

'If you want to have world class pressing power and be competitive in your sport it is imperative that you take your shoulder training seriously.'

LOUIE SIMMONS

8 weeks to a bigger

**OVERHEAD
PRESS &
UPPER
BODY**



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FOREWORD

Whether you are a powerlifter, a strongman, a Crossfit competitor, or an athlete, having strong and healthy shoulders is necessary to fully realize your athletic potential. Many athletes avoid heavy or strenuous shoulder exercises for a variety of reasons. Coaches and trainers often worry that heavy overhead pressing or direct shoulder work increases the likelihood of injury, fearing sport performance will decrease due to overuse of the shoulder joint.

As it goes with many fears surrounding strength training, this myth is perpetuated by those who do not fully understand barbell strength training. As a matter of fact, properly strengthening the muscles surrounding the shoulder joint will greatly reduce the likelihood of a shoulder injury, and will increase the resiliency of an athlete if injury occurs. When you are on the quest to become the strongest athlete you can possibly be, you must leave no stone unturned in your training. Having strong shoulders will not only make you a better bench presser, overhead presser, and strength athlete, you will also have healthier, more resilient shoulders.

The intention of this program is to improve an athlete's overhead press absolute strength capabilities, while simultaneously adding on upper body muscle mass through the use of hypertrophy-focused accessory exercises. This program will improve the absolute strength and mass of the upper body, using different specialty bars and exercise variations to avoid accommodation and yield the best results.

This program is meant to be used in place of your typical upper body workouts, along with your current lower body exercise programming. By providing a change in upper body programming, you are providing your body with the stimulus necessary to avoid accommodation and continue to improve your pressing strength and upper body muscular size.

8 WEEK TRAINING PROGRAM

WEEK 1

MAX EFFORT - UPPER BODY

EXERCISE

SETS & REPS

PUSH PRESS

work up to a top set of 5

BARBELL ROWS

5 x 5

SKULLCRUSHERS

4 x 12

PULL UPS

5 x 12

DB BICEP CURLS

4 x 10 - 12

DB LATERAL RAISES

3 x 15

EASY 3 MIN. REST

MED. 90 SEC. REST

HARD 30 SEC. REST