

PHASE 2 POWERLIFTING PROGRAM						
DAY 1-WK 1		TOTALS	WK 2	TOTALS	WK 3	TOTALS
SQUAT	65%X8X3		80%X5X2		75%X3X6-10	
OLYMPIC SQUAT	70%X3X4		85%X2X1-3		80%X3X6-8	
PAUSE SQUAT	60%X3X5-7		75%X3X3-5		70%X3X8-10	
WALKING DB LUNGES	3 SETS		3 SETS		3 SETS	
STANDING CALF	3X15		3X15		3X15	
PLANK	3X30 SEC		3X45 SEC		3X60 SEC	
CARDIO	20 MIN RUN/WALK		20 MIN RUN/WALK		20 MIN RUN/WALK	
DAY 2-WK 1		TOTALS	WK 2	TOTALS	WK 3	TOTALS
BENCH	75%X2-3X6-10		85%X3X2		70%X6X3	
CLOSEGRIP BENCH	80%X2X5-7		90%X2X1-2		75%X2X4	
PAUSE BENCH 1"	70%X2-3X8-10		80%X2X3-5		65%X2-3X3-6	
DB LATERAL RAISE	12,10,8		12,10,8		12,10,8	
DB FRONT RAISE	12,10,8		12,10,8		12,10,8	
REAR DELTS	12,10,8		12,10,8		12,10,8	
ROPE PULLDOWN	12,10,8		12,10,8		12,10,8	
DB SKULLCRUSHERS	12,10,8		12,10,8		12,10,8	
CARDIO	20 MIN RUN/WALK		20 MIN RUN/WALK		20 MIN RUN/WALK	
DAY 3-WK 1		TOTALS	WK 2	TOTALS	WK 3	TOTALS
DEADLIFT	85%X3X2		70%X6X3		75%X2-3X6-10	
3" BLOCK PULLS	90%X2X1-2		75%X2X4		80%X2X4-6	
BENTOVER ROWS	5X8		5X6		5X5	
HAMSTRING CURLS	12,10,8		12,10,8		12,10,8	
DB INCLINE ROWS	12,10,8		12,10,8		12,10,8	
STR BAR CURL	12,10,8		12,10,8		12,10,8	
DB INCLINE CURL	12,10,8		12,10,8		12,10,8	
WRIST ROLLER	3 SETS		3 SETS		3 SETS	
PLANK	3X30 SEC		3X45 SEC		3X60 SEC	
CARDIO	20 MIN RUN/WALK		20 MIN RUN/WALK		20 MIN RUN/WALK	
DAY 4-WK 1		TOTALS	WK 2	TOTALS	WK 3	TOTALS
SQUAT	70%X3X8-12		70%X6X3		85%X3X2	
OLYMPIC SQUAT	75%X3X8-10		75%X3X3-5		90%X2X1-2	
PAUSE SQUAT	65%X3X10-12		65%X3X4-6		80%X3X2-4	
LEG EXTENSION	12,10,8		12,10,8		12,10,8	
SPLIT SQUAT	12,10,8		12,10,8		12,10,8	
SEATED CALF RAISE	12,10,8		12,10,8		12,10,8	
PLANK	3X30 SEC		3X45 SEC		3X60 SEC	
CARDIO	20 MIN RUN/WALK		20 MIN RUN/WALK		20 MIN RUN/WALK	
DAY 5-WK 1		TOTALS	WK 2	TOTALS	WK 3	TOTALS
MILITARY PRESS	60/70/80%X5		65/75/85%X3		70X5, 80X3, 90%X1+	
FACE PULLS	12,10,8		12,10,8		12,10,8	
INCLINE BB BENCH	12,10,8		12,10,8		12,10,8	
REVERSE FR. RAISE	12,10,8		12,10,8		12,10,8	
HAMMER CURL	12,10,8		12,10,8		12,10,8	
EZ CURL	12,10,8		12,10,8		12,10,8	
DIPS	12,10,8		12,10,8		12,10,8	
OH TRICEP EXT	12,10,8		12,10,8		12,10,8	
CARDIO	20 MIN RUN/WALK		20 MIN RUN/WALK		20 MIN RUN/WALK	