

PHASE 3 POWERLIFTING PROGRAM				
DAY 1-WK 1		TOTALS	WK 2	TOT
OLYMPIC SQUAT	80%X5X6-8		85%X5X6-8	
PAUSE SQUAT	145-155LB 3X10-12		155-165LB 3X10-12	
WALKING DB LUNGES	4X15,12,12,10		4X15,12,12,10	
STRAIGHT LEG DEADLIFT	4X15,12,12,10		4X15,12,12,10	
VERTICAL LEG PRESS	4X15,12,12,10		4X15,12,12,10	
VACUUMS	3X30 SEC		3X45 SEC	
DAY 2-WK 1		TOTALS	WK 2	TOT
BENCH	85%X5X6-8		90%X5X6-8	
PAUSE BENCH 1"	75%X4X8-10		80%X4X8-10	
DB LATERAL RAISE	4X15,12,12,10		4X15,12,12,10	
DB FRONT RAISE	4X15,12,12,10		4X15,12,12,10	
1 ARM LOW CABLE FLYE	4X15,12,12,10		4X15,12,12,10	
DB SKULLCRUSHERS	4X15,12,12,10		4X15,12,12,10	
DAY 3-WK 1		TOTALS	WK 2	TOT
DEADLIFT	85%X5X3-5		90%X5X3-5	
3" BLOCK PULLS	85%X5X10-12		90%X5X10-12	
BENTOVER ROWS	4X15,12,12,10		4X15,12,12,10	
STR BAR CURL	4X15,12,12,10		4X15,12,12,10	
DB INCLINE ROWS	4X15,12,12,10		4X15,12,12,10	
DB INCLINE CURL	4X15,12,12,10		4X15,12,12,10	
DAY 4-WK 1		TOTALS	WK 2	TOT
OLYMPIC SQUAT	75%X5X8-10		80%X5X8-10	
PAUSE SQUAT	155LB X3X10-12		165LBX3X10-12	
WALKING DB LUNGES	4X15,12,12,10		4X15,12,12,10	
ROPE PULL THRUS	4X15,12,12,10		4X15,12,12,10	
VACUUMS	3X30 SEC		3X45 SEC	
DAY 5-WK 1		TOTALS	WK 2	TOT
BENCH-SLINGSHOT	95%X5X4-6		95%X5X5-7	
DEADLIFT	90%X5X3		90%X5X3	
STANDING SHOULDER PRESS	4X15,12,12,10		4X15,12,12,10	

ALS	WK 3	TOTALS
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90%X5X6-8  
175-185LB 3X10-12  
4X15,12,12,10  
4X15,12,12,10  
4X15,12,12,10  
3X60 SEC

ALS	WK 3	TOTALS
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95%X5X6-8  
85%X4X8-10  
4X15,12,12,10  
4X15,12,12,10  
4X15,12,12,10  
4X15,12,12,10

ALS	WK 3	TOTALS
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95%X5X3-5  
95%X5X10-12  
4X15,12,12,10  
4X15,12,12,10  
4X15,12,12,10  
4X15,12,12,10

ALS	WK 3	TOTALS
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85%X5X8-10  
185LBX3X10-12  
4X15,12,12,10  
4X15,12,12,10  
3X60 SEC

ALS	WK 3	TOTALS
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95%X5X6-8  
90%X5X3  
4X15,12,12,10