



# Henriques Bench Chart

	BEGINNER	INTERMEDIATE	ADVANCED
FREQUENCY	1-3X PER WEEK (2)	1-3X PER WEEK (2)	1-3X PER WEEK (3)
50-70%	45-90	60-150	20-40 (SPEED/OPTIONAL)
	OR	OR	AND
71-80%	30-60	45-90	50-140
	OR	OR	OR
81-90%	20-40	30-60	35-80
		OR	OR
91-95%	N/A	10-30*	20-40*
		OR	OR
96%+	N/A	5-10*	10-20*

Note: Reps listed are the suggested total number of **reps per week** at a given workload

*\* Partials, Board Presses, and Negatives are generally included in the total suggested volume*