

Powerlifting Program (5 Days per Week)

Focus: Strength gains, compound lifts, progressive overload

Schedule:

- **Day 1:** Squat Focus
- **Day 2:** Bench Press Focus
- **Day 3:** Deadlift Focus
- **Day 4:** Accessory Work (Upper Body)
- **Day 5:** Accessory Work (Lower Body)
- **Day 6:** Rest
- **Day 7:** Rest

Day 1 - Squat Focus

1. **Back Squat (Work up to a heavy set of 3-5 reps)** – 5 sets × 3-5 reps
 2. **Front Squat** – 3 sets × 5-6 reps
 3. **Bulgarian Split Squats** – 3 sets × 8 reps per leg
 4. **Leg Press** – 3 sets × 8-10 reps
 5. **Romanian Deadlifts (RDLs)** – 3 sets × 6-8 reps
 6. **Core Work (Planks or Hanging Leg Raises)** – 3 sets
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Day 2 - Bench Press Focus

1. **Barbell Bench Press (Work up to a heavy set of 3-5 reps)** – 5 sets × 3-5 reps
 2. **Incline Dumbbell Press** – 3 sets × 6-8 reps
 3. **Close-Grip Bench Press** – 3 sets × 6-8 reps
 4. **Dumbbell Chest Flys** – 3 sets × 10-12 reps
 5. **Tricep Dips (Weighted if possible)** – 3 sets × 8-10 reps
 6. **Overhead Tricep Extensions (Dumbbell or Cable)** – 3 sets × 12-15 reps
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Day 3 - Deadlift Focus

1. **Deadlift (Work up to a heavy set of 3-5 reps)** – 5 sets × 3-5 reps
 2. **Deficit Deadlifts or Rack Pulls** – 3 sets × 5-6 reps
 3. **Barbell Rows or T-Bar Rows** – 4 sets × 6-8 reps
 4. **Pull-Ups or Lat Pulldowns** – 4 sets × 6-8 reps
 5. **Hammer Curls** – 3 sets × 8-10 reps
 6. **Face Pulls** – 3 sets × 12-15 reps
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Day 4 - Accessory Work (Upper Body)

1. **Overhead Press (Barbell or Dumbbell)** – 4 sets × 6-8 reps
 2. **Dumbbell Rows** – 4 sets × 8-10 reps
 3. **Dumbbell Lateral Raises** – 3 sets × 12 reps
 4. **Barbell or Dumbbell Curls** – 3 sets × 8-10 reps
 5. **Tricep Pushdowns (Cable or Rope)** – 3 sets × 12-15 reps
 6. **Core Work (Cable Crunches or Ab Rollouts)** – 3 sets
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Day 5 - Accessory Work (Lower Body)

1. **Paused Squats** – 3 sets × 5 reps
 2. **Leg Press** – 4 sets × 8-10 reps
 3. **Lunges (Walking or Stationary)** – 3 sets × 8-10 reps per leg
 4. **Hamstring Curls (Machine or Dumbbell)** – 3 sets × 10-12 reps
 5. **Standing or Seated Calf Raises** – 4 sets × 12-15 reps
 6. **Core Work (Russian Twists or Cable Woodchoppers)** – 3 sets
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Progression & Notes:

- **Progressive Overload:** Increase the weight on your main lifts (squat, bench, deadlift) by 2.5-5 lbs each week, focusing on steady progression.
- **Rest Periods:**
 - Compound lifts (squat, bench, deadlift): 3-5 minutes rest
 - Accessory lifts: 60-90 seconds rest
- **Warm-Up:** Start with dynamic stretches, mobility work, and light warm-up sets (especially for main lifts).
- **Recovery:** Ensure you're getting enough sleep, proper nutrition (with an emphasis on protein and carbs), and hydration.