



# POWERLIFTING

— 4 WEEK PROGRAM —



STARTER  
PROGRAM

## MONDAY

### WARM-UP: 2 SETS

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### WARM-UP: 2 SETS

- LOW BACK EXTENSIONS: 15 REPS
  - AIR SQUATS: 20 REPS
  - PUSH-UPS: 10 REPS

### BARBELL BACK SQUATS

- WEEK 1: 5 SETS OF 5 REPS (UP TO 85% 1RM)
- WEEK 2: 5 SETS OF 5/5/3/3/1 REPS (UP TO 90% 1RM)
- WEEK 3: 5 SETS OF 5/3/3/1/1 REPS (UP TO 95% 1RM)
- WEEK 4: 5 SETS OF 5 REPS (DELOAD - 60% 1RM)

### LEG PRESS

- 5 SETS OF 10 REPS

### LEG CURLS

- 5 SETS OF 15 REPS

### CALF RAISES

- 3-5 SETS OF 15-20 REPS

### **(OPTIONAL) CORE: 3 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- HANGING KNEE RAISES: 15 REPS

## **TUESDAY**

### **WARM-UP: 2 SET**

- LOW BACK EXTENSIONS: 15 REPS
  - LAT-PULLDOWNS: 20 REPS
  - PUSH-UPS: 10 REPS

### **BENCH PRESS**

- WEEK 1: 5 SETS OF 5 REPS (UP TO 85% 1RM)
- WEEK 2: 5 SETS OF 5/5/3/3/1 REPS (UP TO 90% 1RM)
- WEEK 3: 5 SETS OF 5/3/3/1/1 REPS (UP TO 95% 1RM)
- WEEK 4: 5 SETS OF 5 REPS (DELOAD - 60% 1RM)

### **INCLINE DUMBBELL BENCH PRESS**

- 5 SETS OF 10 REPS

### **WEIGHTED DIPS**

- 5 SETS OF 15 REPS

### **CABLE PUSH-DOWNS**

- 3-5 SETS OF 15 REPS

### **(OPTIONAL) CORE: 3 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- CABLE CRUNCHES: 15 REPS

## **WEDNESDAY - OFF**

## **THURSDAY**

### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
  - AIR SQUATS: 20 REPS
  - LAT-PULLDOWNS: 20 REPS

### **CONVENTIONAL DEADLIFTS**

- WEEK 1: 5 SETS OF 5 REPS (UP TO 85% 1RM)
- WEEK 2: 5 SETS OF 5/5/3/3/1 REPS (UP TO 90% 1RM)
- WEEK 3: 5 SETS OF 5/3/3/1/1 REPS (UP TO 95% 1RM)
- WEEK 4: 5 SETS OF 5 REPS (DELOAD - 60% 1RM)

### **BARBELL ROWS**

- 5 SETS OF 10 REPS

### **LAT-PULLDOWNS**

- 5 SETS OF 15 REPS

### **BARBELL CURLS**

- 3-5 SETS OF 15 REPS

### **(OPTIONAL) CORE: 3 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- RUSSIAN TWISTS: 15 REPS

## **FRIDAY**

### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
  - AIR SQUATS: 20 REPS
  - PUSH-UPS: 10 REPS

## STANDING MILITARY PRESS

- WEEK 1: 5 SETS OF 5 REPS (UP TO 85% 1RM)
- WEEK 2: 5 SETS OF 5/5/3/3/1 REPS (UP TO 90% 1RM)
- WEEK 3: 5 SETS OF 5/3/3/1/1 REPS (UP TO 95% 1RM)
- WEEK 4: 5 SETS OF 5 REPS (DELOAD - 60% 1RM)

## ARNOLD PRESS

- 5 SETS OF 10 REPS

## BARBELL UPRIGHT ROWS

- 5 SETS OF 15 REPS

## REAR DELT RAISES

- 3-5 SETS OF 15 REPS

## (OPTIONAL) CORE: 3 SET SUPERSET

- BACK EXTENSIONS: 15 REPS
- DECLINE SIT-UPS: 15 REPS

**SATURDAY - OFF**

**SUNDAY - OFF**



# POWERLIFTING

— 4 WEEK PROGRAM —

**PR** | PROGRAM  
**1**

## MONDAY

### WARM-UP: 2 SETS

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### WARM-UP: 2 SETS

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### DEADLIFT

- WEEK 1: WARM UP TO 80% 1RM, THEN 6 SETS OF 3 REPS AT RPE 8.5
- WEEK 2: WARM UP TO 85% 1RM, THEN 5 SETS OF 5 REPS AT RPE 7.5
- WEEK 3: WARM UP TO 90% 1RM, THEN 6 SETS OF 3 REPS AT RPE 8.5
- WEEK 4: WARM UP TO 95% 1RM, THEN 5 SETS OF 5 REPS AT RPE 7.5

### BENT-OVER BARBELL ROW

- 3 SETS OF 10-12 REPS WITH 65% 1RM

### BARBELL BENCH PRESS

- WEEK 1: WARM UP TO 75% 1RM, THEN 5 SETS OF 5 REPS AT RPE 7.5
- WEEK 2: WARM UP TO 75% 1RM, THEN 5 SETS OF 5 REPS AT RPE 8.0
- WEEK 3: WARM UP TO 75% 1RM, THEN 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 4: WARM UP TO 75% 1RM, THEN 5 SETS OF 5 REPS AT RPE 6.0

### INCLINE BENCH PRESS

- 5 SETS OF 3-5 REPS WITH 85% 1RM

### CABLE PUSH-DOWNS

- 6 SETS OF 10 REPS (LAST SET = TRIPLE DROP SET)

## TUESDAY - OFF

## WEDNESDAY

### WARM-UP: 2 SETS

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **BACK SQUAT**

- WEEK 1: WARM UP TO 90% 1RM, THEN 6 SETS OF 3 REPS AT RPE 8.5
- WEEK 2: WARM UP TO 90% 1RM, THEN 5 SETS OF 5 REPS AT RPE 8.0
- WEEK 3: WARM UP TO 90% 1RM, THEN 6 SETS OF 3 REPS AT RPE 8.5
- WEEK 4: WARM UP TO 90% 1RM, THEN 5 SETS OF 5 REPS AT RPE 7.0

### **LEG PRESS**

- 5 SETS OF 8-10 REPS WITH 70% 1RM

### **LYING LEG CURLS**

- 3 SETS OF 10 REPS

### **(OPTIONAL) CALF RAISES**

- 3-5 SETS OF 15 REPS (LAST SET = PAUSE SET)

### **CORE: 5 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- CABLE CRUNCHES: 15 REPS

## **THURSDAY - OFF**

## **FRIDAY**

### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **BACK SQUAT**

- WEEK 1: WARM UP TO 90% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.0
- WEEK 2: WARM UP TO 90% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.5
- WEEK 3: WARM UP TO 90% 1RM, THEN 4 SETS OF 3 REPS AT RPE 9.0

- WEEK 4: WARM UP TO 90% 1RM, THEN 4 SETS OF 3 REPS AT RPE 7.0

### **BARBELL BENCH PRESS**

- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.0
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.5
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 9.0
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 7.0

### **FLOOR PRESS**

- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.0
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 8.5
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 9.0
- WARM UP TO 75% 1RM, THEN 4 SETS OF 3 REPS AT RPE 7.0

### **CABLE PUSH-DOWNS**

- 4 SETS OF 10 REPS (LAST SET = DROP SET)

### **DUMBBELL CURLS**

- 4 SETS OF 10 REPS (LAST SET = DROP SET)

**SATURDAY - OFF**

**SUNDAY - OFF**



**POWERLIFTING**  
— 4 WEEK PROGRAM —

**PR** | PROGRAM  
**2**

### **MONDAY**

#### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **SQUAT**

- WEEK 1: BACK SQUAT - 6 SETS OF 3 REPS AT RPE 9.0
- WEEK 2: FRONT SQUAT - 6 SETS OF 3 REPS AT RPE 8.0
- WEEK 3: BACK SQUAT - 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 4: FRONT SQUAT - 5 SETS OF 5 REPS AT RPE 8.0

### **BENCH**

- WEEK 1: FLAT BENCH - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 2: INCLINE BENCH - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 3: FLAT BENCH - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 4: INCLINE BENCH - 4 SETS OF 8 REPS AT RPE 8.0

### **DEADLIFT**

- WEEK 1: CONVENTIONAL - 5 SETS OF 5 REPS AT RPE 8.0
  - WEEK 2: SUMO - 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 3: CONVENTIONAL - 6 SETS OF 3 REPS AT RPE 8.5
  - WEEK 4: SUMO - 6 SETS OF 3 REPS AT RPE 8.0

### **BENT-OVER BARBELL ROWS**

- 3 SETS OF 10 REPS

### **WEIGHTED DIPS**

- 3 SETS OF 10 REPS

**TUESDAY - OFF**

### **WEDNESDAY**

#### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

#### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **BOX SQUATS**



- WEEK 1: WORK UP TO A 1RM RPE 9.0
- WEEK 2: WORK UP TO A 1RM RPE 9.0
- WEEK 3: WORK UP TO A 1RM RPE 9.0
- WEEK 4: WORK UP TO A 1RM RPE 7.0

### **FLAT DUMBBELL BENCH**

- WEEK 1: 4 SETS OF 5 REPS AT RPE 9.0
- WEEK 2: 4 SETS OF 5 REPS AT RPE 9.0
- WEEK 3: 4 SETS OF 5 REPS AT RPE 9.0
- WEEK 4: 4 SETS OF 5 REPS AT RPE 7.0
- **DEFICIT DEADLIFT (STANDING ON A PLATE)**
  - WEEK 1: WORK UP TO A 1RM RPE 9.0
  - WEEK 2: WORK UP TO A 1RM RPE 9.0
  - WEEK 3: WORK UP TO A 1RM RPE 9.0
  - WEEK 4: WORK UP TO A 1RM RPE 7.0

### **STANDING BARBELL PRESS**

- 5 SETS OF 8 REPS

### **3 SET SUPERSET**

- FACE PULLS: 10 REPS
- LATERAL RAISES: 10 REPS

**THURSDAY - OFF**

### **FRIDAY**

#### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

#### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
- WALKING LUNGES: 10 REPS (EACH LEG)

### **SQUAT**

- WEEK 1: FRONT SQUAT - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 2: BACK SQUAT - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 3: FRONT SQUAT - 4 SETS OF 8 REPS AT RPE 9.0
- WEEK 4: BACK SQUAT - 4 SETS OF 8 REPS AT RPE 7.0

## BENCH

- WEEK 1: INCLINE BENCH - 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 2: FLAT BENCH - 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 3: INCLINE BENCH - 6 SETS OF 3 REPS AT RPE 9.0
- WEEK 4: FLAT BENCH - 6 SETS OF 3 REPS AT RPE 7.0

## DEADLIFT

- WEEK 1: SUMO - 6 SETS OF 3 REPS AT RPE 9.0
- WEEK 2: CONVENTIONAL - 6 SETS OF 3 REPS AT RPE 9.0
  - WEEK 3: SUMO - 5 SETS OF 5 REPS AT RPE 9.0
- WEEK 4: CONVENTIONAL - 5 SETS OF 5 REPS AT RPE 7.0

## LAT PULL-DOWNS

- 3 SETS OF 10 REPS

## 3 SET SUPERSET

- BARBELL CURLS: 10 REPS
- SKULLCRUSHERS: 10 REPS

**SATURDAY - OFF**

**SUNDAY - OFF**



# POWERLIFTING

— 4 WEEK PROGRAM —

**PR** | PROGRAM  
**3**

## MONDAY

### WARM-UP: 2 SETS

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

## **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
  - AIR SQUATS: 20 REPS
  - PUSH-UPS: 10 REPS

## **SQUAT**

- WEEK 1: 5/3/3/3/1 REPS (LAST SET AT RPE 9.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 5/3/3/3/1 REPS (LAST SET AT RPE 9.5) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 3: 5/3/3/3/1 REPS (LAST SET AT RPE 10.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 4: 5/3/3/3/1 REPS (LAST SET AT RPE 7.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)

## **DEADLIFT**

- WEEK 1: 6 SETS OF 3 REPS (LAST SET AT RPE 9.0) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 6 SETS OF 3 REPS (LAST SET AT RPE 9.5) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 6 SETS OF 3 REPS (LAST SET AT RPE 10.0) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 6 SETS OF 3 REPS (LAST SET AT RPE 7.0) (2-SECOND PAUSE AT THE BOTTOM)

## **LEG PRESS**

- 5 SETS OF 10 REPS

## **5 SET SUPERSET**

- GOBLET SQUATS: 10 REPS
  - BOX JUMPS: 10 REPS

## **(OPTIONAL) CALF RAISES**

- 3-5 SETS OF 15 REPS

## TUESDAY

### WARM-UP: 2 SETS

- LOW BACK EXTENSIONS: 15 REPS
  - PUSH-UPS: 15 REPS
  - CABLE CURLS: 15 REPS

### BARBELL BENCH PRESS

- WEEK 1: 5/3/3/3/1 REPS (LAST SET AT RPE 9.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 5/3/3/3/1 REPS (LAST SET AT RPE 9.5) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 3: 5/3/3/3/1 REPS (LAST SET AT RPE 10.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 4: 5/3/3/3/1 REPS (LAST SET AT RPE 7.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)

### BARBELL STRICT OVERHEAD PRESS

- WEEK 1: 6 SETS OF 3 REPS (LAST SET AT RPE 9.0) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 6 SETS OF 3 REPS (LAST SET AT RPE 9.5) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 3: 6 SETS OF 3 REPS (LAST SET AT RPE 10.0) (2-SECOND PAUSE AT THE BOTTOM)
- WEEK 4: 6 SETS OF 3 REPS (LAST SET AT RPE 7.0) (2-SECOND PAUSE AT THE BOTTOM)

### BENT-OVER BARBELL ROWS

- 5 SETS OF 10 REPS

### 5 SET SUPERSET

- (WEIGHTED) CHIN-UPS: 8-10 REPS
- (WEIGHTED) DIPS: 8-10 REPS

## **(OPTIONAL) CORE: 3 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- CABLE CRUNCHES: 15 REPS

## **WEDNESDAY - OFF**

## **THURSDAY**

### **WARM-UP: 2 SETS**

- HIP CIRCLES: 20 SECONDS PER LEG
- LEG SWING: 20 SECONDS PER LEG

### **WARM-UP: 2 SETS**

- LOW BACK EXTENSIONS: 15 REPS
  - AIR SQUATS: 20 REPS
  - PUSH-UPS: 10 REPS

## **FRONT SQUAT**

- WEEK 1: 6 SETS OF 3 REPS (LAST SET AT RPE 9.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)
- WEEK 2: 6 SETS OF 3 REPS (LAST SET AT RPE 9.5) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 3: 6 SETS OF 3 REPS (LAST SET AT RPE 10.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)
- WEEK 4: 6 SETS OF 3 REPS (LAST SET AT RPE 7.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)

## **SUMO DEADLIFT**

- WEEK 1: 3/3/3/1/1/1 REPS (LAST SET AT RPE 9.0)
- WEEK 2: 3/3/3/1/1/1 REPS (LAST SET AT RPE 9.5)
- WEEK 3: 3/3/3/1/1/1 REPS (LAST SET AT RPE 10.0)
- WEEK 4: 3/3/3/1/1/1 REPS (LAST SET AT RPE 7.0)

## **DUMBBELL SPLIT SQUATS**

- 4 SETS OF 8-10 REPS (EACH LEG)

## **5 SET SUPERSET**

- **WEIGHTED WALKING LUNGES: 10 REPS (EACH LEG)**
  - **WALL-SITS: 30 SECONDS**

### **(OPTIONAL) CALF RAISES**

- **3-5 SETS OF 15 REPS**

## **FRIDAY**

### **WARM-UP: 2 SETS**

- **LOW BACK EXTENSIONS: 15 REPS**
  - **PUSH-UPS: 15 REPS**
  - **CABLE CURLS: 15 REPS**

### **INCLINE BARBELL BENCH PRESS**

- **WEEK 1: 6 SETS OF 3 REPS (LAST SET AT RPE 9.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)**
  - **WEEK 2: 6 SETS OF 3 REPS REPS (LAST SET AT RPE 9.5) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)**
  - **WEEK 3: 6 SETS OF 3 REPS REPS (LAST SET AT RPE 10.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)**
  - **WEEK 4: 6 SETS OF 3 REPS REPS (LAST SET AT RPE 7.0) (3-SECOND NEGATIVE, 1-SECOND PAUSE AT THE BOTTOM)(LAST SET AT RPE 9.0)**

### **SEATED BARBELL OVERHEAD PRESS**

- **WEEK 1: 5/5/3/3/1/1 (LAST SET AT RPE 9.0)**
- **WEEK 2: 5/5/3/3/1/1 (LAST SET AT RPE 9.5)**
- **WEEK 3: 5/5/3/3/1/1 (LAST SET AT RPE 10.0)**
- **WEEK 4: 5/5/3/3/1/1 REPS (LAST SET AT RPE 7.0)**

### **BENT-OVER BARBELL ROWS**

- **5 SETS OF 10 REPS**

### **5 SET SUPERSET**

- **PREACHER CURLS: 8-10 REPS**
- **DUMBBELL OVERHEAD TRICEP EXTENSIONS: 8-10 REPS**

**(OPTIONAL) CORE: 3 SET SUPERSET**

- BACK EXTENSIONS: 15 REPS
- HANGING KNEE RAISES: 15 REPS

**SATURDAY - OFF**

**SUNDAY - OFF**