 1RM	15-20	3
<a href="#">Spot Press</a>	40-50% of your 1RM	10-12	3
<a href="#">Close Grip Bench Press</a>	40-50% of your 1RM	12-15	3

## WEEK 4-6

### MONDAY

Set	Reps	Intensity	Rest
1	8	50% of your 1RM	2-min
2	6	60% of your 1RM	4-min
3	5	70% of your 1RM	4-min
4	4	75% of your 1RM	3-min
5	3	80% of your 1RM	–

**Additional Exercises:**

- Bar Dips: Do as many reps as possible x 3
- Lateral Delt Raises: 10 reps x 3
- Inverted Row: 15 reps x 3

### THURSDAY

Exercise	Intensity	Reps	Sets
Close Grip Bench Press	40-50% of your 1RM	12-15	3

Pin Press	30-45% of your 1RM	15-20	3
Deficit pushups	40-50% of your 1RM	10-12	3
<a href="#">Dumbbell Tate press</a>	40-50% of your 1RM	12-15	3

## WEEK 7-9

### MONDAY

Set	Reps	Intensity	Rest
1	6	60% of your 1RM	2-min
2	5	70% of your 1RM	4-min
3	5	80% of your 1RM	4-min
4	4	85% of your 1RM	3-min
5	3	90% of your 1RM	3-min
6	2	95% of your 1RM	–

#### Accessory Exercises:

- Dumbbell Slow-mo Bench Press: 10 reps x 3
- Banded Pull Apart: 10 reps x 3
- Chest Supported Row: 10 reps x 3

### THURSDAY

Exercise	Intensity	Reps	Sets
Incline Barbell Bench Press	40-50% of your 1RM	12-15	3
Spoto Press	30-45% of your 1RM	15-20	3
One-arm Landmine Press	40-50% of your 1RM	10-12	3
Cable Crossover/Chest Fly	40-50% of your 1RM	12-15	3

## WEEK 10-12

### MONDAY

Set	Reps	Intensity	Rest
1	5	70% of your 1RM	4-min
2	5	80% of your 1RM	4-min

3	4	85% of your 1RM	3-min
4	3	90% of your 1RM	3-min
5	2	95% of your 1RM	3-min
6	1	100% of your 1RM	–

### Accessory Lifts:

- Deficit Pushups: 10 reps x 3
- Lateral Delt Raises: 10 reps x 3
- Barbell Rows: 12 reps x 3

### THURSDAY

Exercise	Intensity	Reps	Sets
Pin Press	40-50% of your 1RM	12-15	3
Military Press	30-45% of your 1RM	15-20	3
Decline DB Bench Press	40-50% of your 1RM	10-12	3
Bar Dips	Bodyweight/Weighted	12-15	3

## How Much Weight Should You Increase Every Week?

This is how you can progressively increase weight and set your new bench press one-rep max (1RM).

Here, I've taken an example of a person who lifts 100 kg and wants to progress his bench press.

Weeks	Increase Weight (Approx)	1RM
Week 1	0	100
Week 2	1	101
Week 3	1	102
Week 4	1.5	103.5
Week 5	1.5	105
Week 6	2	107
Week 7	2	109
Week 8	2	111

Week 9	2	113
Week 9	2	115
Week 10	2	117
Week 11	2	119
Week 12	3	122

This is how you can increase your bench from 100 to 120 kg or 20% in 12 weeks.

Some people may be able to lift more weight after 12 weeks of the program, and some may find it difficult to increase any weight.

Increasing weight primarily depends on how consistently you follow the program, how much time you allow your muscles to recover, and how your muscles feed the optimum nutrition.

If you focus on everything properly, you'll be able to break your old PR and set a new one.

**Please note:** You should not use this program if you have any kind of injury. Consult a professional before starting this program.

## Related Exercises:

- [List of Powerlifting Exercises For Ultimate Strength](#)
- [The Best 5 Day Powerlifting Split Program \(Free PDF\)](#)
- [12 Week Progressive Overload Strength Training Program \(W/PDF\)](#)

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