

POWERLIFTING



New Jersey Pro Mike Morris Builds Thick Pecs with Scary Poundages.

Mike “the Human Forklift” Morris is no rookie. First stepping onstage as a scrappy 110-pound, fourteen-year-old, he surprised everyone to win the AAU Teenage Mr. Camden County. Sixteen years and forty contests later, Mike is an off-season 270-pound owner of an IFBB pro card, which he earned as the heavyweight and overall champ at the 1999 North American Championships.

Over the years, Mike has learned a few things. We asked him to share some pointers on building a huge and powerful chest with readers of *Iron Subculture*.

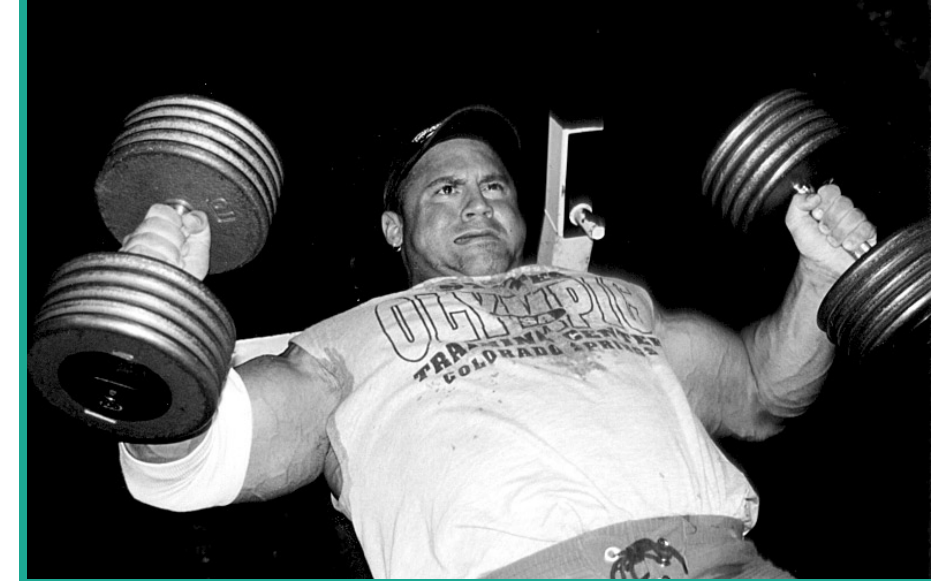
TRAINING SCHEDULE

Mike splits his bodyparts up into five groups. On the first workout he trains legs. Back gets blitzed during the second session. On the third workout he trains his chest. Shoulders and traps are bombed on the fourth workout. Arms are put through their paces on the final day of his split, before the cycle repeats itself.

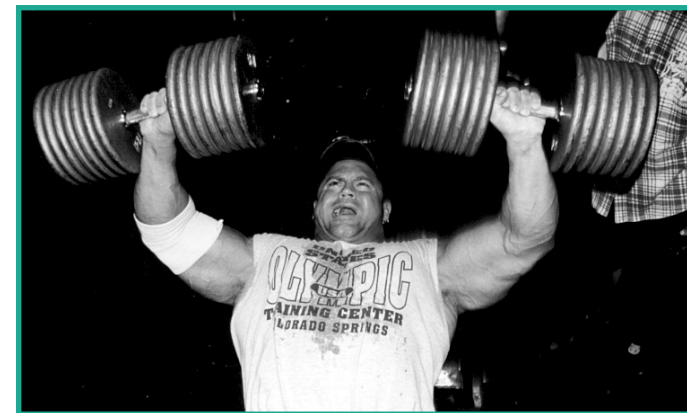
This is not to say Mike performs all five workouts on successive days. He generally will train two days on; one day off but adjusts his rest days as needed. This ensures plenty of time for growth.

PRODIGIOUS STRENGTH

Mike is known for throwing around weights that most pro bodybuilders would have trouble getting off the rack. For example, he has Incline Pressed 545-pounds for two reps. In the Press-behind-neck, Mike has driven up 425 for a double. In the Bent-over Row, his top weight is 495 — although he prefers a (relatively) lighter 405 for twelve to fifteen reps in order to get a controlled movement and a paused contraction. Mike has Leg Pressed an even ton for seven reps and has yet to find his limit on Calf Raises. I guess that explains the thickness that is evident in all of his bodyparts.



Flat Dumbbell Flies with weights that would leave the average man a double-amputee.



Mike knocks out some seriously heavy Incline Dumbbell Presses.

FIRST EXERCISE: SOME TYPE OF PRESS

After a thorough warm-up, Mike’s first movement for pecs is also his strongest, which is some form of pressing, either Incline or Flat Presses usually with a barbell. His first set is just the weight of the 45-pound Olympic bar. From there, he pyramids up to 135 (twelve to fifteen reps), 225 (ten to twelve reps), 315 (eight to ten) and finally 405 for as many reps as possible. (One might assume Mike feels that those 25 and 10-pound plates are just for the women that train at his gym.)

Mike uses his performance with 405 to gauge where his workout goes from there. If he is easily knocking out six or more reps, he will toss another big plate on each end and rep out with 495. If he’s only driving it up for a few reps, he “calls it a day” for that movement and progresses to his second exercise.

SECOND EXERCISE: PRESS FROM ANOTHER ANGLE

As Mike’s shoulders and elbows are thoroughly warmed-up from the first exercise he jumps right into his heaviest weights on the second movement. If he flat benched for his first exercise, he will now do an incline (or vice-versa), often with dumbbells. Three heavy sets of around eight reps do the job here.

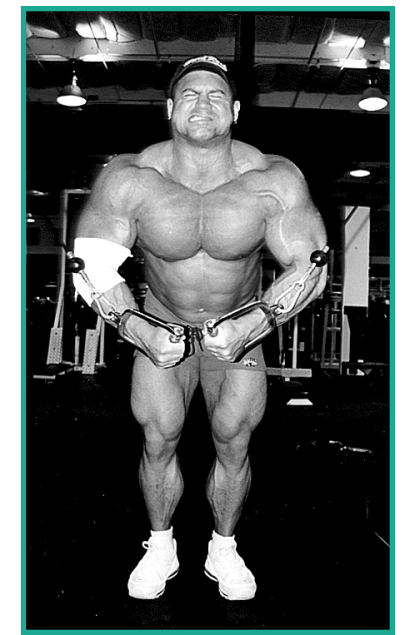
THIRD EXERCISE: LOWER PECS

To finish things off, Mike picks an exercise in which he is pressing at a downward angle, such as Parallel Bar Dips or Cable Cross-overs. This exercise is done for three sets of up to a dozen reps. Once completed, his pecs are torched from all directions.

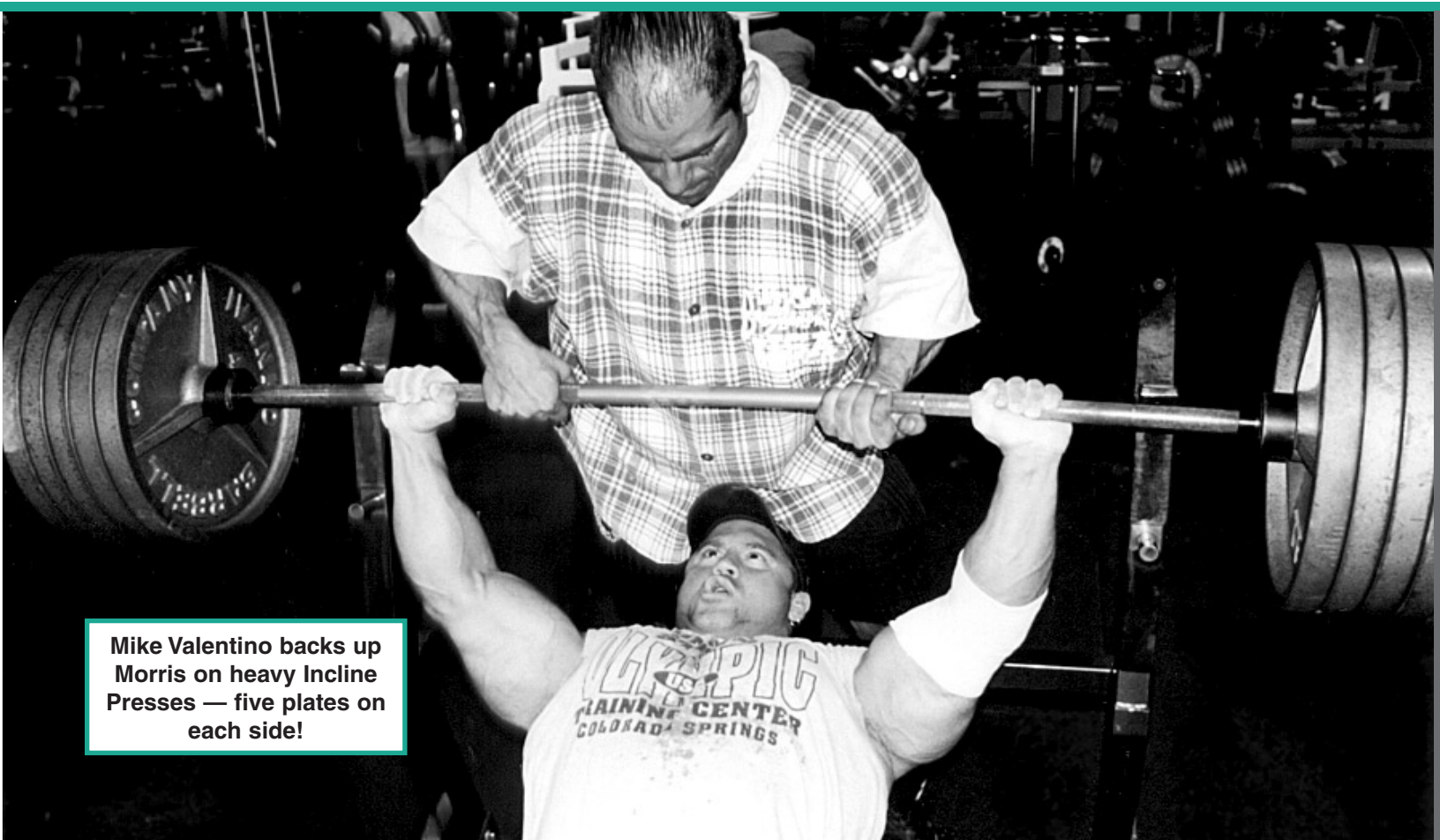
While Mike has yet to receive the pro show placings he wants, he is second to no one when it comes to pushing huge weights in his training. With his powerful physique and hungry attitude, I look forward to watching him work his way up the pro ladder.



Mike finishes things up with Parallel-Bar Dips.



Popeye impression? No, just Mike grinding through a set of cross-overs



Mike Valentino backs up Morris on heavy Incline Presses — five plates on each side!