Powerlifting Program Sample

Please keep in mind that (1) Any omitted days are rest days, (2) We offer substitutions upon request for any exercises requiring equipment that you don’t have access to (via our members-only Facebook group), (3) We have suggested rest days of 1-2 days around, but the program is a “move at your own pace” style, so if you need to take longer to finish a week of training or if you need to move rest days around, that is totally fine. (4) Some of our programs start with peaking phases. That means even if weight or volume seems low to you in those exercises it will not stay that way for long! This is a 365 day year program so each phase has a purpose and all are equally important.

Let us know if you need anything else or have any other questions! If you’re ready to sign up just head to https://hybridperformancemethod.com/store.

DAY 1

Exercise 1 -
- Barbell Squats
- 3 sets x 8-12 reps
- Lighter working sets. Lower the weight to a number that will have you reaching near failure at 10 reps.

Exercise 2 -
- Bench Press
- 3 sets x 3 reps @ 90% of your one rep max.

Exercise 3 -
- Bicep Curls
- 2 sets x 15-20 reps
- You can choose the amount of reps as long as it is within the suggested range.

DAY 2

Exercise 1 -
- Barbell Squats
- 3 sets x 6 reps @ 70%

Exercise 2 -
- Back Squat
- 3 sets x 6 reps @ 80%

Exercise 3 -
- Lat Pulldowns (Wide Grip)
- 2 sets x 12-15 reps
- Lower the weight to a number that will have you reaching near failure at 13 reps.

Exercise 4 -
- Barbell Row
- 2 sets x 8-12 reps
- You can choose the amount of reps as long as it is within the suggested range.

DAY 3

Exercise 1 -
- Barbell Squats
- 2 sets x 6-12 reps
- Choose a weight that will have you reaching near failure at 8 reps.

Exercise 2 -
- Bench Press
- 2 sets x 6-12 reps
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 3 -
- Barbell Shrugs
- 2 sets x 6-12 reps
- If you cannot do weighted, do body weight.

Exercise 4 -
- Rear Deltoids
- 2 sets x 8-15 reps
- If you cannot do body weight, do banded so you can hit 8 reps. If 8 reps is too easy, do up to 12 reps.

Exercise 5 -
- Barbell Bicep Curls
- 2 sets x 10-15 reps
- You can choose the amount of reps as long as it is within the suggested range.

DAY 4

Exercise 1 -
- Push-Ups
- 2 sets x 3 reps
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 2 -
- Barbell Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 3 -
- Sumo Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.

DAY 5

Exercise 1 -
- Push-Ups
- 2 sets x 3 reps
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 2 -
- Barbell Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 3 -
- Sumo Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.

DAY 6

Exercise 1 -
- Push-Ups
- 2 sets x 3 reps
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 2 -
- Barbell Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.

Exercise 3 -
- Sumo Deadlift
- 2 sets x 1 rep
- You can choose the amount of reps as long as it is within the suggested range.