

PHASE 1 POWERLIFTING PROGRAM						
DAY 1-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
DEADLIFT	80%X5X2	65%X8X3		70%X2-3X8-12		
3#BLOCK PULLS	85%X2X1-3	70%X2X5		75%X2X6-8		
FRONT SQUAT	55/60/65/60/75%X5	60/65/70/75/80%X3		65X5, 70X4, 75X3, 80X2		
HAMSTRING CURLS	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
PULLUPS	3X8	3X8		3X8		
WEIGHTED PLANK	3X30 SEC	3X45 SEC		3X60 SEC		
DAY 2-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
BENCH	70%X2-3X8-12	80%X5X2		65%X8X3		
CLOSEGRIP BENCH	75%X2X6-8	85%X2X1-3		70%X2X5		
PAUSE BENCH 1"	65%X2-3X10	75%X2X4-6		60%X2-3X8		
MILITARY PRESS	55/60/65/70/75%X5	60/65/70/75/80%X3		65X5, 70X4, 75X3, 80X2		
DB FRONT RAISE	3X15	3X15		3X15		
REAR DELTS	3X15	3X15		3X15		
DAY 3-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
SQUAT	60%X5X8-12	60%X10X3		75%X5X3		
OLYMPIC SQUAT	65%X3X8-10	65%X3X5		80%X2X2-4		
PAUSE SQUAT	55%X3X10-12	55%X3X6-8		70%X3X4-6		
LEG EXTENSION	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
STANDING CALF	3X15	3X15		3X15		
SEATED CALF	3X15	3X15		3X15		
WEIGHTED PLANK	3X30 SEC	3X45 SEC		3X60 SEC		
DAY 4-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
BENTOVER ROWS	5X10	5X8		5X6		
CHINUPS	3XAMAP	3XAMAP		3XAMAP		
STR ARM PULLDOWN	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
WT BACK EXT	3X15	3X15		3X15		
1 ARM PULLDOWN	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
HAMMER CURLS	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
INCLINE DB CURLS	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
STR BAR CURL	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
ROPE CURLS	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
DAY 5-WK 1	TOTALS	WK 2	TOTALS	WK 3	TOTALS	
INCLINE BENCH	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
MACHINE FLYE	3X15	3X15		3X15		
DECLINE BENCH	3X12, 10, 8	3X12, 10, 8		3X12, 10, 8		
BLOCK PUSHUPS	3X15	3X15		3X15		
DIPS	3X15	3X15		3X15		
DB SKULLCRUSHERS	3X15	3X15		3X15		
ROPE PUSHDOWN	3X15	3X15		3X15		
REVERSE CABLE EXT	3X15	3X15		3X15		