

Forum:[Hack Forums](#)

Thread: [Any tips for a bigger bench?](#)

smcquade - January 21, 2019, 6:54 pm

Hey, I'm trying to add 20lbs to my bench in a month as a challenge.

Any tips?

Thanks.

Bossk - January 22, 2019, 3:49 am

Well how much is your bench today?

smcquade - January 22, 2019, 7:43 pm

(Jan 22, 2019 04:49 AM)Bossk Wrote: [\[CITE\]](#) Well how much is your bench today?
180

CueBasE - January 22, 2019, 9:15 pm

Im assuming you already have good form.

focus a lot on incline, decline and dumbbell press. Those will help your bench tremendously.

smcquade - January 22, 2019, 9:19 pm

(Jan 22, 2019 10:15 PM)CueBasE Wrote: [\[CITE\]](#) Im assuming you already have good form.

focus a lot on incline, decline and dumbbell press. Those will help your bench tremendously.
Cool. I have a pretty good incline, but why decline? just wondering...

Cameron - January 22, 2019, 9:20 pm

Look up 5x5 stronglifts. It's a pretty good beginner program if you're looking to build strength reasonably quick.

sean_mcquade_ - January 29, 2019, 1:20 pm

I find alternating back and chest days helped my lifts a lot

Agent Raigar - January 29, 2019, 1:22 pm

Accessories. Proper rest. Nutrition. Good luck man!

ThaNorthChild - February 2, 2019, 10:35 am

I see a lot of people neglect this aspect when trying to bench more and that's forearms. You have to get your forearms stronger and that will increase your bench...

AMAVI - February 2, 2019, 8:14 pm

Focus on pause benching and do heavy sets from 1 - 5 reps.

Give this program a try, it's M/W/F (benching 3 times a week) skip friday if you are too tired or can't get that session in.

every rep you do is paused and it should do good.

33% x 10 (warm up)
56% x 10 (warm up)
79% x 5
86% x 3
91% x 1
96% x 1
91% x 1
91% x 1
86% x 3
79% x5

Sixen+ - February 2, 2019, 8:48 pm

Increase the frequency and weight. Put on loads that you can't do and need assistance with. Take your 1rm and tell your spotter you want help to 3.

Ziamerkov - February 27, 2019, 10:59 pm

400 calorie surplus. 3x3 training in all compound lifts to develop better CNS. Also proper rest and nutrition.

400 calorie surplus and lots of protein fuark

hampros2 - February 28, 2019, 7:12 pm

inject steroids into your testicles