

EXERCISE *with Style*

10-Week Powerlifting Program with PDF

The following powerlifting programs are designed with different skill levels in mind.

The first program is for those new to the big three lifts and heavier strength training in general.

The next program is for more experienced lifters with a solid grasp on compound lifts and those who know how to lift heavy.

Both programs are progressive in nature, so they can be followed consistently with the outcome of increasing strength in mind.

Take these examples as templates that you can experiment with. Modify if needed to better suit your personal goals.

Powerlifting Program for Beginners

This beginner powerlifting program involves training the full body, three times per week.

The focus is on building up to the big three lifts and being able to perform several heavy sets of each with good technique.

After two phases of preparing the joints, connective tissues, and muscles, there's a deload week before the final phase of powerlifting exercises.

In each phase, focus on reaching the recommended repetitions with great technique before increasing the weight.

For the squat, bench press, and deadlift - as well as their variants - increase the weight by 5lbs (2.5kg) for the bench and squat, and 10lbs (5kg) for the deadlift.

Weekly Schedule:

Monday: Training Session

Tuesday: Rest/cardio/recovery

Wednesday: Training Session

Thursday: Rest/cardio/recovery

Friday: Training Session

Saturday: Rest/cardio/recovery

Sunday: Rest

Weeks 1-3

Exercise	Sets x Reps	Rest
Counterbalance squat	3x10	1-2 mins
Push-ups	3x20	1-2 mins
Inverted rows	3x10	1-2 mins

Weeks 4-6

Exercise	Sets x Reps	Rest
Squat with banded knees	4x8	2-3 mins
Dumbbell bench press	4x8	2-3 mins
Romanian deadlift	4x8	2-3 mins

Week 7

Exercise	Sets x Reps	Rest
Bodyweight squat	3x20	1 min
Bench Press	3x20	1-2 mins
Deadlift	3x10	1-2 mins

Weeks 8-10

Exercise	Sets x Reps	Rest
Squat	5x5	3-5 mins
Bench Press	5x5	3-5 mins
Deadlift	5x5	3-5 mins

Advanced Powerlifting Program

This advanced powerlifting program is about one thing - increasing your 1RMs on the big three.

To do this, the three weekly workouts are divided into a squat, bench, and deadlift focus.

Each phase starts with a different accessory exercise, to build up over five sets to perform a final 1RM attempt.

Following this are several supplementary exercises to strengthen the muscle groups recruited in that day's big lift.

Over the 10 weeks, these phases will culminate in a deload week (week nine), before the final 'peak' week where you'll test your new PRs for the big three.

In each phase, focus on increasing the weight for the first exercise wherever possible (assuming correct form).

You can progress intensity or volume on the other exercises, but regulate them each session depending on your energy levels.

Weekly Schedule:

Monday: Squat Session

Tuesday: Rest/cardio/recovery

Wednesday: Bench Session

Thursday: Rest/cardio/recovery

Friday: Deadlift Session

Saturday: Rest/cardio/recovery

Sunday: Rest

Weeks 1-3

Squat Session

Exercise	Sets x Reps	Rest
Banded squat	5x work up to 1RM	3-5 min
Reverse lunge	3x6 each side	1-2 min
Squat hold	3 x 1 min	1 min
Speed squat	3x8	1 min

Bench Session

Exercise	Sets x Reps	Rest
Banded bench press	5x work up to 1RM	3-5 min
Incline press	3x6	2-3 min
Pull-ups	3xMAX	3-5 min
Skull crushers	3x8	1-2 min

Deadlift Session

Exercise	Sets x Reps	Rest
Banded deadlift	5x work up to 1RM	3-5 min
Barbell row	3x6	3-5 min
Barbell glute bridge	3x8	2-3 min
Back extension	3x10	1-2 min

Weeks 4-6

Squat Session

Exercise	Sets x Reps	Rest
Front squat	5x work up to 1RM	3-5 min
Reverse lunge	3x6 each side	1-2 min
Squat hold	3 x 1 min	1 min
Speed squat	3x8	1 min

Bench Session

Exercise	Sets x Reps	Rest
Close-grip incline press	5x work up to 1RM	3-5 min
Incline press	3x6	2-3 min
Pull ups	3xMAX	3-5 min
Skull crushers	3x8	1-2 min

Deadlift Session

Exercise	Sets x Reps	Rest
Deficit deadlift	5x work up to 1RM	3-5 min
Barbell row	3x6	3-5 min
Barbell glute bridge	3x8	2-3 min
Back extension	3x10	1-2 min

Weeks 7-8

Squat Session

Exercise	Sets x Reps	Rest
Box squat	5x work up to 1RM	3-5 min
Reverse lunge	3x6 each side	1-2 min
Squat hold	3 x 1 min	1 min
Speed squat	3x8	1 min

Bench Session

Exercise	Sets x Reps	Rest
Overhead press	5x work up to 1RM	3-5 min
Incline press	3x6	2-3 min
Pull-ups	3xMAX	3-5 min
Skull crushers	3x8	1-2 min

Deadlift Session

Exercise	Sets x Reps	Rest
Rack pull	5x work up to 1RM	3-5 min
Barbell row	3x6	3-5 min
Barbell glute bridge	3x8	2-3 min
Back extension	3x10	1-2 min

Week 9

Squat Session

Exercise	Sets x Reps	Rest
Squat	3x10	2-3 min

Bench Session

Exercise	Sets x Reps	Rest
Bench press	3x10	2-3 min

Deadlift Session

Exercise	Sets x Reps	Rest
Deadlift	3x10	2-3 min

Week 10

Squat Session

Exercise	Sets x Reps	Rest
Squat	5x work up to 1RM	3-5 min

Bench Session

Exercise	Sets x Reps	Rest
Bench press	5x work up to 1RM	3-5 min

Deadlift Session

Exercise	Sets x Reps	Rest
Deadlift	5x work up to 1RM	3-5 min