

**2.0** DEADLIFT



**MASSTHETICS**  
*POWER*  *SYSTEMS*

## WEEK 1

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 5-6 inch block
- 85% 3x3-6 inch block
- If Sumo-6 inch block-Work up to heavy set of 5
- If Sumo-6 inch block-85% 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 60% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 60% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 50% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 50% 3x5-Front Squat (beltless)
- 50% 3x5-High Bar Squat (beltless)
- Hamstring Isolation Movement of your choice 3x15
- Glute Isolation Movement of your choice 3x15

## WEEK 2

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 3-6 inch block
- 85% 3x3-6 inch block
- If Sumo-6 inch block-Work up to heavy set of 3
- If Sumo-6 inch block-85% 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 65% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 65% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 55% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 55% 3x5-Front Squat (beltless)
- 55% 3x5-High Bar Squat (beltless)
- Hamstring Isolation Movement of your choice 4x15
- Glute Isolation Movement of your choice 4x15



## WEEK 3

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to heavy set of 2-6 inch block
- 85% 3x3-6 inch block
- If Sumo-6 inch block-Work up to heavy set of 2
- If Sumo-6 inch block-85% 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 70% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 70% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 60% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 60% 3x5-Front Squat (beltless) (paused)
- 60% 3x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice 5x15
- Glute Isolation Movement of your choice 5x15

## WEEK 4

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to 3x1 @ 90-95% of last week's heavy set of 2
- 85-90% 3x3-6 inch block
- If Sumo-6 inch block-Work up to 90-95% of last week's heavy set of 2
- If Sumo-6 inch block-85-90% 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 75% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 65% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 65% 3x5-Front Squat (beltless) (paused)
- 65% 3x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice 5x15
- Glute Isolation Movement of your choice 5x15



## WEEK 5

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to 3x1 @ 90-95% of last week's heavy set of 2
- 85-90% 3x3-6 inch block
- If Sumo-6 inch block-Work up to 90-95% of last week's heavy set of 2
- If Sumo-6 inch block-85-90% 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOLUME

- 75% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 75% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 65% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 65% 3x5-Front Squat (beltless) (paused)
- 65% 3x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice 5x15
- Glute Isolation Movement of your choice 5x15

## WEEK 6

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to 5 from floor-Comp stance
- Drop to 85-90% of your top set of 5 for 3x3
- If Sumo- Work up to 5 from floor
- If Sumo-Drop to 85-90% of your top set of 5 for 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOLUME

- 80% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 80% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 70% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 70% 3x5-Front Squat (beltless) (paused)
- 70% 3x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice 5x20
- Glute Isolation Movement of your choice 5x20



## WEEK 7

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to 3 from floor-Comp stance
- Drop to 85-90% of your top set of 3 for 3x3
- If Sumo- Work up to 3 from floor
- If Sumo-Drop to 85-90% of your top set of 3 for 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 85% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 85% 3x5-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 75% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 75% 4x5-Front Squat (beltless) (paused)
- 75% 4x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice (x2) 5x20
- Glute Isolation Movement of your choice (x2) 5x20x2

## WEEK 8

### DAY 1 HIGH INTENSITY/LOW VOLUME

- Work up to 2 from floor-Comp stance
- Drop to 85-90% of your top set of 2 for 3x3
- If Sumo- Work up to 2 from floor
- If Sumo-Drop to 85-90% of your top set of 2 for 3x3

### DAY 2 TECHNIQUE - MODERATE TO HIGH VOULME

- 90% 5x3-Conventional Deadlift/Sumo Deadlift (Choose your competition stance)
- 90% 5x2-Conventional Deadlift/Sumo Deadlift (Choose your opposite stance)
- 80% 3x5- Conventional Paused Deadlift/ Paused Sumo Deadlift (Choose your competition stance)

### DAY 3 ACCESSORY DAY

- 80% 5x5-Front Squat (beltless) (paused)
- 80% 5x5-High Bar Squat (beltless) (paused)
- Hamstring Isolation Movement of your choice (x2) 5x20
- Glute Isolation Movement of your choice (x2) 5x20x2

