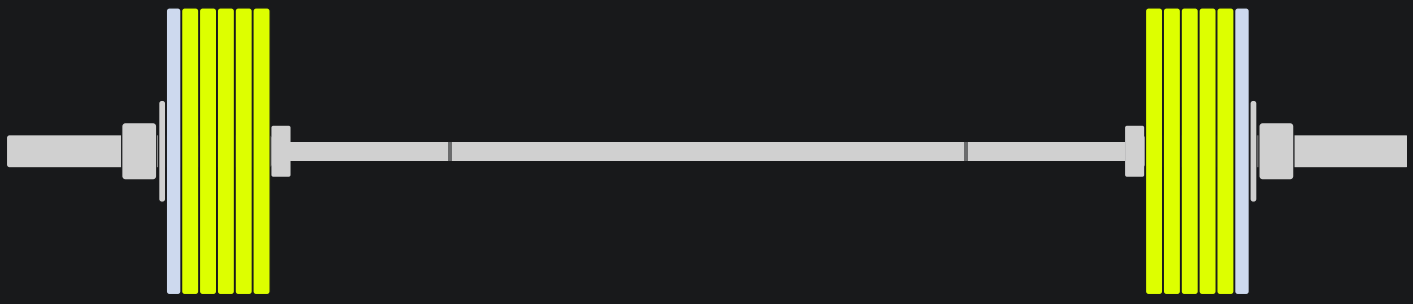
THE 700 CLUB

How every 700-lb raw bench presser actually trained, with the templates you can steal.



700 LB = 317.5 KG. PER SIDE: FIVE 25S, ONE 20, ONE 1.25, PLUS A 2.5 KG COLLAR.

HARRIS	705.5	HENDERSON	711	MENDELSON	715
DAVIS	716.5	SPOTO	722	SARYCHEV	738.5
MADDOX	782				

Companion to the video **The Training of Every 700lb Bench Presser Explained**

A FREE PLAYBOOK FROM BASE STRENGTH

WWW.BASESTRENGTH.COM

START HERE

SEVEN MEN. SEVEN WAYS TO 700.

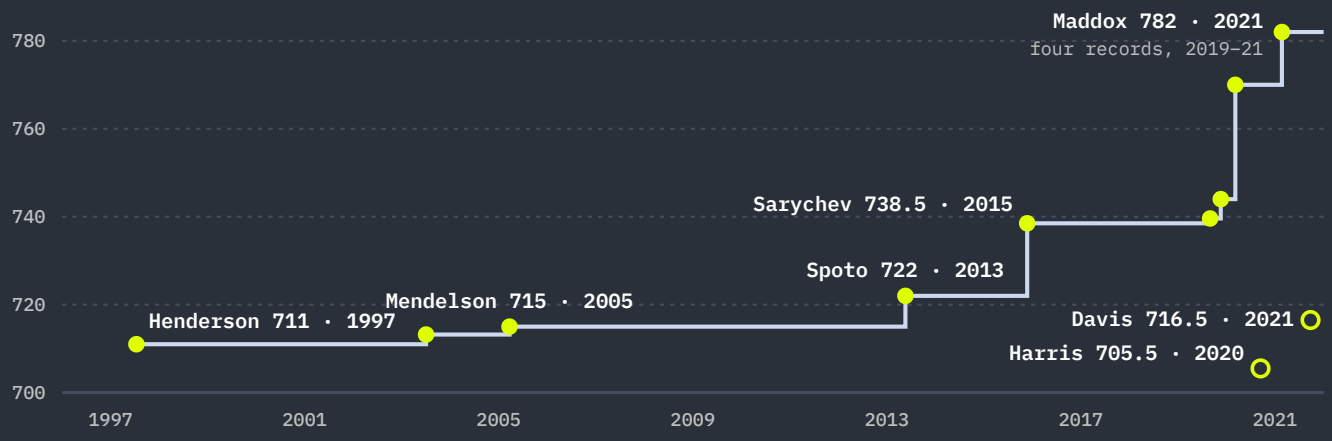
Each lifter gets two pages. The first covers his numbers, how he trained, and his own documented program. The second, **Train like…**, lays out an example week and a conceptual template you can run. Everything is written in **percent of your max**, so it works at 300 lb or 600 lb.

Three white lights
The template comes from his own words or his own logged sets.

Two white, one red
Rebuilt from a filmed session or his logged sets plus his coach's method, or published by someone else.

LIFTER	BEST RAW	YEAR	BODYWEIGHT	HEAVY BENCH / WK	SIGNATURE	TEMPLATE
HARRIS	705.5 320 kg	2020	~308 lb	2	Block-press overload, then speed	○○○
HENDERSON	711 322.5 kg	1997	SHW, 6'5"	1	Speed on every rep; heavy close-grip and incline	○○●
MENDELSON	715 324.3 kg	2005	~290 lb	2, then 1	Triples, long rest, rear delts	○○●
DAVIS	716.5 325 kg	2021	~434 lb	1–2	Static holds above max	○○●
SPOTO	722 327.5 kg	2013	~315 lb	2	Train the weakest link	○○○
SARYCHEV	738.5 335 kg	2015	~368 lb	3, all ≤85%	Sheiko volume, no gym maxes	○○○
MADDOX	782 354.7 kg	2021	~440 lb	~2	2–3 pulls for every press	○○○

THE RAW BENCH RECORD, 1997–2021



Filled dots set the all-time raw record. Open dots joined the 700 club without taking the record.

THE POWER BUILDER

JOHNNIE HARRIS

705.5
LB RAW · 320 KG

BEST
320 kg, Sep 12, 2020: all-time record at 140 kg

THE COMEBACK
645 on Aug 1, 2026, after four years off. Chasing 715 on Nov 14

BENCH DAYS
2 a week: a main day and a secondary day

TEMPLATE
His own logged sets

- Main day: one heavy top set, then two back-down sets at about 90% of it.
- Reps drop as the meet gets close: sets of 6, then 5, then triples, about 20 lb heavier each week.
- Not new: his 2020 record prep used the same falling rep sets, block-press overload and even speed days.
- Opens every block with block presses above his max, to "target sticking points and build top half strength."
- When he gets beat up, he swaps the overload for speed bench, or takes a full reset week.
- Both bench days are full upper-body days: back after the main day, shoulders and back after the speed day.

HIS 2026 MEET BLOCK

% OF THE 715 HE'S CHASING

WK	MAIN DAY: TOP SET + 2 BACK-DOWNS	SECONDARY DAY
PHASE 1 · OVERLOAD		
1	**78% × 6** at RPE 6 555	Block press **87% × 3** + **78% × 2**, 5-sec pauses 625 / 555
2	**80% × 5** 575	not posted
3	**83% × 5** 595	Block press **90% × 2** + **82% × 1**, 5-sec pause 645 / 585
4	**86% × 5** planned (got 3) · back-downs **76% × 5** 615 / 545	Block press **94% × 1** + **85% × 1**, 5-sec pause 675 / 605
PHASE 2 · TRIPLES AND SPEED		
5	**83% × 3** · 2 × **73% × 3** 595 / 525	Speed bench **6 × 3 @ 44%** 315
6	**87% × 3** · 2 × **77% × 3** 620 / 550	Speed **5 × 3 @ 47%** 335
7	**89% × 3** planned (missed rep 3) · 2 × **79% × 3** 635 / 565	Speed **5 × 3 @ 50%** 355
8	not posted	Speed **5 × 3 @ 51%** 365
9	**Reset week** ("body was feeling a little fatigued and beat up")	Speed **3 × 5 @ 57%** 405
10	**85% × 3** · 2 × **76% × 3** 610 / 545	not posted

Weeks 11–13 run into Record Breakers on Nov 14, 2026, and weren't posted when this was written. Back-downs sit at 88–90% of the top set.

STEAL THIS **Open a block with overload you can't do from the chest, like a block or board press. Swap it for light speed work once you start feeling beat up.**

Sources: @power__bbuilder and @team.powerbbuild Instagram captions, 2019–2026; his filmed sessions on YouTube; OpenPowerlifting; FitnessVolt.

TRAIN LIKE HARRIS

The main lifts come from his 2026 block. The accessories come from his filmed 2019–20 sessions. Percentages are of the max you're chasing, which is how he plans: his block is built on the 715 he wants.

AN EXAMPLE WEEK

WEEK 3 OF THE BLOCK

DAY 1 · MAIN BENCH

MON OR TUE

Warm-up: cable flyes and rear-delt pulls	light
Bench, top set	1 × 5 @ 83%
Bench, back-down sets	2 × 5 @ 74%
Incline dumbbell press, heavy	2–3 × 5–10
Pulldown	2 × 8–10
Single-arm row	3 × 6–8 / arm
Chest-supported row	1–2 × 8
Dip machine, then rope pushdown	1 × 8, 1 × 10

DAY 2 · SECONDARY

2–3 DAYS LATER

Block press	1 × 2 @ 90%
Bench, 5-second pause	1 × 1 @ 82%
Seated overhead press	3 × 6–10
Single-arm pulldown	3 × 8–10 / arm
Lateral raise	2 × 10–12
V-bar pushdown	2 × 12–15

From week 5, speed bench replaces the block press and paused single.

DAY 3 · LEGS AND PULLS

SAT

Safety-bar squat	heavy 5s
Block pull or deadlift	heavy 2–3s

He only posts top sets for this day, so set counts aren't public.

THE REST OF THE WEEK

OFF

Rest. In mid-2019 he also ran separate triceps, back and shoulder days. By his record runs, those had moved onto the two bench days.

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 FREQUENCY

Bench **twice a week**, 2–3 days apart. Back, shoulders and triceps ride on those days; legs get their own.

02 MAIN DAY

One top set, then two back-downs at about 90% of it. Open the block with sets of 6 at RPE 6.

03 PROGRESSION

Add **about 3% a week**. Reps go 6, then 5 for three weeks, then triples to the meet. Missed a planned rep? Repeat the weight.

04 SECONDARY DAY

Weeks 1–4, **overload**: block or board press at 87–94% for 1–3, plus a paused single. Then **speed**: 5–6 × 3 at 45–57%.

05 ACCESSORIES

Per week: **3–4 heavy incline-dumbbell sets**, 9–12 sets of rows and pulldowns, about 5 shoulder sets, 3–4 pushdown sets.

06 RECOVERY

Feeling beat up? **Take a reset week**, then go back to heavy triples. He took his in week 9 of 13.

Main lifts: his 2026 captions. Accessories: four filmed sessions, Dec 2019 – May 2020; set counts are what the edits show, so treat them as a minimum. His 2026 accessory work isn't public.

FIRST STEP

Week 1: a top set of 6 at RPE 6, two back-downs at 90% of it, and a block-press triple at about 87% two or three days later.

THE BENCH WONDER OF THE WORLD

JAMES HENDERSON

711

LB RAW · 322.5 KG

BEST	GEAR	TITLES	TEMPLATE
711 lb, USPF Senior Nationals, July 1997	None. No shirt, no belt, no wrist wraps	5× IPF world bench champion, 1994–98	One filmed session

- His formula: light reps, heavy weight, and speed. Reps fall as the weight climbs, and every rep is driven as fast as he can move it.
- Pauses everything, close-grips included, because strict USPF judges let nothing slide: "practice how you play."
- Treats the close-grip and the incline as main lifts, taking both to about 505.
- Calls the incline the key to a big bench: a high upper chest shortens the bar's path.
- "Maximize your assistance work instead of maximizing your main lift."
- Trains 4 days a week: chest on Monday, legs and treadmill work on Tuesday. Eats about two big meals a day.

"VELOCITY BEATING GRAVITY."

JAMES HENDERSON, ON WHY HE MOVES EVERY REP FAST

HIS BENCH DAY % OF HIS 711

	WORK	% OF MAX
1	**Flat bench, paused.** Ramp 225 → 315 → 405 → 455 with reps falling from about 12	32 → 64%
	500 × 5–6, as fast as possible	70%
	600 × 2–3, the top set	84%
2	**Close-grip, shoulder width, paused.** "5-3-1": 315 × 5 → 455 × 3 → 505 × 1	44 → 71%
3	**Incline.** Same setup as the bench. 315 × 5 → 405 → 455 × 3 → 505 × 1	44 → 71%
4	**If anything is left:** dumbbell triceps work, lat pulldowns	–

Filmed at All-American Gym in Florida in the late 1990s. It is one real session, not a full program, so run it once a week and add weight when every rep stays fast.

FOR YOUR WEEK

Mon: this bench day · Tue: legs + 20 min treadmill · plus two more days of your choice. Close-grip and incline percentages are of your **bench** max.

STEAL THIS **Make your close-grip and incline heavy main lifts, not light accessories, and move every rep as fast as you can.**

Sources: filmed bench and assistance workouts (late 1990s, YouTube uploads); 70's Big; IronCompany / Marty Gallagher; Wikipedia.

TRAIN LIKE HENDERSON

Only his bench day and leg day were ever filmed or described. He trained four days a week, so the other two days are our suggestions, in grey italics. Percentages are of your bench max.

AN EXAMPLE WEEK 4 TRAINING DAYS

MON · BENCH — FILMED

Paused bench, reps falling from ~12	4 sets, 32 → 64%
Paused bench, as fast as possible	1 × 5–6 @ 70%
Paused bench, top set	1 × 2–3 @ 84%
Paused close-grip, shoulder width	5-3-1 @ 44–71%
Incline, same setup as the bench	5-3-1 @ 44–71%
If anything is left: dumbbell triceps, pulldowns	a few sets

TUE · LEGS — DESCRIBED

Leg press or squats	–
Leg extensions	–
Treadmill	20 min

He gave no sets or reps for this day.

THU · UPPER BACK — OUR FILL-IN

Chest-supported or cable row	4 × 8–10
Lat pulldown	3 × 10–12
Rear-delt fly	3 × 12–15

SAT · SHOULDERS AND ARMS — OUR FILL-IN

Seated dumbbell press	3 × 8
Dumbbell triceps extension	3 × 10–12
Hammer curl	3 × 10

THE CONCEPTUAL TEMPLATE BROAD RULES YOU CAN RUN

01 FREQUENCY

One heavy bench day a week, inside four training days. Legs the day after.

02 PAUSE EVERYTHING

Pause every rep, close-grips included. Strict judges taught him to "practice how you play."

03 THE RAMP

Climb in 4–5 sets with **reps falling** from about 12, then one fast set of 5–6 at about 70%.

04 TOP SET

One set of 2–3 at about 84%, every rep driven as fast as you can: "velocity beating gravity."

05 HEAVY ASSISTANCE

Close-grip and incline are **main lifts**: 5-3-1 up to about 71% of your bench max. "Maximize your assistance work."

06 PROGRESSION

Add weight when **every rep of the top set stays fast**. That rule is ours, built on his speed idea; he never published one.

Monday is rebuilt from his filmed late-1990s session. Tuesday is from his own description. Percentages are of the 711 he benched.

FIRST STEP Next bench day, pause every rep and end your top set the moment the bar slows down.

TRIPLES, REAR DELTS, REST

SCOT MENDELSON

715
LB RAW · 324.3 KG

BEST	ALSO	BENCH DAYS	TEMPLATE
715 lb in 2005. The raw record for 8 years	701 at 308 lb (2002) · 1,030 lb shirted	2 a week, then 1 a week to peak	⚪⚪🔴 Published by others; matches his own Q&A

- Benches only twice a week: "I only train twice a week because I go so hard with such heavy weight."
- Rear delts on the reverse pec deck and hammer curls after every bench session.
- No speed bench, no military press, no dumbbell bench.
- Triples are the core: 5–8 sets of 3, with 5–7 minutes of rest and up to 10–15 before the heaviest sets.
- Board presses on the 3- and 4-board for lockout, which he called the foundation of bench strength.
- Trains by feel. When he's fried, he takes a week at about 70% with less volume.

HIS 7-WEEK PROGRAM

AS PUBLISHED

WK	BENCH	REAR DELTS	ASSISTANCE	HAMMER CURLS
1	5–8 × 3 @ 60%	Reverse pec deck 3 × 10	Triceps extensions 3 × 10	3 × 10
2	5–8 × 3 @ 70%	3 × 10	Board press 3 × 6	3 × 10
3	5–8 × 3 @ 80%	3 × 10	Triceps extensions 3 × 10	3 × 10
4	5–8 × 3 @ 85%	3 × 10	Board press 3 × 6	3 × 10
5	5–8 × 3 @ 90%	3 × 10	Triceps extensions 3 × 10	3 × 10
6	5–8 × 3 @ 95%	3 × 10	Board press 3 × 6	3 × 10
7	**Test your max**	—	—	—

Week 6 at 95% for triples is very hard; stop the sets when a triple slows down. His 2006 pre-meet version benched twice a week (e.g., Tue and Sat), then once a week for the last 3–4 weeks, moving from triples to doubles to singles, with close-grip 2 × 5 and rows 3 × 10.

"I NEVER LEAVE ANYTHING IN THE TANK."

SCOT MENDELSON

STEAL THIS **Fewer, heavier triples with long rest, and rear delts plus hammer curls every time you bench.**

Sources: PowerMag Online; 100% RAW forum repost of a 2006 magazine program; Cast Iron Strength Q&A (2011); Critical Bench interview; @scotmendelson.

SCOT MENDELSON · RUN IT YOURSELF

TRAIN LIKE MENDELSON

His published 7-week program, laid out on the Tuesday–Thursday–Saturday split from his 2006 meet program, which also adds the close-grip and rows. This is week 4. Percentages are of your max.

AN EXAMPLE WEEK

WEEK 4 OF 7

TUE · BENCH + SUPPORT

PUBLISHED

Bench warm-up	3–5 × 1–5
Bench triples, rest 5–7 min	5–8 × 3 @ 85%
Close-grip bench	2 × 5
Board press, 3- or 4-board	3 × 6
Single-arm reverse pec deck	3 × 10
Seated cable or chest-supported row	3 × 10
Hammer curl	3 × 10

THU · LEGS

PUBLISHED

Leg day sits between the two bench days. No sets or reps were published for it.

SAT · BENCH + SUPPORT

PUBLISHED

Same session as Tuesday, at the same percentage.

On odd weeks (1, 3, 5), triceps extensions 3 × 10 replace the board press.

Up to 10–15 minutes of rest before the heaviest triples is normal for him.

BEFORE A MEET

2006 VERSION

Bench twice a week for weeks 1–8, then once a week for the last 3–4 weeks, moving from triples to doubles to singles as the weight climbs.

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 FREQUENCY

Bench twice a week with legs in between. Go to once a week for the last 3–4 weeks before a test.

02 MAIN WORK

5–8 triples a session. Rest 5–7 minutes, and up to 10–15 before the heaviest sets.

03 PROGRESSION

Raise the weight weekly: **60 → 70 → 80 → 85 → 90 → 95%**, then test. Or run triples, doubles, then singles over 12 weeks.

04 LOCKOUT

3- or 4-board press for 3–6 reps every other week. Triceps extensions 3 × 10 on the off weeks.

05 INSURANCE

Every session: **reverse pec deck and hammer curls, 3 × 10**, plus rows 3 × 10.

06 WHEN FRIED

Take a week at about 70% with less volume. He skipped speed bench, military press and dumbbell bench.

The 7-week percentages come from a third-party write-up (PowerMag Online). They match his own Q&A answers and the 2006 program, but treat 95% triples as a ceiling, not a requirement.

FIRST STEP

Start at 60% for 5 triples with 5 minutes of rest, and add reverse pec deck and hammer curls that same day.

THE FULL-MEET MONSTER

THOMAS "TD" DAVIS

716.5
LB RAW · 325 KG

BEST	WHY IT MATTERS	COACH	TEMPLATE
716.5 lb, WRPF, Sep 25, 2021, in a full meet	The biggest raw bench ever done in a squat-bench-deadlift meet	Josh Bryant (Jailhouse Strong) for his first 700	⚪⚪🔴 His logged sets; full split not public

- Heavy doubles and triples in the peak, often after 12-hour shifts as a corrections officer.
- Static holds above his max, without wrist wraps, the week before his first 700 and later up to 800 lb.
- Slow negatives and bands: 515 for 3 × 3 lowered slowly, and 130+ lb of bands, down slow and exploding up.
- Lockout overload: singles off a 2-board after sets with chains, and close-grip against "super tight" bands.
- Three grips for three jobs: competition (index finger on the ring), mid, and close (end of the knurling).
- Push-ups to finish every upper-body day.

STATIC HOLDS "BUILD CONFIDENCE FOR HEAVIER WEIGHT."

TD DAVIS, MAY 2020

HIS UPPER DAY · JAN 2020

Bench 615 × 2 × 2 **88%** → 515 × 3 × 3, slow negatives **74%** → sets with chains → 585 × 1 off a 2-board **84%** → lat pulldowns → triceps machine → push-ups.

Percentages are of the 700 he was chasing.

HIS 2021 FULL-MEET PEAK % OF 716.5

POSTED	BENCH TOP SET	%
Jul 5	606 × 4, rep PR	85%
Jul 6	685 × 2	96%
Jul 8	Close-grip vs tight bands, ~508 on the bar, "working on a violent lockout"	–
Jul 26	650 × 2 ("coach called for 2")	91%
Aug 9	675 × 2	94%
Aug 23	690 × 1, foot slipped on rep 2	96%
Aug 30	**716.5 × 1 at RPE 7.5**, four weeks out	100%
Sep 6	702 × 2, PR	98%
Sep 16	Last heavy session, 9 days out: "No more heavy until the meet"	–
Sep 25	**Meet: 716.5**, after a full squat	100%

Before his first 700 (Arnold, March 2020): 625 × 2 → missed 700 at Iron Wars → 620 × 3 → 640 × 2 → 650 × 2 → 680 × 1 → static holds → 700 six weeks after the miss.

STEAL THIS **In the last 1–2 weeks, unrack and hold a weight above your max for 5–10 seconds, with spotters or safeties. Your opener will feel light.**

Sources: @TDsmash Instagram captions, Dec 2019 – Sep 2021; Thomas TD Davis YouTube; OpenPowerlifting; Corrections1.

TRAIN LIKE DAVIS

Davis benched inside a 4-day squat, bench and deadlift week. The heavy upper day is a session he logged. The second upper day is built from lifts he posted on other days. He never shared his lower days or the order of the week. Percentages are of your bench max.

AN EXAMPLE WEEK

FULL-POWER WEEK

HEAVY UPPER

LOGGED JAN 5, 2020

Bench	2 × 2 @ 88%
Bench, slow negatives	3 × 3 @ 74%
Bench with chains	sets not posted
2-board press	1 × 1 @ 84%
Lat pulldown	sets not posted
Triceps machine	sets not posted
Push-ups	finisher

SECOND UPPER

FROM HIS POSTS

Close-grip bench	2 × 8 @ 64%
Seated overhead press	3 × 3 @ 49%
Close-grip vs tight bands, "violent lockout"	1–2 reps
Band pushdowns, no letting go	45–60 s
Push-ups	finisher

SQUAT DAY

NOT SHARED

His lower days were never posted as sessions. He squatted up to 832 in training.

DEADLIFT DAY

NOT SHARED

Deadlifts up to 859 in training. Session details weren't posted.

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 FREQUENCY

Bench 1–2 days a week inside a full squat, bench and deadlift week.

02 MAIN WORK

Heavy doubles and triples at 85–98% most weeks of the peak.

03 THE TEST

About 4 weeks out, work up to **about 100% for a single at RPE 7–8**. A heavy double comes the week after.

04 OVERLOAD

Last 1–2 weeks: **hold 105–115% for 5 seconds** on safeties. Lockout singles off a 2-board at about 84%.

05 CONTROL

Slow negatives, 3 × 3 at about 74%. With bands, lower slowly and explode up. Rotate competition, mid and close grips.

06 TAPER

Last heavy session about 9 days out. Push-ups finish every upper day.

Percentages use the 700 he was chasing in 2020 and the 716.5 he benched in 2021. Push-ups and timed pushdowns are as he described them; he didn't give set counts.

FIRST STEP

Four weeks before your test, work up to a single you would rate RPE 7–8. Then hold off on heavy work in the last 9 days.

FIND THE WEAK LINK

ERIC SPOTO

722

LB RAW · 327.5 KG

BEST	REP FEATS	BENCH DAYS	TEMPLATE
722 lb, SPF California State, May 19, 2013	650 × 4 · 600 × 6 · 210-lb dumbbells × 17	2 a week: max effort + a rotating day	His own words, Power Magazine

- "You are only as strong as your weakest bench muscle." A miss off the chest means back and chest; mid-range means shoulders; at the top means triceps.
- Any set over 5 reps is done as fast ¾ reps without lockout, to keep tension on the chest and spare the elbows.
- Overload with the Slingshot, and rack lockouts (815 × 3 with a static hold) no more than twice a month.
- Built a bodybuilding base first: 35+ sets on chest, shoulder and triceps days for years.
- Rotator cuff work every week and between warm-up sets. Rear delts on the pec deck.
- Favorite finishers: dips and Smith machine JM press, kept in the top ¾ of the range.

"A BIGGER MUSCLE HAS THE CAPABILITY TO BE A STRONGER MUSCLE."

ERIC SPOTO

HIS 2013 SYSTEM

	DAY 1 · MAX EFFORT TRIPLES	LOAD
1	**Flat bench.** Warm up until ready (5–10 sets is fine) → a triple ~10% under today's goal → a slightly heavier triple → **goal triple × ~3 sets**	goal ≈ 88–90%
2	**Slingshot overload.** 2 triples above the goal	> goal
3	**Close-grip bench**	2 × 8–12
4	**Push press or dips**, then triceps (JM press)	–

Progression: 3–4 week waves. Add about 5 lb a week to the goal triple.

DAY 2 · ROTATE	WHAT IT LOOKS LIKE
Rep day	Lighter bench at a fast pace + 1–2 fly variations. Chase a pump; it helps recovery and tendons.
Speed day	6–8 × 3 @ 50% + bands. Lower each rep like a max, explode, reset: three singles, not three fast reps.
Board day	3-board press for 3–5 reps. Only 1–2 times a month.

STEAL THIS Film your misses. Where the bar stops tells you which muscle to train next.

Sources: Power Magazine, May/Jun 2012 (Efferding & Bell) and Sep/Oct 2013 (Mark Bell); @ericspoto Instagram, 2014–2021.

ERIC SPOTO · RUN IT YOURSELF

TRAIN LIKE SPOTO

His 2012 weekly split, with the two bench days from his 2013 system dropped in. "Goal" means the triple you're chasing this wave, about 88–90% of your max.

AN EXAMPLE WEEK

5 TRAINING DAYS

MON · MAX EFFORT — HEAVY

Warm-up sets	5–10
Triple ~10% under goal	1 × 3
Slightly heavier triple	1 × 3
Goal triple	~3 × 3
Slingshot, above goal	2 × 3
Close-grip, fast ¾ reps	2 × 8–12
Dips, then Smith JM press	to finish

TUE · UPPER BACK + BICEPS

Rows, set up like your bench	heavy
Reverse pec deck	heavy
Rotator cuff	weekly
Biceps	heavy

Sets weren't published.

WED · LEGS — HEAVY

Heavy leg day. No details published.

THU · SECOND BENCH — ROTATE

Speed, + bands, each rep a single	6–8 × 3 @ 50%
or rep day: light, fast bench + flyes	chase a pump
or 3-board press, max twice a month	3–5 reps
Heavy seated shoulder press	heavy
Medium triceps	medium

FRI · BACK — MEDIUM

Medium back work and light biceps.

SAT–SUN · OFF — REST

Two full days off every week.

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 WEAK LINK

Film your misses. Stuck off the chest: back and chest. Mid-range: shoulders. At the top: triceps.

02 MAIN WORK

One max-effort day: **a goal triple for about 3 sets** at 88–90%, after a big warm-up.

03 PROGRESSION

3–4 week waves, adding about 5 lb a week to the goal triple.

04 SECOND DAY

Rotate rep, speed and board days. Anything over 5 reps? Fast ¾ reps, no lockout.

05 OVERLOAD

Slingshot or rack lockouts above your max, no more than twice a month.

06 BUILD THE BASE

Bodybuilding volume on chest, shoulder and triceps days. **Rotator cuff weekly**, rear delts on the pec deck.

From Power Magazine (May/Jun 2012 and Sep/Oct 2013), in his own words. The magazine gave the bench days in detail and the other days only as body parts and effort levels.

FIRST STEP **Film your next heavy set. Where the bar slows tells you what to train for the next wave.**

NEVER MAX IN THE GYM

KIRILL SARYCHEV

738.5

LB RAW · 335 KG

BEST	SIZE	COACH	TEMPLATE
335 kg, SN PRO, Moscow, Nov 22, 2015	6'6", 167 kg (368 lb) in prep	Boris Sheiko, from 2010	◉◉◉ His interview and posts (translated)

- Benches three times a week, but nothing in his sample week goes above 85%.
- Lots of sets of 1–3 reps at moderate weight, Sheiko style, adjusted to how he feels.
- His heaviest lift in the whole 335 prep was **300 kg × 4, about 90%**, six weeks out. He never handled more before the meet.
- Later he rotated heavy, medium and light bench days in a 2.5-week wave; light days are for speed, up to 8 reps.
- Triceps isolation once a week in prep (pushdowns one week, a light French press the next), none in the off-season.
- Food and sleep: "The more I eat, the more I sleep; the more I sleep, the stronger I become."

"IT WAS THE HEAVIEST WEIGHT I HELD IN MY HANDS DURING THIS PREPARATION."

ON 300 KG × 4, SIX WEEKS BEFORE 335

HIS SAMPLE WEEK % × REPS × SETS

MONDAY	
Squat	50%×5, 60%×4, 70%×3, 75%×2×2, 80%×1×3
Bench	50%×5, 60%×4, 70%×3, 80%×2×2, 85%×1×3
Accessories	Triceps 6 reps × 4 sets · abs 8 × 2
WEDNESDAY	
Deadlift off blocks	50%×3, 60%×3, 70%×2×4
Mid-grip bench	50%×3, 60%×3, 70%×3×4
Accessories	Delts 6 × 4 · lats 6 × 4 · DB side bends 8 × 4
FRIDAY	
Bench	50%×5, 60%×4, 70%×3, 80%×2×5
Accessories	Chest 6 × 4 · triceps 6 × 4 · back extensions 8 × 3

From his August 2011 interview. Bench volume: about 19, 18 and 22 reps a session, almost all at 50–85%. By 2015 his bench day was heavy 5 × 3, squats, bench 5 × 5, dumbbell press, flyes and 50 pull-ups.

STEAL THIS Build the max with heavy reps around 90%. Save the single for the platform.

Sources: power35.ru (Fursov / Spiridonov interviews, 2011–12); Sovsport (Apr 2015); @sarychevkirill Instagram, 2015–2017.

KIRILL SARYCHEV · RUN IT YOURSELF

TRAIN LIKE SARYCHEV

By 2015 he rotated heavy, medium and light bench days in waves of about two and a half weeks. Day 1 is a session he described. The other exercises are his too, but which day they land on is our call. His 2011 sample week is on the previous page.

AN EXAMPLE WEEK

2015 HEAVY / MEDIUM / LIGHT

DAY 1 · HEAVY

DESCRIBED

Bench, rest up to 10 min	5 × 3 @ 75–87%
Squat	–
Bench, lighter	5 × 5
Dumbbell press	–
Flyes	–
Pull-ups, in as many sets as needed	50 total

DAY 2 · MEDIUM

ASSEMBLED

Bench	sets of 3–5 @ 66–72%
Deadlift	–
Pushdowns or light French press, alternating weeks	prep only
Lateral raise	–

DAY 3 · LIGHT

ASSEMBLED

Bench, fast	up to 8 reps @ 51–60%
Hammer curl, heavy	8–12 reps
Reverse-grip curl	–

WHERE THE PERCENTAGES COME FROM

Heavy days ran 250–290 kg, medium 220–240, light 170–200: that's 75–87%, 66–72% and 51–60% of his 335. Typical sets: 250 × 4 × 3, 280 × 4, 240 × 10. A dash means he named the lift but not the sets.

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 FREQUENCY

Bench 3 times a week: one heavy, one medium, one light.

02 THE CAP

Nothing above about 85% in normal training. His heaviest lift of the 335 prep was about 90% × 4, six weeks out.

03 VOLUME

Lots of sets of 1–5 reps. His 2011 sessions ran 18–22 bench reps, nearly all at 50–85%.

04 WAVES

Build from medium to heavy over **about 2.5 weeks**, then back off. Rest up to 10 minutes before heavy sets.

05 PEAK

Before a meet, **cut volume and practice heavy singles**. Never test a max in the gym.

06 TRICEPS AND RECOVERY

Triceps isolation once a week in prep, none in the off-season. Eat and sleep a lot.

Sources: Sovsport (Apr 2015), power35.ru interviews (2011–12) and his Instagram captions (2015–17), translated from Russian.

FIRST STEP For the next month, cap your bench at 85% and add sets instead of weight.

EVERY DAY IS BACK DAY

JULIUS MADDOX

782

LB RAW · 354.7 KG

BEST	ALSO	COACH	TEMPLATE
782 lb, Feb 21, 2021: the all-time raw record	796 in training (2022) · 700 × 4 · 660 × 7	Josh Bryant (Jailhouse Strong)	◉◉◉ His logged sets; full program is paid

- Two to four pulling exercises for every press: about 10 back variations and 30+ sets a week.
- A 4-day program with about two bench-focused days. A "week" stretches to 9–13 days when he needs to recover.
- Heavy rep sets drive it: 630 × 5, 640 × 6, 660 × 7, 710 × 3, 700 × 4.
- Every peak ends the same way: a heavy single 2½–3½ weeks out, the last heavy triple about 2 weeks out.
- Overload in the peak: chains, heavy bands, an 815 static hold, 820 on a partial-range bar.
- His own line: high-volume accessory work, plus a strength phase and a speed phase.

"WANT A BIG BENCH? YOU'LL NEED A BIG BACK!"

JULIUS MADDOX

HIS WEEK

DAY	WHAT HAPPENS
1 · Bench	Work up to a top set → back-offs with bands (e.g., 4 × 4–5) → speed sets → 2–3 back movements → triceps 4–6 × 12–16 + AMRAP → flyes
2 · Back	Seal or chest-supported rows, neutral-grip seated row, pulldowns in 3 grips, Pendlay row + push-ups. 3–4 sets + 1–2 AMRAPs at about 8/10 effort
3 · Legs	Zercher squats 6 × 2, 45° back-extension deadlifts 3 × 5, leg curls 3 × 6
4 · Volume	Lighter bench or incline volume → back → the 5-minute triceps gauntlet → chest accessory

HIS SETUP

Feet behind the knees, quads tight · a handoff for anything over 315 · pinky on the ring · eyes under the bar · elbows about 45° · bar path an "exaggerated J" back toward the rack.

THE 5-MINUTE GAUNTLET

Triceps pushdowns with a partner: 8 reps, 15 seconds rest, switch, and keep going for 5 minutes. A Josh Bryant finisher.

STEAL THIS Count your sets for the week. Do 2–3 sets of pulling for every set of pressing.

Sources: Josh Bryant, JoshStrength (2016) and EliteFTS (2019); Eddie Hall session (2019); BarBend (2023); Muscle & Fitness (2019).

JULIUS MADDOX · FROM HIS OWN POSTS

INSIDE THE 782 PEAK

Maddox captions almost every top set. These are the ten weeks before his all-time record, as % of the 782 he hit.

POSTED	TOP SET	NOTE	% OF 782
Dec 12	615 × 6, 2 sets, with chains	"Chains expose weakness… and help blow through sticking points"	79%
Dec 22	725 × 1, paused	"Wave 1 of peak season"	93%
Jan 4	710 × 3, rep PR	Same day: an 815 static hold	91% · 104%
Jan 9	660 × 7		84%
Jan 21	750 × 1		96%
Feb 3	771 × 1, PR	2½ weeks out	99%
Feb 10	600, moved as fast as possible	Taper	77%
Feb 21	**782, all-time world record**	Ghost Strong, Miami	100%

Same shape in 2019: 630 × 5 at RPE 8 → 730 × 1 at 3½ weeks out → 655 × 3, "last heavy session until meet," two weeks out → 739.6, his first all-time record.

HIS ACCESSORIES, WITH HIS NUMBERS

EXERCISE	SETS × REPS	WHY, IN HIS WORDS
I-Y-T raises	3–4 × 8–12, 90 s rest	"Helping to maintain a healthy bench"
Cable flyes	4–6 × 16–20	High reps on bench day for bigger pecs
Single-arm lat pulldown	4–6 × 10–12	Isolates the lats on bench day
Standing landmine press	2 × 12, slight pause	"Build scapular strength and stability"
"Short bursts" bench	20–25 partials + 10 full, 2-s pause	Volume with "no point of rest" for drive off the chest
JM push-ups	30 partials + 5–10 full, 1-s pause	"A staple in my training program"
Single-arm triceps extension	15–20, alternate to failure × 3 rounds	Triceps endurance for lockout
Banded flyes	3–4 × 8–12	Forces a slow tempo and works the stabilizers

STEAL THIS **Take your last heavy triple about two weeks out. After that, only fast, light work until the meet.**

Sources: @irregular_strength Instagram captions, Jun 2019 – May 2022; Wikipedia. His full 8-week bench, 8/12-week peaking and 6-week muscle programs are sold at irregularstrength.com.

TRAIN LIKE MADDOX

Built from his coach Josh Bryant's descriptions and the sets and reps in Maddox's own captions. His real programs are paid. Percentages are of your max.

AN EXAMPLE WEEK

A 4-DAY "WEEK"

DAY 1 · HEAVY BENCH

STRENGTH PHASE	
Top set at RPE 8	1 × 5 @ 85%
Back-offs with bands	4 × 4–5 @ 74% + bands
Paused speed sets, light bands	3 × 5 @ 62%
Single-arm lat pulldown	4–6 × 10–12
Seal or chest-supported row	3–4 sets
Triceps	4–6 × 12–16 + AMRAP
Cable flyes	4–6 × 16–20

DAY 2 · BACK

PURE PULLING	
Seal or chest-supported row	3–4 sets + AMRAP
Neutral-grip seated row	3–4 sets + AMRAP
Pulldowns, 3 grips	3–4 sets each
Pendlay row + push-ups superset	3–4 sets
I-Y-T raises, 90 s rest	3–4 × 8–12
Landmine press, slight pause	2 × 12

DAY 3 · LEGS

BRYANT'S LOG	
Zercher squat	6 × 2
45° back-extension deadlift	3 × 5
Leg curl	3 × 6

DAY 4 · VOLUME BENCH

PUMP	
"Short bursts" bench	20–25 partials + 10 full
Back, 2–3 movements	3–4 sets each
5-minute triceps gauntlet	8 reps / 15 s
Banded flyes	3–4 × 8–12
JM push-ups	30 partials + 5–10 full

THE CONCEPTUAL TEMPLATE

BROAD RULES YOU CAN RUN

01 PULL MORE

2–3 sets of pulling for every set of pressing. About 30 back sets a week across 10 or so variations.

02 MAIN WORK

Heavy rep sets: one top set of 3–8 at RPE 8, about 80–90%, then banded back-offs.

03 PHASES

A strength phase, then a speed phase, with high-volume accessories the whole way.

04 PEAK

A heavy single 2½–3½ weeks out at 97–99%, the last heavy triple about 2 weeks out, then only fast, light work.

05 OVERLOAD

In the peak only: **chains, heavy bands and static holds** around 105%, plus partial-range bars.

06 RECOVERY

A 4-day "week" can **stretch to 9–13 days**. Run the next session when you're recovered, not when the calendar says.

Day 1 loads come from his 2019 logs: 630 × 5 at RPE 8, back-offs with 545 plus bands, and 455 × 5 × 3 paused with about 80 lb of bands, against his 739.6 record. Set counts left as "sets" weren't given.

FIRST STEP

Count this week's sets. If your pulling isn't at least double your pressing, add rows before you add bench.

WHAT THEY HAD IN COMMON

THE 700 BLUEPRINT

Seven different programs, but the same handful of ideas keeps showing up. A filled dot means it's documented in the sources at the back.

PATTERN	HARRIS	HEND.	MEND.	DAVIS	SPOTO	SARY.	MADDOX
Heavy sets of 3–6 reps are the main work Top sets and triples, not maxes, carry every program.	●	●	●	●	●	●	●
Heavy bench only 1–2 days a week Sarychev is the exception: three days, nothing above 85%.	●	●	●	○	●	○	●
No gym max in the final weeks 300 × 4 was Sarychev's heaviest; Maddox's last triple came 2 weeks out; Davis stopped 9 days out.	○	○	○	●	○	●	●
Overload above max, in a short range Block and board presses, Slingshot, rack lockouts, static holds, chains.	●	○	●	●	●	○	●
Big rep sets and bodybuilding volume 505 × 10, 315 × 45, 240 kg × 10, 405 × 15, flyes and pump work.	●	○	●	●	●	●	●
Speed on purpose Speed days, bands, light days, "velocity beating gravity." Mendelson didn't do speed bench.	●	●	○	●	●	●	●
Long pauses 5-second pauses, command pauses, paused singles in the peak.	●	●	○	●	○	○	●
Lots of upper-back work Up to 4 pulls per press, rows set up like the bench, 50 pull-ups after bench.	●	○	●	●	●	●	●
Shoulder and elbow insurance Rear delts, rotator cuff, I-Y-T raises, hammer curls, light triceps isolation.	●	○	●	○	●	●	●

○ means our sources don't document it, not that he never did it.

THE HONEST PART

All seven are super heavyweights, from about 290 to 460 lb, with decades of training behind them. Their percentages travel well. Their poundages, rest days and recovery don't. Scale the templates to your own max and your own life.

WHERE THIS CAME FROM

SOURCES

Records, dates and training numbers come from meet results, interviews and the lifters' own posts, checked as of November 2026.

HARRIS

Instagram @power__bbuilder and @team.powerbbuild captions (2019–2026) · Johnnie Harris YouTube channel: four filmed sessions (2019–20) · OpenPowerlifting · FitnessVolt · BarBend

HENDERSON

Filmed bench and assistance workouts, late 1990s (YouTube uploads) · 70sbig.com "The Bench Wonder of the World" · ironcompany.com (Marty Gallagher) · Wikipedia

MENDELSON

powermagonline.com 7-week program · rawpowerlifting.proboards.com (2006 magazine program) · castironstrength.com Q&A (2011) · criticalbench.com · Wikipedia · @scotmendelson

DAVIS

Instagram @TDsmash captions (2019–2021) · Thomas TD Davis YouTube channel · OpenPowerlifting · FitnessVolt · corrections1.com

SPOTO

Power Magazine: "The Vanilla Gorilla" (May/Jun 2012) and "King of the Bench" (Sep/Oct 2013) · Instagram @ericspoto · Wikipedia

SARYCHEV

power35.ru (Fursov / Spiridonov interviews, 2011–12) · sovsport.ru (Apr 2015) · Instagram @sarychevkirill (2015–2017) · Wikipedia

MADDOX

Instagram @irregular_strength captions (2019–2022) · joshstrength.com (2016) · elitefts.com coaching logs (2019) · Eddie Hall YouTube session (2019) · BarBend (2023) · Wikipedia

NOT MEDICAL ADVICE

These are elite lifters. Use the percentages, not their weights, and talk to a professional if you have an injury.

GO STRAIGHT TO THE SOURCE

Some of these lifters sell their full programs. If one of these pages clicks for you, the complete version is worth it.

Maddox: irregularstrength.com · Sarychev: train.sarychevkirill.com · Harris: DM @team.powerbbuild

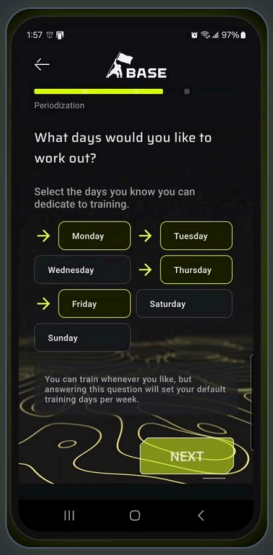
WATCH THE BREAKDOWN

This playbook goes with the video **The Training of Every 700lb Bench Presser Explained**.

FROM BASE STRENGTH · THE APP

SKIP THE FRANKENSTEIN PROGRAM

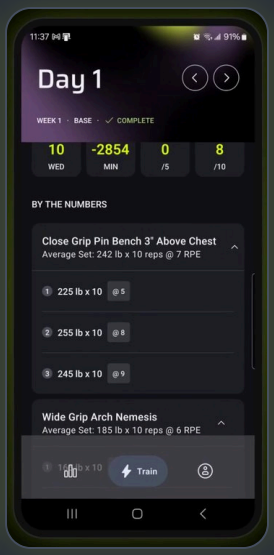
You just read seven systems. Stitching your own program together from them means guessing what to keep, what to scrap and what applies to you. The Base Strength app does that part for you.



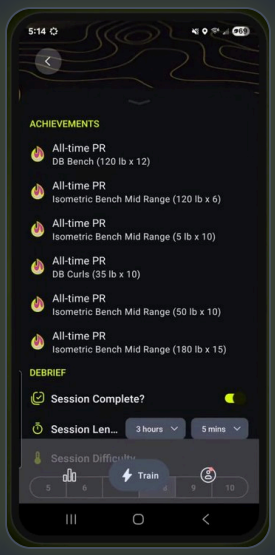
01 · QUESTIONNAIRE
Pick your training days and answer a few questions.



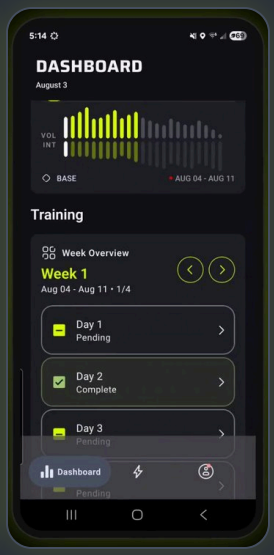
02 · YOUR PLAN
Days a week, time a session, block structure.



03 · SET TO SET
Every set's weight, reps and target RPE.

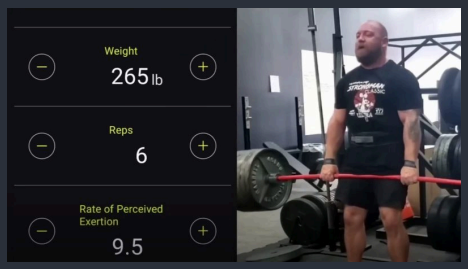


04 · REP PRS
New all-time PRs flagged after each session.



05 · WEEK TO WEEK
Your week and your block at a glance.

- **Take the questionnaire.** It recommends the split, the exercises and the rate of progression that suit you.
- **It tracks your rep PRs** and tells you every time your estimated max goes up.
- **Specific direction** set to set, week to week and block to block.
- **It adjusts the work to your performance.** Log the weight, reps and RPE, and it does the rest.







The app is built from the same templates Alexander Bromley used to take teams to Worlds, press 400 overhead and deadlift 700 for reps. He has run them on everyone from average Joes to pro strongmen. "It is just like having a little Bromley in your back pocket."

GET THE APP

Download it, take the questionnaire, and make 2027 the year you get strong.

WWW.BASESTRENGTH.COM →