

Forum:[Hack Forums](#)

Thread: [Run 2x Smolov/JR Bench/Deadlift consecutive?](#)

Ziamerkov - November 24, 2019, 10:10 am

Hey hackforums.

I am thinking of running Smolov JR for bench press, and Smolov for deadlift consecutive.

My week will be like this:

Monday: Smolov JR

Tue: Smolov

Wedn: Smolov JR

Thursday: Smolov

Friday: Smolov JR

Saturday: Smolov JR

Sunday: Smolov

Thinking of doing accesory excercises on the side eg. pull ups, incline (low intensity)

Im just a little bit sceptic of benching two days in a row fri/sat.

Running this two times 3 weeks cycles, with 1 week rest between the two cycles. Trying to hit 200kg deadlift, and 140kg bench :P

Do you think i will fuck up my body overtraining doing this?

AMAVI - November 24, 2019, 10:59 am

Obviously it'll catch up and you won't be able to maintain the routine. I did a strength program that had me benching three times a week and i did get really strong of it but i couldn't see me doing that alongside another strength program specifically for squatting or dead lifting.

Give it a try and see how you respond it to it, i personally would suggest hitting those goals one at a time and not both.

Ziamerkov - November 25, 2019, 1:35 am

(Nov 24, 2019 11:59 AM)AMAVI Wrote: [\[CITE\]](#) Obviously it'll catch up and you won't be able to maintain the routine. I did a strength program that had me benching three times a week and i did get really strong of it but i couldn't see me doing that alongside another strength program specifically for squatting or dead lifting.

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Yeh, when I really think about it, I'll drop the deadlift. I am going to deadlift without great intensity. I have jumpers knee, so i cant really deadlift nor squat. But it frustrates me cuz i was close to 200kg deadlift, and 180 in squat. If it weren't for my injury, I would've been there now. It just bothers me alot.

Well, more time to focus on 3 plates bench.

AMAVI - November 26, 2019, 2:05 pm

(Nov 25, 2019 02:35 AM)Ziamerkov Wrote: [\[CITE\]](#) Yeh, when I really think about it, I'll drop the deadlift. I am going to deadlift without great intensity. I have jumpers knee, so i cant really deadlift nor squat. But it frustrates me cuz i was close to 200kg deadlift, and 180 in squat. If it weren't for my injury, I would've been there now. It just bothers me alot.

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Honestly, just be patient with the lifts, that's the best advice i can give. The amount of times I've seen people trying to push for a certain goal without assessing the risks and in the end they injure them selves. Just start off with bench, or either deadlift, which one you wanna attain first and go slow and progressively.

shreder - November 27, 2019, 10:56 pm

I tried bench I could never complete it my body couldn't recover quick enough.