

2.0 FULL POWER



MASSTHETICS
POWER  SYSTEMS



WEEK 1

DAY 1 LOWER

- 80% 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 2 UPPER

- 80% 3x4-5-Competition Grip Paused Bench
- 75% 3x3-5-Close Grip Paused Bench
- 70% 3x3-5-Floor Press Paused

DAY 3 LOWER

- 70 % 3x8-10 High Bar Squat
- 60% 3x8-10 Sumo
- 50% 3x5 Paused Conventional

DAY 4 UPPER

- 70 % 5x5-6 Comp Grip Paused
- 60% 3x6-8 Close Grip Paused
- 50% 3x5-6 Floor Press
- Isolation Tricep Movement 3x12-15
- Isolation Tricep Movement 3x12-15

WEEK 2

DAY 1 LOWER

- 85% 3x5-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 2 UPPER

- 80% 4x4-5-Competition Grip Paused Bench
- 75% 4x3-5-Close Grip Paused Bench
- 70% 4x3-5-Floor Press Paused

DAY 3 LOWER

- 75 % 3x8 High Bar Squat
- 65% 3x8 Sumo
- 50% 4x5 Paused Conventional

DAY 4 UPPER

- 75 % 5x5-6 Comp Grip Paused
- 65% 3x6-8 Close Grip Paused
- 55% 3x5-6 Floor Press
- Isolation Tricep Movement 3x12-15
- Isolation Tricep Movement 3x12-15



WEEK 3

DAY 1 LOWER

- 85% 4x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 80% 4x5-6-Stiff leg Conventional Deadlift
- 75% 4x5-6-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

- 85% 3x5-Competition Grip Paused Bench
- 75% 4x6-8-Close Grip Paused Bench
- 75% 4x5-6-Floor Press Paused

DAY 3 LOWER

- 80% 3x6-High Bar
- 70% 4x8 sumo
- 55% 5x5 paused conventional

DAY 4 UPPER

- 80 % 4x5-6 Comp Grip Paused
- 70% 3x5-6 Close Grip Paused
- 60% 3x5 Floor Press
- Isolation Tricep Movement 3x12-15
- Isolation Tricep Movement 3x12-15

WEEK 4

DAY 1 LOWER

- 85% 4x6-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 70% 4x8-Stiff leg Conventional Deadlift
- 75% 4x8-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

- 85% 3x6-Competition Grip Paused Bench
- 75% 4x8-Close Grip Paused Bench
- 75% 4x6-Floor Press Paused

DAY 3 LOWER

- 85% 3x6-High Bar
- 75% 4x8 sumo
- 60% 5x5 paused conventional

DAY 4 UPPER

- 85 % 4x5-6 Comp Grip Paused
- 75% 3x5-6 Close Grip Paused
- 65% 3x5 Floor Press
- Isolation Tricep Movement 3x12-15
- Isolation Tricep Movement 3x12-15

WEEK 5

DAY 1 LOWER

- 90% 4x2-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 3x5-Stiff leg Conventional Deadlift
- 75% 3x6-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

- 85% 4x6-Competition Grip Paused Bench
- 80% 3x5-Close Grip Paused Bench
- 80% 3x5-Floor Press Paused

DAY 3 LOWER

- 80% 3x8-High Bar
- 70% 3x8 sumo
- 55% 3x5 paused conventional

DAY 4 UPPER

- 85% 5x5 Comp Grip Paused
- 80% 3x6 Close Grip Paused
- 70% 4x5 Floor Press
- Isolation Tricep Movement 3x15-20
- Isolation Tricep Movement 3x15-20

WEEK 6

DAY 1 LOWER

- 95% 3x1-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 65% 3x5-Stiff leg Conventional Deadlift
- 60% 3x6-Sumo Deadlift/Conventional Deadlift (Choose your alternate stance)

DAY 2 UPPER

- 90% 4x2-Competition Grip Paused Bench
- 70% 3x5-Close Grip Paused Bench
- 70% 3x5-Floor Press Paused

DAY 3 LOWER

- 90% 3-4x3-High Bar
- 75% 4x8 sumo
- 65% 5x5 paused conventional

DAY 4 UPPER

- 95% 4x2 Comp Grip Paused
- 70% 3x6 Close Grip Paused
- 65% 4x5 Floor Press
- Isolation Tricep Movement 3x15-20
- Isolation Tricep Movement 3x15-20

