



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% 3xAMRAPFloor 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% 3xAMRAPFloor 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% 4xAMRAPFloor 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% 3xAMRAPFloor Press
- Isolation Tricep Movement 5x20
- Isolation Tricep Movement 5x20

