



REBOLT TRAINING

THE 5-DAY BENCH PRESS JUMPSTART

A short, no-fluff reset to break through a stalled bench — the same technique fixes and progression logic I use with real coaching clients.

Built by **Coach Chris Harris** — Rebolt Training

BEFORE YOU START

Why your bench is stuck

Most lifters don't stall on bench because they're not strong enough — they stall because of three fixable things: sloppy bar path, no real progression plan, and zero accessory work for the muscles that actually finish the lift.

I went from a 275lb bench to 315lb using the exact framework in this guide — not a new grip or a "secret" cue, just five days of intentional, structured work repeated for a few weeks. This is a condensed version of what I actually build for my 1-on-1 and online clients.

Use this as a template for your next 1–2 weeks. If you want a version built around your specific numbers, schedule and goals, that's exactly what full coaching is for — more on that at the end.

THE FRAMEWORK

Your 5-Day Split

Each day has one job. Don't skip the accessory days — they're where most people leave strength on the table.

1

Technique Reset

Light-to-moderate bench work focused purely on bar path, scapular retraction, and leg drive. Film your sets. Weight doesn't matter today — pattern does.

2

Volume Day

Moderate weight, higher total reps (think 4-5 sets of 6-8). This is where the strength is actually built — most people skip straight to heavy singles and wonder why they stall.

3

Speed & Bar Path

Lighter weight, moved explosively. Builds the fast-twitch drive you need to push through a sticking point instead of grinding and failing there.

4

Triceps & Back Accessory

Close-grip work, rows, and rear delt work. Your bench is only as strong as the muscles locking out the top and stabilizing the bar — this day is not optional.

5

Test / Push Day

Work up to a heavy set for the day (not necessarily a max). Use this to track real progress week to week — this is your data point, not your ego lift.

4 Cues That Actually Move the Needle

Print this page. Read it before every bench session for the next two weeks.

01

Drive your legs into the floor — leg drive isn't optional, it's a huge chunk of your stable base. A bench press starts at your feet, not your chest.

02

Pull the bar into your body, don't just push it up. Actively rowing the bar down engages your lats and shortens the bar path — that's free strength most people never use.

03

Set your shoulder blades before every rep — pinch them together and down before you unrack. A loose upper back is the #1 reason shoulders start hurting under heavier loads.

04

Progress the plan, not just the weight. If you added 5lbs but your bar path fell apart, that's not progress — it's a ceiling. Fix the pattern first, then load it.

READY FOR MORE?

This is the framework. Coaching is the plan built for you.

This guide gets you moving in the right direction — but it's not personalized to your current numbers, schedule, injuries, or goals. That's exactly what 1-on-1 and online coaching with me solves.

Comment or DM "COACHING" on Instagram/TikTok to start

Or book directly at **rebolttraining.com** — online coaching from **\$59/month**, in-person sessions in Brooklyn from **\$115/session**.