

# DEAD STRONG

FULL 10 WEEK STRENGTH BLOCK



# INSTRUCTIONS

## DIFFICULTY SCALE

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USING THE "DIFFICULTY" SCALE.

5 = VERY COMFORTABLE, AROUND 6/7 REPS LEFT IN THE TANK.

6 = QUITE COMFORTABLE, AROUND 4/5 REPS LEFT IN THE TANK.

7 = SLIGHTLY CHALLENGING, AROUND 4 REPS LEFT IN THE TANK.

8 = CHALLENGING, AROUND 2/3 REPS LEFT IN THE TANK.

9 = VERY CHALLENGING, MAYBE 1 REP LEFT IN THE TANK.

10 = ABSOLUTE MAX FOR REP(S), NOTHING LEFT TO GIVE.

## DELOADING/TESTING

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MAKE SURE YOU FOLLOW THE PROGRAM TO A TEE, INCLUDING DELOAD WEEK AND TESTING WEEK FOR MAXIMUM RESULT.

## DISCLAIMER/WAIVER

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PHYSICAL EXERCISE AND STRENGTH TRAINING CAN BE STRENUOUS AND SUBJECT TO RISK OF SERIOUS INJURY, WE URGE YOU TO OBTAIN A PHYSICAL EXAMINATION FROM A DOCTOR BEFORE USING ANY EXERCISE EQUIPMENT OR PARTICIPATING IN ANY EXERCISE ACTIVITY. YOU AGREE THAT BY PARTICIPATING IN PHYSICAL EXERCISE OR TRAINING ACTIVITIES THAT YOU ARE ARE IN GOOD PHYSICAL CONDITION AND DO NOT SUFFER FROM ANY KNOWN DISABILITY OR CONDITION WHICH WOULD PREVENT OR LIMIT MY PARTICIPATION IN THIS EXERCISE, AND YOU DO SO ENTIRELY AT YOUR OWN RISK.

ANY RECOMMENDATION FOR CHANGES IN DIET INCLUDING THE USE OF FOOD SUPPLEMENTS, WEIGHT REDUCTION AND/OR BODY BUILDING ENHANCEMENT PRODUCTS ARE ENTIRELY YOUR RESPONSIBILITY AND YOU SHOULD CONSULT A PHYSICIAN PRIOR TO UNDERGOING ANY DIETARY OR FOOD SUPPLEMENT CHANGES. YOU AGREE THAT YOU ARE VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES AND USE OF THESE FACILITIES AND PREMISES AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH.

YOU ACKNOWLEDGE THAT YOU HAVE CAREFULLY READ THIS "DISCLAIMER/WAIVER" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. YOU EXPRESSLY AGREE TO RELEASE AND DISCHARGE PALE HORSE POWERLIFTING FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND YOU AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT YOU MAY OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST PALE HORSE POWERLIFTING FOR PERSONAL INJURY OR PROPERTY DAMAGE.

TO THE EXTENT THAT STATUTE OR CASE LAW DOES NOT PROHIBIT RELEASES FOR NEGLIGENCE, THIS RELEASE IS ALSO FOR NEGLIGENCE.

IF ANY PORTION OF THIS RELEASE FROM LIABILITY SHALL BE DEEMED BY A COURT OF COMPETENT JURISDICTION TO BE INVALID, THEN THE REMAINDER OF THIS RELEASE FROM LIABILITY SHALL REMAIN IN FULL FORCE AND EFFECT AND THE OFFENDING PROVISION OR PROVISIONS SEVERED HERE FROM.

# WEEKS 1 - 3

DAY 1	SETS X REPS	DIFFICULTY	WK1	WK2	WK3
BACK SQUATS	5X5	@	7	8	9
PAUSE SQUATS	4X4	@	7	8	9
LEG PRESS	3X20				
LEG EXTENSIONS	4X10				

DAY 2	SETS X REPS				
BENCH PRESS (PAUSED)	5X5	@	7	8	9
CLOSE GRIP BENCH PRESS	3X10				
OVERHEAD STRICT PRESS	4X12				
LAT PULLDOWN	4X12				
SEATED ROW	4X12				
ARMS - BICEPS/TRICEPS	10 SETS				

DAY 3	SETS X REPS				
DEADLIFTS	5X5	@	7	8	9
DEFICIT DEADLIFTS	3X10				
FRONT SQUATS	3X10				
ROMANIAN DEADLIFTS (RDL)	4X12				
ARMS - BICEPS/TRICEPS	10 SETS				

DAY 4	SETS X REPS				
CLOSE GRIP BENCH PRESS	4X6	@	7	8	9
OVERHEAD STRICT PRESS	4X8				
LAT PULLDOWN	4X10				
SEATED ROW	4X10				

DAY 5 OPTION	SETS X REPS				
FRONT SQUATS	5X5	@	7	8	9
LEG PRESS	3X15				
LEG EXTENSIONS	3X20				
LEG CURLS	3X15				
ARMS - BICEPS/TRICEPS	10 SETS				

# WEEKS 4 - 6

DAY 1	SETS X REPS	DIFFICULTY	WK1	WK2	WK3
BACK SQUATS	5X3	@	7	8	9
PAUSE SQUATS	3X3	@	7	8	9
LEG PRESS	3X20				
LEG EXTENSIONS	4X10				
DAY 2	SETS X REPS				
BENCH PRESS (PAUSED)	5X3	@	7	8	9
CLOSE GRIP BENCH PRESS	3X8				
INCLINE DUMBBELL PRESS	4X10				
LAT PULLDOWN	4X10				
SEATED ROW	4X10				
ARMS - BICEPS/TRICEPS	10 SETS				
DAY 3	SETS X REPS				
DEADLIFTS	5X3	@	7	8	9
DEFICIT DEADLIFTS	3X8				
FRONT SQUATS	3X8				
ROMANIAN DEADLIFTS (RDL)	3X10				
ARMS - BICEPS/TRICEPS	10 SETS				
DAY 4	SETS X REPS				
BENCH PRESS (PAUSED)	5X8	@	7	8	9
OVERHEAD STRICT PRESS	4X8				
LAT PULLDOWN	4X12				
SEATED ROW	4X12				
ARMS - BICEPS/TRICEPS	10 SETS				
DAY 5 OPTION	SETS X REPS				
FRONT SQUATS	5X3	@	7	8	9
LEG PRESS	3X10				
LEG EXTENSIONS	4X10				
LEG CURLS	4X10				
ARMS - BICEPS/TRICEPS	10 SETS				



# WEEK 7

DAY 1	SETS X REPS	DIFFICULTY LEVEL
BACK SQUATS	4X2	@ 8 - 9
PAUSE SQUATS	5X3	@ 8 - 9
LEG PRESS	3X12	
LEG EXTENSIONS	4X10	
ARMS - BICEPS/TRICEPS	10 SETS	

DAY 2	SETS X REPS	
BENCH PRESS (PAUSED)	4X2	@ 8 - 9
CLOSE GRIP BENCH PRESS	3X6	@ 8 - 9
INCLINE DUMBBELL PRESS	4X10	
LAT PULLDOWN	4X10	
SEATED ROW	4X10	
ARMS - BICEPS/TRICEPS	10 SETS	

DAY 3	SETS X REPS	
DEADLIFTS	4X2	@ 8 - 9
DEFICIT DEADLIFTS	3X6	@ 8 - 9
FRONT SQUATS	3X8	
ROMANIAN DEADLIFTS (RDL)	3X8	
ARMS - BICEPS/TRICEPS	10 SETS	

DAY 4	SETS X REPS	
BENCH PRESS (PAUSED)	4X6	@ 8 - 9
OVERHEAD STRICT PRESS	3X6	@ 8 - 9
LAT PULLDOWN	4X10	
SEATED ROW	4X10	

DAY 5 OPTION	SETS X REPS	
FRONT SQUATS	4X2	@ 8 - 9
LEG PRESS	3X10	
LEG EXTENSIONS	3X20	
LEG CURLS	3X15	

# WEEK 8

DAY 1	SETS X REPS	DIFFICULTY LEVEL	
BACK SQUATS	3X1	@	9
PAUSE SQUATS	2X2	@	9
LEG PRESS	3X15		
LEG EXTENSIONS	4X15		
ARMS - BICEPS/TRICEPS	6 SETS		

DAY 2	SETS X REPS		
BENCH PRESS (PAUSED)	3X1	@	9
CLOSE GRIP BENCH PRESS	3X5	@	9
INCLINE DUMBBELL PRESS	3X15		
LAT PULLDOWN	3X15		
SEATED ROW	3X15		
ARMS - BICEPS/TRICEPS	6 SETS		

DAY 3	SETS X REPS		
DEADLIFTS	3X1	@	9
DEFICIT DEADLIFTS	3X6	@	9
FRONT SQUATS	3X8		
ROMANIAN DEADLIFTS (RDL)	3X8		
BICEP CURLS	5X8		

DAY 4	SETS X REPS		
BENCH PRESS (PAUSED)	3X5	@	9
OVERHEAD STRICT PRESS	3X10	@	9
LAT PULLDOWN	3X10		
SEATED ROW	3X10		

# WEEK 9 - DELOAD

DAY 1	SETS X REPS	DIFFICULTY LEVEL
BACK SQUATS	3X3	@ 6
PAUSE SQUATS	3X3	@ 6
LEG PRESS	3X20	

DAY 2	SETS X REPS	
BENCH PRESS (PAUSED)	3X3	@ 7
CLOSE GRIP BENCH PRESS	3X8	
INCLINE DUMBBELL PRESS	3X10	
LAT PULLDOWN	3X10	
SEATED ROW	3X10	

DAY 3	SETS X REPS	
DEADLIFTS	3X3	@ 6
FRONT SQUATS	3X8	
ROMANIAN DEADLIFTS (RDL)	3X8	

# WEEK 10 - TESTING

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DAY 1

TEST MAX SQUAT OVER 3 ATTEMPTS

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DAY 2

REST DAY

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DAY 3

TEST MAX BENCH PRESS OVER 3 ATTEMPTS

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DAY 4

REST DAY

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DAY 5

TEST MAX DEADLIFT OVER 3 ATTEMPTS

