

Forum:[Hack Forums](#)

Thread: [Anybody else have a de-load week last week?](#)

KingOfSleeping - July 11, 2016, 10:00 am

So before I started my deload my bench was stalling it was like this for a whole week.

Narrow Grip:170: 3 Reps ,2 Reps

Narrow Grip:175:1 Rep (this is on my first bench day of week)

Close Grip 140: 2 Reps

Close Grip 135: 3,3 Reps

Second Day Of Bench

170:2 Reps

170:2 Reps

Today (After Deload Week)

Narrow Grip Bench Press: 175: 3 Reps,3 Reps,1 Reps

Close Grip: 140: 3,3,3 Reps

Wide Grip: 135: 3,3,3 Reps

Also Gained 9 Pounds as I read you should really up your calories on deload weeks .

Wallet - July 11, 2016, 11:00 am

I like to deload every 4th week

KingOfSleeping - July 11, 2016, 12:44 pm

(Jul 11, 2016 11:00 AM)Wallet Wrote: [\[CITE\]](#) I like to deload every 4th week

This is my first time deloading been lifting over 85-95% percent of my one rep max and my body finally needed one.

Wallet - July 12, 2016, 10:36 am

(Jul 11, 2016 12:44 PM)L33T Anarchy Wrote: [\[CITE\]](#) This is my first time deloading been lifting over 85-95% percent of my one rep max and my body finally needed one.

Feels very good to have a deload. Always end up real sore after lol