

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Lamar Gant's Deadlift Routine

People tend to either overtrain or undertrain the deadlift. It is the one lift that demands the most mental toughness, but that doesn't mean you have to go all out every workout. You need to pace yourself in the deadlift. When you are doing 8 reps in a work set, you should be using a weight that you are actually capable of doing 11 reps with. Otherwise, you burn out before you reach your peak. Don't focus so much on the amount of weight you are handling every time you come to the gym; don't do all you are capable of, give yourself space.

In this routine, you will be doing 4 weeks of 5 sets of 8 reps, followed by 4 weeks of 5 sets of 5s, and 4 weeks of 5 sets of triples. Even in the 5 sets of 5 period, you should be capable of one or two more reps. The triples tend to be all out efforts, however, to peak you for the meet.

As for the gear you need, don't wear shoes with a heel, because they put the body too far forward in the pull. You should definitely use a power belt, which probably adds 40 pounds to your max lift. A supportive suit is recommended, because it helps you "build resistance" as you descend into the lift. In any lift, building this resistance is important. For example, in the squat, if you can do 500 lbs., try starting from the bottom position and you won't be able to stand up with anything close to that weight. However, when you take the bar out of the rack, get set, and slowly take it down, you can build up a resistance that just isn't there if you get under the bar loosely. In the deadlift, people usually just bend down, grab the bar, and pull. There's no real 'resistance' built up. I've ex-

plained this to several top lifters and now they see a big difference in their deadlifts. Go down as tight as possible. Make the body feel like it's hard to reach that bar. Once at the bottom, you are ready to explode upward. That's exactly why I take a long time to get down to the bar in the deadlift. It's like I'm compressing a spring.

Assistance work, including hyperextensions, is recommended for more advanced lifters, and I can be contacted for personalized, advanced routines incorporating the more effective assistance exercises..

Week 1: warm up and work up to 5 sets of 8 reps with 350.

Week 2: warm up and work up to 5 sets of 8 reps with 365.

Week 3: warm up and work up to 5 sets of 8 reps with 380.

Week 4: warm up and work up to 5 sets of 8 reps with 390.

Week 5: warm up and work up to 5 sets of 5 reps with 410.

Week 6: warm up and work up to 5 sets of 5 reps with 420.

Week 7: warm up and work up to 5 sets of 5 reps with 430.

Week 8: warm up and work up to 5 sets of 5 reps with 435.

Week 9: warm up and work up to 5 sets of triples of 460.

Week 10: warm up and work up to 5 sets of triples with 470.

Week 11: warm up and work up to 5 sets of triples with 480.

Week 12: warm up and work up to 5 sets of triples with 490.

This workout assumes the lifter comes into the program with a 500 lb. maximum lift on the books. After successfully completing this routine, the lifter may expect to be capable of as much as 530 to 540.