

Training Program – Male – Powerlifting with Non-Gym Option Weekend Workouts

Per Exercise Warm-Ups

In our program warm up sets are not listed as part of the set count; what's written in the program is the number of working sets. So, for each exercise you may need to perform 1-2 practice sets to find a good working weight and fine tune form for that specific exercise, these types of sets are beneficial so do them when it feels appropriate but these sets do not count towards your listed set count. Each week when you repeat the workout you'll have a better idea of starting weight, so if you're patient and figure out the right weights the first week the remaining workouts will be less mental effort

*Resource: <https://www.podbean.com/eu/pb-upzpk-c364f3>

*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

Rest Times

Try to stay within the prescribed rest times, this helps us build up your cardiovascular endurance and working volume tolerance; both of which can improve recovery and allow us to make more progress long-term

*Resource: <https://www.podbean.com/eu/pb-uibzt-cf613d>

“Circuit”

Circuit = two or more exercises performed back-to-back without rest between the exercises. Set up each exercise in the circuit. Practice each exercise with ~1-3 submaximal sets increasing weight each set working up to maximal effort weight for the listed rep range. Aim to start the first working set of all exercises on the same set. On all sets the intention is to perform the exercises in the order written with as little rest as possible between the exercises. Once a set of each exercise is performed you would then rest for the listed rest time, adjust weights if needed, and then perform the next set of all exercises again with as little rest as possible between each exercise. Repeat this pattern until the listed number of working sets is achieved

*Resource: <https://www.podbean.com/eu/pb-sisge-b51a86>

How Do I Select the Right Weight?

For all exercises we're looking for a weight that causes you to feel challenged to maintain good form, but you're actually able to maintain good form. So, not so light that it isn't difficult, but not so heavy that you can't do the exercise properly

*Resource: <https://www.podbean.com/eu/pb-7cbmi-d6f9bd>

*Resource: <https://www.podbean.com/eu/pb-quh77-edc1a9>

Weekly Progressions

In our program exercises are repeated each week. Our goal the first week is to learn the technique of the exercises and to challenge yourself aiming for the upper end of the rep ranges listed for the exercises. The second through fourth weeks we want to continue to improve technique but also challenge the body by trying to increase weight used and/or reps performed within the listed rep range. This increasing challenge from week to week will ensure the body feels the need to progress and make adaptations based on the desired training outcome.

*Resource: <https://www.podbean.com/eu/pb-d2c5z-e3ff6f>

Videos

Record videos of any exercises you want me to check your form on. Make the viewpoint an angle that allows me to see the form correctly; usually this is a side view or a ¾ side view. You can send the videos via Instagram, text message, or Facebook Messenger. If you're uncertain of any exercise make sure you send videos the first week so we can ensure the technique is correct through the following weeks

*Resource: <https://www.podbean.com/eu/pb-vhayu-a1d02c>

Gym / Equipment

Union Fitness

Wednesday – Squat

Circuit: ~minimal rests

- Spiderman Lunge with Reach
 - *Video – 2:01 mark - <https://www.youtube.com/watch?v=sYrIMdOBHkg>
 - All Weeks – 3 sets of 5 reps per side
- Plank into Pike with Single Leg Raise
 - *Video - <https://www.youtube.com/watch?v=E6c0QfT5K4M>
 - All Weeks – 3 sets of 5 reps per leg
- Spiderman Lunge with Hip Lift
 - *Video – 0:53 mark - <https://www.youtube.com/watch?v=hAjtWiBpAto>
 - All Weeks – 3 sets of 5 reps per side

Circuit: ~1-3 min rests

- Kettlebell Half Kneeling Adductor Stretch
 - *Video - <https://www.youtube.com/watch?v=YTOKUNuY7QM>
 - All Weeks – 3 sets of 5 pulses per side
- Side Lunge Jumps
 - *Video - <https://www.youtube.com/watch?v=FIP3ia3kZao>
 - All Weeks – 3 sets of 5 reps per side (10 total jumps)
- Kneeling Jump into Pistol Squat
 - *Video – 2:01 mark - <https://www.youtube.com/watch?v=ZIXn1Ex-tGY>
 - All Weeks – per leg – 3 sets of 3 reps

Main Lift

- Weeks 1 & 3
 - Camber Bar Squats
 - *Video - <https://www.youtube.com/watch?v=xQhGZTIOMyA>
 - Week 1:
 - 345lb – 5 set of 2 reps with ~5 min rests
 - 455lb – Lockout hold for 10 seconds
 - Week 3:
 - 345lb – 5 set of 2 reps with ~5 min rests
 - 455lb – Lockout hold for 10 seconds
- Weeks 2 & 4
 - BB Squat – Competition Style
 - *Video 1 – <https://www.youtube.com/watch?v=2t6-myXcV3I>
 - *Video 2 – <https://www.youtube.com/watch?v=7A4R-o2xg3o>
 - Week 2:
 - 165kg/365lb – 1 rep
 - 175kg/385lb – 1 rep
 - 185kg/405lb – 1 rep
 - 192.5kg/425lb – 2 single reps with ~5 min rest between
 - Week 4:
 - 165kg/365lb – 1 rep
 - 175kg/385lb – 1 rep
 - 185kg/405lb – 1 rep
 - 192.5kg/425lb – 1 rep
 - 200kg/440lb – 2 single reps with ~5 min rest between

Thursday – Bench & Deadlift

Lacrosse Ball Rolling Chest Muscle

- *Video - <https://youtu.be/MD9gtluhgaY>
- Stretch each side for ~60 seconds

Circuit: ~minimal rests

- Glute Bridge with Thoracic Reach
 - *Video - <https://www.youtube.com/watch?v=097uxi1UmvQ>
 - All Weeks – 3 sets of 10 reps (5 reps per side)
- Single Leg Glute Bridge with Non-Working Leg Extended
 - *Video - https://www.youtube.com/watch?v=i_OjwVlsx80
 - All Weeks – 3 sets of 5 reps per leg
- Plank – Side Plank from Elbow – Adductor Raises
 - *Video - <https://www.youtube.com/watch?v=tGSs9yzTxbQ>
 - All Weeks – 3 sets of 5 reps with a 3-count squeeze per leg
- Starfish Side Plank Raises from Elbow
 - *Video - <https://www.youtube.com/watch?v=2YLxjHt6EdQ>
 - Shown as a single rep with hold however we want to perform reps by holding for a “1-2” count and then drop back to the starting position with the hip on the ground – repeat this for “reps”
 - All Weeks – 3 sets of 5 reps per side
- Lying Chest Stretch with Scorpion
 - *Video – 0:09 mark - <https://www.youtube.com/watch?v=hN5AAiLLm6Y>
 - All Weeks – 3 sets of 5 reps per side

BB Bench Press – Competition Style

- *Video - <https://youtu.be/gQkdEg-G1Vc>
- All Weeks:
 - Warm up to 275lb x 1 rep
 - 335lb Lockout Hold for 10 seconds
 - 290lb – 3 sets of 1 rep with ~3-5 min rests

BB Guillotine Press

- *Video - <https://www.youtube.com/watch?v=FiNCOHsdiMc>
 - Perform with 3-count eccentric & 1-count pause at the bottom as explained in the video
- All Weeks – 3 sets of 4-8 reps with ~3-5 min rests

Larsen Press

- *Video - https://www.youtube.com/watch?v=llt0GuTwB_Y
- All Weeks – 1 set of 225lb to good form failure

BB Sumo Deadlift

- *Sumo Deadlift Basic Technique - <https://www.youtube.com/watch?v=hL68Cfkfs9k>
- *Bracing Concept - <https://youtu.be/58XrN5u1F6U>
- Week 1 – 565lb – 3 single reps with ~3-5 min rests
- Week 2 – 505lb – 3 single reps with ~1-3 min rests
 - Lighter – Focus on starting position and fighting positional loss coming off the floor
- Week 3 – 565lb – 3 single reps with ~3-5 min rests
- Week 4 – 505lb – 3 single reps with ~1-3 min rests
 - Lighter – Focus on starting position and fighting positional loss coming off the floor

Friday/Saturday – Lower Body Accessories – At Union

45-degree Hyperextensions – Neutral Position

- *Video – 0:23 mark - <https://www.youtube.com/watch?v=r7p850OneLo>
- Week 1 – 3 sets of 10-20 reps
 - Hold DB at chest for resistance
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

45-degree Hyperextensions – Glute Focus

- *Video – 0:31 mark - <https://www.youtube.com/watch?v=r7p850OneLo>
- Week 1 – 3 sets of 10-20 reps
 - Hold DB at chest for resistance
- Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~3-5 min rests

- GHD Back Raise – Lumbar Release variation
 - *Video – 1:52 mark - <https://www.youtube.com/watch?v=e7hyRzQnhRE>
 - Keep the Glutes tight and allow the Lumbar spine to stretch and squeeze – this is much different than most tutorial videos will show but is intentionally focused on blood flow into the lumbar spine for muscular strength and recovery
 - Week 1 – 3 sets of 6-10 reps
 - Hold DB or weight plate at chest for resistance
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range
- GHD Harop Curl
 - *Video - https://www.youtube.com/watch?v=z653_u46cQQ
 - Week 1 – 3 sets of 6-10 reps
 - Hold DB or weight plate at chest for resistance
 - Weeks 2-4 – Improve Weekly – Add weight or reps within the listed rep range

Circuit: ~3-5 min rests

- Copenhagen Lifts
 - *Video – <https://www.youtube.com/watch?v=Fj4khSc5ZJ0>
 - All Weeks – per leg – 3 sets of 5 reps with a 1-count hold at the top
- Loaded Depth Jump
 - *Video - <https://www.youtube.com/watch?v=SGb5-OebYvQ>
 - Shows KBs but you can use DBs if needed
 - All Weeks – 3 sets of 3 reps
 - Weeks 2-4 – Improve Weekly – Try to add weighted resistance or add height on the “rebound” jump
- Body Weight Backward Walking Lunges
 - *Video - <https://www.youtube.com/watch?v=InmHgtsSbOA>
 - Notice the emphasis of pushing the knee over the toes to start each rep
 - All Weeks – 3 sets of 20 steps

Saturday/Sunday/Monday – Upper Body Accessories – Possibly Traveling

Circuit: ~minimal rests

- Lying Chest Stretch with Scorpion
 - *Video – 0:09 mark - <https://www.youtube.com/watch?v=hN5AAiLLm6Y>
 - All Weeks – 3 sets of 5 reps per side
- Plank – Side Plank from Elbow – Hip Dips
 - *Video – 1:13 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - All Weeks – 3 sets of 5 reps per side
- Plank – Side Plank from Elbow – Knee Tucks
 - *Video – 2:10 mark - <https://www.youtube.com/watch?v=bHOteDDCrLs>
 - All Weeks – 3 sets of 5 reps per side

Circuit: 3 min rests

- Explosive Push Up Clap into One Hand Land: ~1-2 min rests
 - *Video - https://www.instagram.com/p/B99TkQ8Dj1_/?igshid=1vsqdasd4k36g
 - Alternate landing hand
 - All Weeks – 3 sets of 4 reps
- Extended Plank for Lats – on Hands
 - *Video - <https://www.youtube.com/watch?v=oihhz9LAMXg>
 - Week 1 – 3 sets of 15 seconds effort
 - Weeks 2-4 – Improve Weekly – Each week add 5 seconds of effort

Circuit: 3 min rests

- Push Up with Extreme Scapular Protraction
 - *Video - <https://www.youtube.com/watch?v=8nqDzIfQpql>
 - All Weeks – 3 sets of 5 reps
- Forearm Push Up
 - *Video - <https://www.youtube.com/watch?v=lqLInqgLNNE>
 - All Weeks – 3 sets of 10 reps
- Push Up 21's
 - *Video - https://www.youtube.com/watch?v=DI60_wgJmxY
 - Week 1 – 3 sets of 3-10 reps per section (top ½, bottom ½, full)
 - Weeks 2-4 – Improve Weekly – Aim to add 1 rep in one or more of the sections per set per week
- YTW on Floor
 - *Video – 2:05 mark - <https://www.youtube.com/watch?v=7S8B1tPEbHE>
 - All Weeks – 3 sets of 10 reps of each position (10 reps of Y, 10 reps of T, & 10 reps of W = 1 set)