

3.0

FULL POWER



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MASSTHETICS
POWER  SYSTEMS



WEEK 1

DAY 1 LOWER

6 inch Block Pull- Work up to Heavy Set of 5
 75% 3x3-5-Stiff leg Conventional Deadlift
 70% 3x3-5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

Close Grip Paused Bench -Work up to Heavy Set of 5
 80% 3x3-Competition Grip Paused Bench
 70% 3x3-5-Floor Press Paused

DAY 3 LOWER

70 % 3x8-10 High Bar Squat Paused
 80% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
 60% 3xAMRAP Sumo

DAY 4 UPPER

70 % 3xAMRAP Comp. Grip Paused
 60% 3xAMRAP Close Grip Paused
 50% 3xAMRAP Floor Press
 Isolation Tricep Movement 4x12-15
 Isolation Tricep Movement 4x12-15

WEEK 2

DAY 1 LOWER

6 inch Block Pull- Work up to Heavy Set of 3
 75% 3x5-6-Stiff leg Conventional Deadlift
 70% 3x5-6-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

Close Grip Paused Bench-Work up to Heavy Set of 3
 80% 4x3-Competition Grip Paused Bench
 70% 4x5-Floor Press Paused

DAY 3 LOWER

75 % 3x8 High Bar Squat Paused
 80% 4x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
 65% 3xAMRAP Sumo

DAY 4 UPPER

75 % 3xAMRAP Comp. Grip Paused
 65% 3xAMRAP Close Grip Paused
 55% 3xAMRAP Floor Press
 Isolation Tricep Movement 4x12-15
 Isolation Tricep Movement 4x12-15



WEEK 3

DAY 1 LOWER

6 inch Block Pull- Work up to Heavy Set of 2
75% 4x5-Stiff leg Conventional Deadlift
75% 4x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

Close Grip Paused Bench-Work up to Heavy Set of 2
85% 4x3-Competition Grip Paused Bench
75% 4x5-Floor Press Paused

DAY 3 LOWER

80% 3x8 High Bar Squat Paused
80% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
70% 3xAMRAP Sumo

DAY 4 UPPER

80 % 3xAMRAP Comp Grip Paused
70% 3xAMRAP Close Grip Paused
60% 3xAMRAP Floor Press
Isolation Tricep Movement 5x12-15
Isolation Tricep Movement 5x12-15

WEEK 4

DAY 1 LOWER

Comp. Stance DL from Floor- Work up to Heavy Set of 5
75% 5x5-Stiff leg Conventional Deadlift
75% 5x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

Comp. Grip Paused Bench-Work up to Heavy Set of 5
85% 5x3-Competition Grip Paused Bench
75% 5x5-Floor Press Paused

DAY 3 LOWER

85% 3x8 High Bar Squat Paused
85% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
75% 3xAMRAP Sumo

DAY 4 UPPER

85 % 3xAMRAP Comp. Grip Paused
75% 3xAMRAP Close Grip Paused
65% 3xAMRAP Floor Press
Isolation Tricep Movement 5x20
Isolation Tricep Movement 5x20

WEEK 5

DAY 1 LOWER

Comp. Stance DL from Floor- Work up to Heavy Set of 3
75% 5x5-Stiff leg Conventional Deadlift
75% 5x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)
75% 3x5-Comp Stance Squat

DAY 2 UPPER

Comp. Grip Paused Bench-Work up to Heavy Set of 3
85% 6x3-Competition Grip Paused Bench
75% 5x5-Floor Press Paused

DAY 3 LOWER

80% 3x8 Comp. Stance Squat
85% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
75% 4xAMRAP Sumo

DAY 4 UPPER

85 % 4xAMRAP Comp. Grip Paused
75% 4xAMRAP Close Grip Paused
65% 4xAMRAP Floor Press
Isolation Tricep Movement 5x20
Isolation Tricep Movement 5x20

WEEK 6

DAY 1 LOWER

Comp. Stance DL from Floor- Work up to Heavy Set of 2
80% 3x5-Stiff leg Conventional Deadlift
80% 3x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)
80% 3x5-Comp. Stance Squat

DAY 2 UPPER

Comp. Grip Paused Bench-Work up to Heavy Set of 2
90% 6x2-Competition Grip Paused Bench
80% 3x5-Floor Press Paused

DAY 3 LOWER

85% 3x5 Comp. Stance Squat
85% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
80% 4xAMRAP Sumo

DAY 4 UPPER

90 % 3xAMRAP Comp. Grip Paused
80% 3xAMRAP Close Grip Paused
70% 3xAMRAP Floor Press
Isolation Tricep Movement 5x20
Isolation Tricep Movement 5x20

