
Lineman-Specific Program

4-Week Strength & Power

Gridiron Encyclopedia

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Program Overview

This program is built specifically for offensive and defensive linemen. The emphasis is on raw strength, functional power, and position-specific movement patterns. The 4-day split targets max strength, explosive power, hypertrophy (size), and position-specific work. Heavy compound lifts are the foundation — squat, bench, deadlift, clean, and press. Accessory work focuses on grip strength, core stability, and the ability to move heavy objects. Linemen do not need to run a 4.4 forty — they need to dominate the man across from them for 4-5 seconds every snap.

How to Use This Template

Fill in the "Actual Weight," "Reps Done," and "Notes" columns after each session. Track your progress week-over-week to ensure progressive overload. If you miss a rep target, note the reason and adjust the following session accordingly.

Warm-Up Protocol

- Light bike or walk: 5 minutes
- Foam roll: IT band, quads, upper back, lats — 3 minutes
- Hip circles x 10 each direction
- Band pull-aparts x 15
- Goblet squats x 8
- Push-ups x 10
- Movement-specific warm-up: 2-3 sets at 50-65% of working weight

Week 1 — Foundation

Main lifts at 80% of 1RM. Heavy accessories — push the weight. Rest 3+ minutes between main-lift sets.

Day 1 — Max Strength					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	5 x 3	80%			
Floor Press	4 x 5	80%			
Pendlay Row	4 x 5	80%			
Farmer's Walk	3 x 40yd	Heavy			
Ab Wheel	3 x 10	BW			

Day 2 — Power					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	5 x 2	80%			
Push Press	4 x 3	80%			
Box Squat	4 x 3	80%			
Med Ball Slam	3 x 8	Explosive			
Sled Push	4 x 20yd	Heavy			

Day 3 — Hypertrophy					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Leg Press	4 x 10	Heavy			
DB Bench	4 x 10	Moderate			
Cable Row	4 x 10	Moderate			
Lateral Raises	3 x 15	Light			
Hammer Curl	3 x 12	Moderate			

Day 4 — Position Work					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Fire-Out Drill	4 x 5	Explosive			
Hand Placement Drill	4 x 5	Technique			
Mirror Drill	4 x 30s	Max Effort			
Hip Escape	3 x 5/side	Technique			
Conditioning: Sprints	10 x 10yd	Max Effort			

Week 2 — Build

Main lifts at 82% of 1RM. Heavy accessories — push the weight. Rest 3+ minutes between main-lift sets.

Day 1 — Max Strength					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	5 x 3	82%			
Floor Press	4 x 5	82%			
Pendlay Row	4 x 5	82%			
Farmer's Walk	3 x 40yd	Heavy			
Ab Wheel	3 x 10	BW			

Day 2 — Power					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	5 x 2	82%			
Push Press	4 x 3	82%			
Box Squat	4 x 3	82%			
Med Ball Slam	3 x 8	Explosive			
Sled Push	4 x 20yd	Heavy			

Day 3 — Hypertrophy					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Leg Press	4 x 10	Heavy			
DB Bench	4 x 10	Moderate			
Cable Row	4 x 10	Moderate			
Lateral Raises	3 x 15	Light			
Hammer Curl	3 x 12	Moderate			

Day 4 — Position Work					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Fire-Out Drill	4 x 5	Explosive			
Hand Placement Drill	4 x 5	Technique			
Mirror Drill	4 x 30s	Max Effort			
Hip Escape	3 x 5/side	Technique			
Conditioning: Sprints	10 x 10yd	Max Effort			

Week 3 — Peak

Main lifts at 85% of 1RM. Heavy accessories — push the weight. Rest 3+ minutes between main-lift sets.

Day 1 — Max Strength					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	5 x 3	85%			
Floor Press	4 x 5	85%			
Pendlay Row	4 x 5	85%			
Farmer's Walk	3 x 40yd	Heavy			
Ab Wheel	3 x 10	BW			

Day 2 — Power					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	5 x 2	85%			
Push Press	4 x 3	85%			
Box Squat	4 x 3	85%			
Med Ball Slam	3 x 8	Explosive			
Sled Push	4 x 20yd	Heavy			

Day 3 — Hypertrophy					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Leg Press	4 x 10	Heavy			
DB Bench	4 x 10	Moderate			
Cable Row	4 x 10	Moderate			
Lateral Raises	3 x 15	Light			
Hammer Curl	3 x 12	Moderate			

Day 4 — Position Work					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Fire-Out Drill	4 x 5	Explosive			
Hand Placement Drill	4 x 5	Technique			
Mirror Drill	4 x 30s	Max Effort			
Hip Escape	3 x 5/side	Technique			
Conditioning: Sprints	10 x 10yd	Max Effort			

Week 4 — Recovery

Main lifts at 75% of 1RM. Heavy accessories — push the weight. Rest 3+ minutes between main-lift sets.

Day 1 — Max Strength					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Back Squat	5 x 3	75%			
Floor Press	4 x 5	75%			
Pendlay Row	4 x 5	75%			
Farmer's Walk	3 x 40yd	Heavy			
Ab Wheel	3 x 10	BW			

Day 2 — Power					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Hang Clean	5 x 2	75%			
Push Press	4 x 3	75%			
Box Squat	4 x 3	75%			
Med Ball Slam	3 x 8	Explosive			
Sled Push	4 x 20yd	Heavy			

Day 3 — Hypertrophy					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Leg Press	4 x 10	Heavy			
DB Bench	4 x 10	Moderate			
Cable Row	4 x 10	Moderate			
Lateral Raises	3 x 15	Light			
Hammer Curl	3 x 12	Moderate			

Day 4 — Position Work					
Exercise	Sets x Reps	Target	Actual Wt	Reps Done	Notes
Fire-Out Drill	4 x 5	Explosive			
Hand Placement Drill	4 x 5	Technique			
Mirror Drill	4 x 30s	Max Effort			
Hip Escape	3 x 5/side	Technique			
Conditioning: Sprints	10 x 10yd	Max Effort			

Progress Tracker

Week	Squat 1RM	Bench 1RM	Clean 1RM	DL 1RM	Body Wt
Wk 1					
Wk 2					
Wk 3					
Wk 4					
Wk 5					
Wk 6					
Wk 7					
Wk 8					