



The Bench Press: Includes the Official Rules of the Lift (The Powerlift Program of the Champions)

Joe Weider

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This Benchpress program combines the knowledge of the "top ten" benchpressers of all time. They are: 1. 123 Al Hart (320 lbs) 2. 132 Ernest Thayer (335 lbs) 3. 148 Bill Thurber (362 lbs) 4. 165 Steve Crandall (437 lbs) 5. 181 Bob Zayac (440 lbs) 6. 198 Mike Mac Donald (505 lbs) 7. 242 Mel Hennessy (565 lbs) 8. Super Jim Williams (675 lbs) 9. Super Dough Hepburn (600 lbs) 10. Super Pat Casey (627 lbs) These men are Benchpress specialists. They have studied every nuance of benchpress style and training. Their composite knowledge recorded in this Course will produce for you the maximum in Benchpress Power.

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