

DEADLIFT 3.0

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MASSTHETICS
POWER  SYSTEMS



WEEK 1

DAY 1

Comp Stance DL 80% 3x5
Hamstring Movement x2 3x15

DAY 2

Comp Stance DL 75% 10x3
Front Squat 70% 3x5

DAY 3

High Bar Squat (pause) 70% 3x5
Deficit DL 60% 3x10

WEEK 2

DAY 1

Comp Stance DL 85% 3x5
Snatch Grip DL 75% 3x6

DAY 2

Comp Stance DL 75% 10x3
Front Squat 70% 3x5

DAY 3

High Bar Squat (pause) 75% 3x5
Deficit DL 65% 3x10

WEEK 3

DAY 1

Comp Stance DL 85% 3x6
Snatch Grip DL 75% 3x8

DAY 2

Comp Stance DL 80% 10x3
Front Squat 75% 3x5

DAY 3

High Bar Squat (pause) 75% 3x6
Deficit DL 70% 3x10

WEEK 4

DAY 1

Comp Stance DL 85% 4x5
Snatch Grip DL 75% 3x6

DAY 2

Comp Stance DL 85% 10x2
Front Squat 75% 3x6

DAY 3

High Bar Squat (pause) 75% 4x6
Deficit DL 75% 3x8



WEEK 5

DAY 1

Comp Stance DL 90% 4x3
Snatch Grip DL 75% 3x8

DAY 2

Comp Stance DL 85% 10x3
Front Squat 75% 3x8

DAY 3

High Bar Squat (pause) 75% 5x6
Deficit DL 75% 4x8

WEEK 6

DAY 1

Comp Stance DL 95% 6x2
Snatch Grip DL 75% 3x6

DAY 2

Comp Stance DL 85% 10x2
Front Squat 75% 3x6

DAY 3

High Bar Squat (pause) 75% 5x3
Deficit DL 75% 4x6