



Muscle Stress Mimicking

I have provided Chart 5A as an example of how to meet your goals for your bench press gains and building your chest, shoulders, and triceps through Muscle Stress Mimicking.

On the left side of the chart, there is a 5-week workout plan.

You can see that you will do ONLY 1 SET of the BENCH PRESS, followed by two additional chest exercises, two shoulder exercises, and two triceps exercises. Our goal is to get to 4 sets of 10 reps with each of the exercises. The total sets are 25 and the idea with Muscle Stress Mimicking is muscle fatigue as well as mental fatigue.

On the right side of the chart, you will notice it is here where we set our goals for the next 5 weeks.

We start off with the Bench Press because it is our focus exercise, and this is how we will measure our growth. The Bench Press is a compound movement, involving 3 joints and 3 muscle groups.

The first thing I want you to do is determine the current amount of weight you can lift 10 times as you Bench Press (this is your 10 Rep Max). Divide this number by .75 which will approximately give you your 1 Rep Max for the Bench Press (this would be the heaviest weight you can lift for 1 rep.) This is the exercise that will be used ultimately to measure your strength gains.

After you have determined your 10 Rep Max, you need to set an attainable goal for you to achieve in the next 5 weeks. The worst thing you could do is to set a goal that is unattainable or that you are going to fail before you get started.





In Muscle Stress Mimicking you must increase not just the Bench Press, but the first exercise you do for each of the muscle groups – chest, shoulders, and triceps. So, you will list the first exercise from each muscle group on the right side in the goal section.

On the right-hand side of the chart, you will list the following:

- Each of the exercises you will be monitoring (the first exercise for each muscle group)
- The current weight you can lift for 10 Reps for each exercise
- Set a 5-week goal for each exercise
- Each week record the number of reps you can lift the goal weight in the first set for each of the exercises you are monitoring (remember the goal is to complete 4 sets of 10 reps each)

In the example below, you will notice that the goal weight for the Bench Press is 315 lbs. and in the first week only 7 reps are completed, followed by 8, 9, 9, and 10 reps in each of the subsequent weeks. From week to week, each of the secondary exercises are increasing in number of reps as well.

When you look at week number 4 in the chart you can see that strength is increasing in all of the secondary muscles which will help to achieve the goal for the focus exercise, which is the Bench Press. By seeing these increases, it helps to strengthen you mentally in the belief that you can obtain the goals you have set for yourself.

On Chart 5B, you can take this training on Muscle Stress Mimicking and set your attainable personal goals and put your own numbers in the chart. As you start this process from week to week watch the increases as you move toward building Max Muscle.

God bless you,

Coach Ron

Muscle Stress Mimicking (Chart 5A)

5 Week Workout Plan

Bench Press - 1 Set Only

Chest:

Dumbbell Press (4x10)

Pec-Dec (4x10)

Shoulders:

Heavy Front Presses (4x10)

Heavy Laterals (4x10)

Triceps:

Heavy Triceps Pushdown (4x10)

Heavy Overhead Tricep Extens.
(4x10)

Current Weight	GOAL	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5
Bench Press 10-Rep Max = 300	315 10	315 7	315 8	315 9	315 9	315 10
Dumbbell Press 10-Rep Max = 110	115 10	115 8	115 9	115 9	115 10	115 10
Front Press 10-Rep Max = 210	215 10	215 7	215 8	215 8	215 9	215 10
Tricep Pushdowns 10-Rep Max = 130	140 10	140 8	140 7	140 8	140 8	140 9

Reminder: 10 Reps Max is approximately
75% of your 1 rep max

Muscle Stress Mimicking (Chart 5B)

5 Week Workout Plan

Bench Press - 1 Set Only

Chest:

Dumbbell Press (4x10)

Pec-Dec (4x10)

Shoulders:

Heavy Front Presses (4x10)

Heavy Laterals (4x10)

Triceps:

Heavy Triceps Pushdown (4x10)

Heavy Overhead Tricep Extens.
(4x10)

Current Weight	GOAL	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5
My Bench Press 10-Rep Max = _____	_____	_____	_____	_____	_____	_____
My Dumbbell Press 10-Rep Max = _____	_____	_____	_____	_____	_____	_____
My Front Press 10-Rep Max = _____	_____	_____	_____	_____	_____	_____
Tricep Pushdowns 10-Rep Max = _____	_____	_____	_____	_____	_____	_____

Reminder: 10 Reps Max is approximately
75% of your 1 rep max

5 Week Workout Plan - (Chart 5B)

Exercises	Sets & Reps	Current Weight	Goal Weight	Week 1	Week 2	Week 3	Week 4	Week 5
Bench Press	1 Set Only							
<u>Chest</u>								
Dumbbell Press	4 x 10							
Pec-Dec	4 x 10							
<u>Shoulders</u>								
Heavy Front Presses	4 x 10							
Heavy Laterals	4 x 10							
<u>Triceps</u>								
Heavy Tricep Pushdown	4 x 10							
Heavy Overhead Tricep Extensions	4 x 10							