

■ DEADLIFT



MASSTHETICS
POWER  SYSTEMS



WEEK 1

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 3-Deficit 3 inch
- 85% 3x3-Deficit 3 inch
- If Sumo-4 inch block-Work up to heavy set of 3
- If Sumo-4 inch block-85% 3x3

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 3x3-5-Stiff leg Conventional Deadlift
- 70% 3x3-5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME/LOW INTENSITY

- 65% 5x5-High Bar Pause Squat
- 55% 3x5-6-Snatch Grip Deadlift
- 50% 3x6-8-Conventional deadlift/Sumo Deadlift (Choose your competition stance)

WEEK 2

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 5-Deficit 3 inch
- 90% 3x3-Deficit 3 inch
- If Sumo-4 inch block-Work up to heavy set of 5
- If Sumo-4 inch block-90% 3x3

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 4x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 4x3-5-Stiff leg Conventional Deadlift
- 70% 4x3-5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 65% 5x6-High Bar Pause Squat
- 55% 3x6-8-Snatch Grip Deadlift
- 50% 3x8-10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)



WEEK 3

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 2-Deficit 3 inch
- 80-85% 3x3-Deficit 3 inch
- If Sumo-4 inch block-Work up to heavy set of 2
- If Sumo-4 inch block-90% 3x3

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 4x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 4x4-5-Stiff leg Conventional Deadlift
- 70% 4x4-5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 70% 5x5-High Bar Pause Squat
- 60% 3x5-6-Snatch Grip Deadlift
- 55% 4x8-10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)

WEEK 4

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 5 Conventional
- 85-90%% 3x3-Conventional
- If Sumo-Work up to heavy set of 5
- 85-90%% 3x3-Sumo

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 4x5-6-Stiff leg Conventional Deadlift
- 70% 4x5-6-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME/LOW INTENSITY

- 75% 5x5-High Bar Squat
- 60% 4x5-Snatch Grip Deadlift
- 60% 4x10-12-Conventional deadlift/Sumo Deadlift (Choose your competition stance)



WEEK 5

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 3 Conventional
- 85% 3x3-Conventional
- If Sumo-Work up to heavy set of 3
- 85% 3x3-Sumo

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 5x5-Stiff leg Conventional Deadlift
- 70% 5x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 80% 4x5-High Bar Squat
- 65% 4x5-Snatch Grip Deadlift
- 65% 4x10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)

WEEK 6

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 2 Conventional
- 85-90% 3x3-Conventional
- If Sumo-Work up to heavy set of 2
- 85-90% 3x3-Sumo

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 85% 3x5-High Bar Squat
- 70% 3x5-Snatch Grip Deadlift
- 70% 3x10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 85% 5x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 80% 5x5-Stiff leg Conventional Deadlift
- 75% 5x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)



WEEK 7

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 3x2 Conventional
- 80-85% 3x3-Conventional (% taken from last weeks heavy set of 2)
- If Sumo-Work up to heavy set of 3x2 (% taken from last weeks heavy set of 2)
- 80-85% 3x3-Sumo (% taken from last weeks heavy set of 2)

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 90% 3x3-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 70% 5x5-Stiff leg Conventional Deadlift
- 65% 5x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 85% 3x8-High Bar Squat
- 70% 3x8-Snatch Grip Deadlift
- 75% 3x10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)

WEEK 8

DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy sets of 4x1 (90-95%) Conventional
- 80-85% 3x3-Conventional
- If Sumo-Work up to heavy set of 4x1 (90-95%)
- 80-85% 3x3-Sumo (% taken from last weeks heavy set of 2)

DAY 2 MODERATE INTENSITY/MODERATE VOLUME

- 95% 4x2-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 70% 3x5-Stiff leg Conventional Deadlift
- 65% 3x5-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 3 ACCESSORY-TECHNIQUE/MODERATE TO HIGH VOLUME

- 85% 3x8-High Bar Squat
- 75% 3x5-Snatch Grip Deadlift
- 75% 4x10-Conventional deadlift/Sumo Deadlift (Choose your competition stance)