

## Powerlifting Beginner Program (3 block - 12weeks)

### Prerequisites

- Get yourself a good gym membership.
- You Should have a basic training of movements like pull ups(8), push ups(15),squats(20) and dips(10) all bodyweight (each done in a row).

### Information of this program

- This program is absolutely for beginners focusing on building strength and muscle and get used to powerlifting movements.
- This program contains 3 blocks each has a specific task to done.
- It uses Steploading means adding 1 rep each workout so that you get stronger each passing week.
- This is a 4day training program with 3 rest days.

### BLOCK 1(Focusing of volume)

#### Week 1

#### Day1(Primary-Deadlift and Secondary-Bench Press)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Deadlift    | 3    | 5    | 40kg       |
| Rows        | 3    | 8    | With bar   |
| Bench Press | 3    | 12   | With bar   |
| Knee Raises | 3    | 8    | Bodyweight |

## Day2(Primary-Bench Press Secondary-Squat)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 8    | 25kg       |
| Dips        | 3    | 5    | Bodyweight |
| Squats      | 3    | 12   | With bar   |
| Knee Raises | 3    | 8    | Bodyweight |

## Day3(Rest-do some stretching and jogging)

## Day4(Primary-Squat Secondary-Deadlift)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Squat       | 3    | 8    | 30kg       |
| Front squat | 3    | 12   | With bar   |
| RDL         | 3    | 8    | With bar   |
| Knee Raises | 3    | 8    | Bodyweight |

## Day5(Rest-do some stretching and jogging)

## Day6(Primary-Bench)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 8    | 30kg       |
| OHP         | 3    | 8    | With bar   |
| Pull ups    | 3    | 8    | Bodyweight |
| Knee Raises | 3    | 8    | Bodyweight |

## Day7(Rest-do some stretching and jogging)

For week2,3,4 try to add 1 rep to every exercise.

Block 2(Focus on strength)

Week 1

Day1(Primary-Deadlift and Secondary-Bench Press)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Deadlift    | 3    | 5    | 50kg       |
| Rows        | 3    | 8    | 30kg       |
| Bench Press | 3    | 5    | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

Day2(Primary-Bench Press Secondary-Squat)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 5    | 35kg       |
| Dips        | 3    | 8    | Bodyweight |
| Squats      | 3    | 8    | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

Day3(Rest-do some stretching and jogging)

Day4(Primary-Squat Secondary-Deadlift)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Squat       | 3    | 5    | 40kg       |
| Front squat | 3    | 8    | 30kg       |
| RDL         | 3    | 8    | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

Day5(Rest-do some stretching and jogging)

Day6(Primary-Bench)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 5    | 35kg       |
| OHP         | 3    | 5    | 25kg       |
| Pull ups    | 3    | 8    | Bodyweight |
| Knee Raises | 3    | 10   | Bodyweight |

Day7(Rest-do some stretching and jogging)

Block 3(Focus of maxing strength)

Day1(Primary-Deadlift and Secondary-Bench Press)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Deadlift    | 3    | 3    | 60kg       |
| Rows        | 3    | 12   | 30kg       |
| Bench Press | 3    | 8    | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

Day2(Primary-Bench Press Secondary-Squat)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 3    | 40kg       |
| Dips        | 3    | 8    | Bodyweight |
| Squats      | 3    | 10   | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

Day3(Rest-do some stretching and jogging)

#### Day4(Primary-Squat Secondary-Deadlift)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Squat       | 3    | 3    | 50kg       |
| Front squat | 3    | 5    | 30kg       |
| RDL         | 3    | 8    | 30kg       |
| Knee Raises | 3    | 10   | Bodyweight |

#### Day5(Rest-do some stretching and jogging)

#### Day6(Primary-Bench)

| Exercise    | Sets | Reps | Weight     |
|-------------|------|------|------------|
| Bench Press | 3    | 3    | 40kg       |
| OHP         | 3    | 5    | 25kg       |
| Pull ups    | 3    | 8    | Bodyweight |
| Knee Raises | 3    | 10   | Bodyweight |

#### Day7(Rest-do some stretching and jogging)