12 WEEK POWERLIFTING TRAINING PROGRAM PDF

Thank you for downloading our 12 Week Powerlifting Training Program PDF!

Our 12-week powerlifting program is an intelligently crafted regimen designed for strength and power gains. It's comprised of three phases: an initial four-week volume-focused phase for building muscular endurance, a mid four-week phase emphasizing hypertrophy, and a final peaking phase optimizing strength. Traditional lifts - squats, deadlifts, bench press - are the backbone, supplemented by auxiliary exercises for comprehensive muscle development. With its planned progression and deload periods, the program balances intensity, recovery, and growth effectively.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike ThisIsWhyImFit.com

DEADLIFT / AUXILIARY SQUAT DAY		WEEK 1-4 Day 1					
Warm-ups (bar only) 30 20 15 10							
DEADLIFT		DEADLIFT / AUXILIARY SQUAT DAY	Set 1	Set 2	Set 3	Set 4	
#Halting* RDLs (no lock out, no ground touch)		Warm-ups (bar only)	30	20	15	10	
Leg Press 10 to 12 10 to 12	DEADLIFT	Deadlifts	6 to 8	6 to 8	6 to 8	6 to 8	
DB or Hex Bar VMO Squats (Heel elevated)		"Halting" RDLs (no lock out, no ground touch)	8 to 10	8 to 10			
TRAPS Shrugs 10 to 12 10 to 12 10 to 12		Leg Press	10 to 12	10 to 12			
BENCH DAY Set 1 Set 2 Set 3 Set 4	SQUAT	DB or Hex Bar VMO Squats (Heel elevated)	10 to 12	10 to 12			
BENCH DAY Set 1 Set 2 Set 3 Set 4	TRAPS	Shrugs	10 to 12	10 to 12			
Warm-ups (bar only) 30		Day 2					
BENCH PRESS Bench Press Bench Press Bench Press Bench Press with 2-second Pause 8 to 10 8 to 10		BENCH DAY	Set 1	Set 2	Set 3	Set 4	
Bench Press with 2-second Pause		Warm-ups (bar only)	30	20	15	10	
BICEPS	BENCH PRESS	Bench Press	6 to 8	6 to 8	6 to 8	6 to 8	
TRICEPS		Bench Press with 2-second Pause	8 to 10	8 to 10			
Day 3 REST Day 4	BICEPS	Hammer Curls	10 to 12	10 to 12			
Day 4 SQUAT / AUXILIARY DEADLIFT DAY Set 1 Set 2 Set 3 Set 4	TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	10 to 12	10 to 12			
Day 4 SQUAT / AUXILIARY DEADLIFT DAY Set 1 Set 2 Set 3 Set 4		Day 3					
SQUAT / AUXILIARY DEADLIFT DAY Set 1		REST					
Warm-ups (bar only) 30 20 15 10		Day 4					
Squats 6 to 8 6 to 8 6 to 8 6 to 8 8 to 10		SQUAT / AUXILIARY DEADLIFT DAY	Set 1	Set 2	Set 3	Set 4	
Bottom-end Drives		Warm-ups (bar only)	30	20	15	10	
Bottom-end Drives	LEGS	Squats	6 to 8	6 to 8	6 to 8	6 to 8	
Rack pulls	LEGS	Bottom-end Drives	8 to 10	8 to 10			
DEADLIFT Leg Curls 15 to 20 12 to 15		Squats with Pause at Bottom	8 to 10	8 to 10			
Day 5 Set 1 Set 2 Set 3 Set 4		Rack pulls	10 to 12	10 to 12	10 to 12	10 to 12	
AUXILIARY DAY CHEST DB Flat Bench 15 to 20 12 to 15 12 to 15 SHOULDERS Palms-Up Front Raises (DB or Cable) BACK Lat Pull-Downs or Pull-ups 15 to 20 12 to 15 12 to 15 BICEPS Hammer Curls Triceps extensions (Cable, DB, or EZ Curl) Day 6 REST Day 7	DEADLIFT	Leg Curls	15 to 20	12 to 15			
CHEST DB Flat Bench 15 to 20 12 to 15 12 to 15 SHOULDERS Palms-Up Front Raises (DB or Cable) 15 to 20 12 to 15 12 to 15 BACK Lat Pull-Downs or Pull-ups 15 to 20 12 to 15 12 to 15 BICEPS Hammer Curls 15 to 20 12 to 15 12 to 15 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 15 to 20 12 to 15 12 to 15 Day 6 REST Day 7		Day 5					
SHOULDERS Palms-Up Front Raises (DB or Cable) 15 to 20 12 to 15 12 to 15 BACK Lat Pull-Downs or Pull-ups 15 to 20 12 to 15 12 to 15 BICEPS Hammer Curls 15 to 20 12 to 15 12 to 15 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 15 to 20 12 to 15 12 to 15 Day 6 REST Day 7		AUXILIARY DAY	Set 1	Set 2	Set 3	Set 4	
BACK Lat Pull-Downs or Pull-ups 15 to 20 12 to 15 12 to 15 BICEPS Hammer Curls 15 to 20 12 to 15 12 to 15 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 15 to 20 12 to 15 12 to 15 Day 6 REST Day 7	CHEST	DB Flat Bench	15 to 20	12 to 15	12 to 15		
BICEPS Hammer Curls 15 to 20 12 to 15 12 to 15 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 15 to 20 12 to 15 12 to 15 Day 6 REST Day 7	SHOULDERS	Palms-Up Front Raises (DB or Cable)	15 to 20	12 to 15	12 to 15		
TRICEPS Triceps extensions (Cable, DB, or EZ Curl) Day 6 REST Day 7	BACK	Lat Pull-Downs or Pull-ups	15 to 20	12 to 15	12 to 15		
Day 6 REST Day 7							
REST Day 7	TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	15 to 20	12 to 15	12 to 15		
Day 7		Day 6					
· · · · · · · · · · · · · · · · · · ·		REST					
REST		Day 7					
		REST					

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	WEEK 5-8					
	Day 1					
	DEADLIFT / AUXILIARY SQUAT DAY	Set 1	Set 2	Set 3	Set 4	
	Warm-ups (bar only)	20	15	10	8	
DEADLIFT	Deadlifts	5	5	5	5	
	"Halting" RDLs (no lock out, no ground touch)	8 to 10	8 to 10			
AUXILIARY	Leg Press	8 to 10	8 to 10			
SQUAT	DB or Hex Bar VMO Squats (Heel elevated)	8 to 10	8 to 10			
TRAPS	Shrugs	8 to 10	8 to 10			
	Day 2					
	BENCH DAY	Set 1	Set 2	Set 3	Set 4	
	Warm-ups (bar only)	20	15	10	8	
BENCH PRESS	Bench Press	5	5	5	5	
	Bench Press with 2-second Pause	8 to 10	8 to 10			
BICEPS	Hammer Curls	10 to 12	10 to 12			
TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	10 to 12	10 to 12			
	Day 3					
	REST					
	Day 4					
	SQUAT / AUXILIARY DEADLIFT DAY	Set 1	Set 2	Set 3	Set 4	
	Warm-ups (bar only)	20	15	10	8	
1500	Squats	5	5	5	5	
LEGS	Bottom-end Drives	8 to 10	8 to 10			
	Squats with Pause at Bottom	8 to 10	8 to 10			
AUXILIARY	Rack pulls	8 to 10	8 to 10	8 to 10	8 to 10	
DEADLIFT	Leg Curls	12 to 15	10 to 12			
	Day 5					
	AUXILIARY DAY	Set 1	Set 2	Set 3	Set 4	
CHEST	DB Flat Bench	12 to 15	10 to 12	10 to 12		
SHOULDERS	Palms-Up Front Raises (DB or Cable)	12 to 15	10 to 12	10 to 12		
BACK	Lat Pull-Downs or Pull-ups	12 to 15	10 to 12	10 to 12		
BICEPS	Hammer Curls	12 to 15	10 to 12	10 to 12		
TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	12 to 15	10 to 12	10 to 12		
	Day 6					
	REST					
	Day 7					
	REST					
	ILLUT					

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Day 1		WEEK 9-12					
Warm-ups (bar only)		Day 1					
DEADLIFT		DEADLIFT / AUXILIARY SQUAT DAY	Set 1	Set 2	Set 3	Set 4	
#Halting* RDLs (no lock out, no ground touch) Leg Press Bench DAY BENCH DAY Bench Press Bench Brest Briceps Brita Bench Brest Brita Bench Bres		Warm-ups (bar only)	15	10	8	5	
AUXILIARY SQUAT DB or Hex Bar VMO Squats (Heel elevated) 6 to 8 6 to 8 6 to 8	DEADLIFT	Deadlifts	3	3	2	2	
DB or Hex Bar VMO Squats (Heel elevated) 6 to 8 6 to 8 6 to 8		"Halting" RDLs (no lock out, no ground touch)	6 to 8	6 to 8			
BENCH PRESS Shrugs 6 to 8 6 to 8	AUXILIARY	Leg Press	6 to 8	6 to 8			
BENCH DAY Set 1 Set 2 Set 3 Set 4	SQUAT	DB or Hex Bar VMO Squats (Heel elevated)	6 to 8	6 to 8			
BENCH DAY	TRAPS	Shrugs	6 to 8	6 to 8			
Warm-ups (bar only)		Day 2					
BENCH PRESS Bench Press Bench Press Bench Press with 2-second Pause 6 to 8 6 to 8		BENCH DAY	Set 1	Set 2	Set 3	Set 4	
Bench Press with 2-second Pause 6 to 8 6 to 8		Warm-ups (bar only)	15	10	8	5	
BICEPS	BENCH PRESS	Bench Press	3	3	2	2	
TRICEPS		Bench Press with 2-second Pause	6 to 8	6 to 8			
Name	BICEPS	Hammer Curls	10 to 12	10 to 12			
Day 4 SQUAT / AUXILIARY DEADLIFT DAY Set 1 Set 2 Set 3 Set 4	TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	10 to 12	10 to 12			
Day 4 SQUAT / AUXILIARY DEADLIFT DAY Set 1 Set 2 Set 3 Set 4		Day 3					
SQUAT / AUXILIARY DEADLIFT DAY Set 1		REST					
Warm-ups (bar only)		Day 4					
Squats 3 3 2 2		SQUAT / AUXILIARY DEADLIFT DAY	Set 1	Set 2	Set 3	Set 4	
Bottom-end Drives		Warm-ups (bar only)	15	10	8	5	
Bottom-end Drives	LEGS	Squats	3	3	2	2	
Rack pulls	LEGS	Bottom-end Drives	6 to 8	6 to 8			
DEADLIFT Leg Curls 10 to 12 8 to 10		Squats with Pause at Bottom	6 to 8	6 to 8			
Day 5	AUXILIARY	Rack pulls	6 to 8	6 to 8			
AUXILIARY DAY	DEADLIFT	Leg Curls	10 to 12	8 to 10			
CHEST DB Flat Bench 10 to 12 8 to 10 20 SHOULDERS Palms-Up Front Raises (DB or Cable) 10 to 12 8 to 10 20 BACK Lat Pull-Downs or Pull-ups 10 to 12 8 to 10 BICEPS Hammer Curls 10 to 12 8 to 10 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 10 to 12 8 to 10 Day 6 REST Day 7		Day 5					
SHOULDERS Palms-Up Front Raises (DB or Cable) 10 to 12 8 to 10 20 BACK Lat Pull-Downs or Pull-ups 10 to 12 8 to 10 BICEPS Hammer Curls 10 to 12 8 to 10 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 10 to 12 8 to 10 Day 6 REST Day 7		AUXILIARY DAY	Set 1	Set 2	Set 3	Set 4	
BACK Lat Pull-Downs or Pull-ups 10 to 12 8 to 10 BICEPS Hammer Curls 10 to 12 8 to 10 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 10 to 12 8 to 10 Day 6 REST Day 7	CHEST	DB Flat Bench	10 to 12	8 to 10	20		
BICEPS Hammer Curls 10 to 12 8 to 10 TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 10 to 12 8 to 10 Day 6 REST Day 7	SHOULDERS	Palms-Up Front Raises (DB or Cable)	10 to 12	8 to 10	20		
TRICEPS Triceps extensions (Cable, DB, or EZ Curl) 10 to 12 8 to 10 Day 6 REST Day 7	BACK	Lat Pull-Downs or Pull-ups	10 to 12	8 to 10			
Day 6 REST Day 7	BICEPS	Hammer Curls	10 to 12	8 to 10			
REST Day 7	TRICEPS	Triceps extensions (Cable, DB, or EZ Curl)	10 to 12	8 to 10			
Day 7		Day 6					
		REST					
REST		Day 7					
		REST					