



BENCH



PROGRAM



AKA



"LITTY TITTIES"



ABS AND AVOCADOS

Welcome to the Abs and Avocados bench  
program!

Our motto for this program is:  
"1 tit, 2 tit, let's get lit!"

Let us know how you lit you get!

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This is a program based on percentages from a 1 rep max, so if that's something you have no idea about, we suggest trying a more beginner program.

What you need:

Bench

Barbell

Collars

Cable machine (or resistance bands)

Various dumbbells

Notebook to Record Lifts

A SPOTTER

\*Yes. Find someone to spot you (no ego lifting is allowed). You are going to get heavy near the end and having spotters is necessary.

We suggest splitting this program up with at least one rest day in between. If you haven't benched in awhile, you might be quite sore the first week, so having 2-3 rest days in between is fine too.

The accessories written are equally as important as the lifting portion. These are meant to be done after the lift, but we still want 100% effort on them.

Accessory work is mainly written as "supersets". That means that you do one exercise and then go straight into the second exercise. You only rest AFTER both are completed. Start at a moderate weight and we want you to either increase the reps OR increase the weight every two weeks.

With most of the accessory work, there are videos on what they are and appropriate scaling options. For example, not everyone can do a strict pull-up, so with the same rep scheme, use a machine or a resistance band to help.

# Warm ups

Warming up is different for everyone and if you have a warm up and want to stick to it, that's fine. If not, we always recommend a general 5-10 min warm up that includes mobility drills and dynamic stretching. If you have absolutely no idea what that means, reach out to us and we can help. After that, we suggest an easy activation circuit to get you ready. Here are some great circuits to get you primed and ready to bench:

3x8 Each side **Pallof press + rotation**  
3x5 **I's Y's T's**  
3x8 **good mornings**  
3x5 **inch worm to push up**

3 rounds  
5 **banded shoulder extension**  
(each side)  
5 **bird dogs** (each side. Slow and controlled)  
3 **tempo push-up negatives** (3 seconds down. Can go on knees to get back up)

3 rounds:  
8 **scapular push-ups**  
10 **plank up downs**  
12 **tricep pull down**

3 rounds  
10 **banded pull aparts**  
10 **face pulls**  
8 **light kettlebell deadlifts**  
5 **hand release push-ups**

Click individual movements for links to movement videos and information

## Week 1 Day 1

## Week 1 Day 2

# Bench

10x3 at 65/70% of 1RM  
Rest 1.5-2 minutes  
between sets

Every 2 minutes for 6 sets  
2 pause reps @ same  
weight as Day 1

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

For accessory  
work, pick a  
weight that is  
doable, but makes  
those last 1-2  
reps challenging

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## Week 2 Day 1

## Week 2 Day 2

# Bench

8x3 @ 70-75% of 1RM  
Rest 1.5-2 minutes  
between sets

Every 2 minutes for 6 sets  
2 pause reps @ same  
weight as Day 1

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

## Week 3 Day 1

## Week 3 Day 2

# Bench

5x2 at 80-90% of 1RM  
Rest as needed then...  
4x6 @ 60% with 90 sec rest  
between sets

Every 2 minutes for  
6 sets  
2 Bench Press at  
80%

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

The rest on the second set  
of bench movements  
should feel like it is moving  
quickly. The reps should be  
done at a fast pace, while  
still keeping your  
technique. Increase reps or  
weight on accessory  
movements

Increase reps or  
weight on  
accessory  
movements

## Week 4 Day 1

## Week 4 Day 2

# Bench

5x3 at 85% of 1RM  
Rest as needed then...  
4x6 has been @ 60-65%  
90 seconds of quick rest

Every 1:45 for 6 sets  
2 reps at 80%

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

## Week 5 Day 1

## Week 5 Day 2

# Bench

6x4 at 80-90% of  
1RM  
Rest as needed  
then...  
5x5 @ 60-70%

Every 1:30 for 6 sets  
2 reps at 80%

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

Increase reps or  
weight on  
accessory  
movements

Increase reps or  
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## Week 6 Day 1

## Week 6 Day 2

# Bench

3x3 at 85-92%  
of 1RM

Every 1:15 for 6 sets  
2 reps at 80%

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

Click individual movements for links to movement videos  
and information

## Week 7 Day 1

## Week 7 Day 2

# Bench

2x2 at 92-97% of 1RM

Every 1 minute for  
6 sets  
2 reps at 80%

# Accessory

3x12 Dips, Banded Dips, or Chair Dips  
(superset)  
3x20 plate floor press  
3x12 Skull Crusher  
3x6-10 Pullups or Banded Pull-ups

3x15 Dumbbell bench press  
(superset)  
3x6-10 deficit pushups  
3x12 Cable/Banded Flys  
(superset)  
3x12 Low Cable Flys

# Notes

Focus on your technique especially in these heavier reps. Don't just push through with bad form and call it good, because next week is max week! Increase reps or weight on accessory movements

Increase reps or weight on accessory movements

**Week 8**  
**aka**  
**MAX WEEK**

**Bench**

**Find a 1RM**

Make sure you reach out and let us know how much you crushed your previous numbers by!