

12-Week Bench Press Program to Reach 225 lbs



musclesizeandstrength.com/12-week-bench-press-program-to-reach-225-lbs

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If your goal is to bench press 225 lbs (two plates), this program is designed to steadily increase your strength regardless of whether you're currently benching 95 lbs, 135 lbs, 185 lbs, or somewhere in between.

The program uses frequent bench practice, targeted accessory work, and progressive overload to build the chest, shoulders, and triceps needed for a bigger bench press.

Who Is This Program For?

This program is ideal for:

- Lifters currently benching 95-205 lbs
- Intermediate lifters chasing their first 225 lb bench
- Anyone who has stalled on their bench press
- Lifters wanting a simple strength-focused program

Program Overview

Goal: Bench Press 225 lbs

Duration: 12 Weeks

Frequency: 3 Bench Sessions Per Week

Training Split:

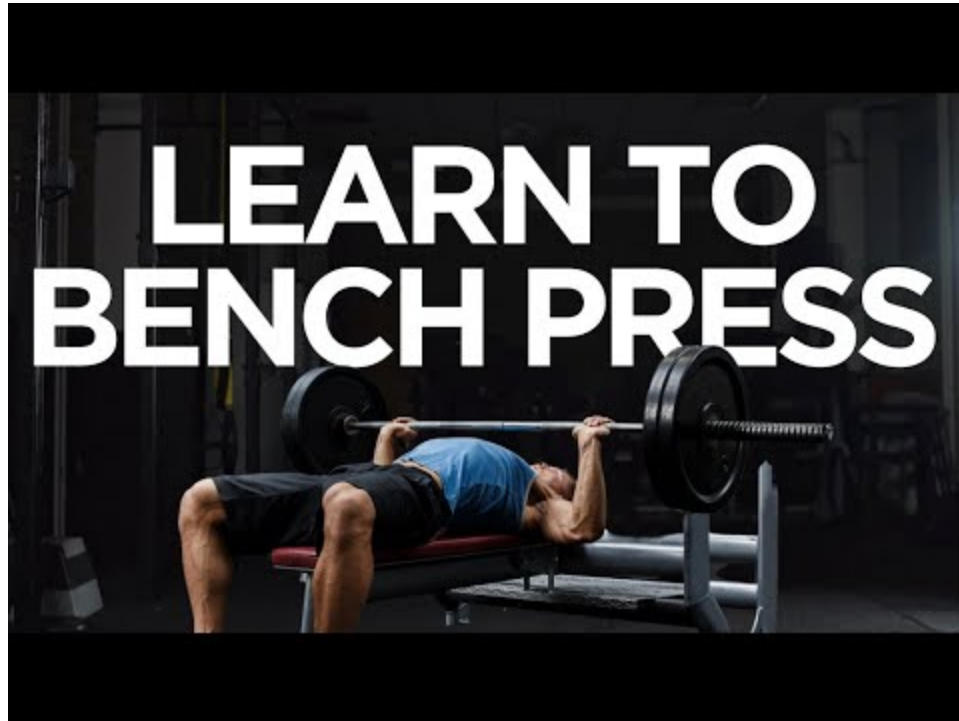
- Day 1 – Heavy Bench
- Day 2 – Volume Bench
- Day 3 – Speed & Technique Bench

Equipment Required: Barbell, Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

How To Bench Press

Use this quick 1 minute video tutorial to learn or refine your Bench Press exercise technique before starting this Bench Press Program:



[Watch on YouTube](#)

How To Find Your Starting Weight

Use approximately 70% of your current 1RM for Week 1.

Examples:

Current Max	Week 1 Weight
135 lbs	95 lbs
155 lbs	110 lbs
185 lbs	130 lbs
205 lbs	145 lbs

Add 5 lbs each week if all prescribed reps are completed.

Day 1 (Monday) – Heavy Strength Day

Exercise	Sets	Reps
Bench Press	5	5
Close Grip Bench Press	4	6
Chest Supported Row	4	8
Triceps Pushdown	3	15
Face Pulls	3	20

Purpose

Develop maximal pressing strength while building stronger triceps and upper back stability.

Day 2 (Wednesday) – Volume Day

Exercise	Sets	Reps
Bench Press	4	8
Incline Dumbbell Press	4	10
Lat Pulldown	4	10
Dumbbell Lateral Raise	3	15
Cable Flye	3	15

Purpose

Build muscle mass in the chest, shoulders, and triceps.

Day 3 (Friday) – Speed & Technique Day

Exercise	Sets	Reps
Bench Press	8	3
Standing Overhead Press	4	6
Seated Cable Row	4	10
Pec Deck Flye	3	15
Overhead Triceps Extension	3	15

Purpose

Improve bar speed, technique, and pressing efficiency.

Progression

Weeks 1-4

Heavy Day:

5 × 5

Volume Day:

4 × 8

Speed Day:

8 × 3

Add 5 lbs weekly.

Weeks 5-8

Heavy Day:

5 × 4

Volume Day:

4×6

Speed Day:

8×3

Continue adding 5 lbs weekly.

Weeks 9-11

Heavy Day:

5×3

Volume Day:

4×5

Speed Day:

6×3

Continue progressing.

Week 12

Deload

Day 1

Bench Press 3×3 @ 60%

Day 2

Bench Press 2×3 @ 50%

Max Test

After 2-3 days of rest:

Work up to a new one-rep max.

Target:

225 lbs

Common Bench Press Mistakes

Bouncing The Bar

Control the descent and lightly touch the chest.

Elbows Too Wide

Keep elbows approximately 45-75 degrees from the torso.

Weak Upper Back

Rows and face pulls are included to improve stability.

Skippping Leg Drive

Push your feet into the floor throughout the lift.

Nutrition For A Bigger Bench

Protein

0.8-1 gram per pound of bodyweight daily.

Calories

Eat at maintenance or a slight surplus.

Sleep

Aim for 7-9 hours nightly.

Hydration

Drink plenty of water throughout the day.

Expected Results

Most lifters who consistently follow the program can expect:

- 20-50 lbs increase in bench press strength
- Noticeable chest, shoulder, and triceps growth
- Improved bench technique
- Greater confidence under heavier weights

Reaching a 225 lb bench is one of the most respected strength milestones in the gym. Stay consistent, focus on progressive overload, recover properly, and you'll give yourself the best chance of pressing two plates within the next 12 weeks.