

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

WEEK 1-4					
Day 1					
DEADLIFT / AUXILIARY SQUAT DAY		Set 1	Set 2	Set 3	Set 4
DEADLIFT	Warm-ups (bar only)	30	20	15	10
	Deadlifts	6 to 8	6 to 8	6 to 8	6 to 8
	"Halting" RDLs (no lock out, no ground touch)	8 to 10	8 to 10		
AUXILIARY SQUAT	Leg Press	10 to 12	10 to 12		
	DB or Hex Bar VMO Squats (Heel elevated)	10 to 12	10 to 12		
TRAPS	Shrugs	10 to 12	10 to 12		
Day 2					
BENCH DAY		Set 1	Set 2	Set 3	Set 4
BENCH PRESS	Warm-ups (bar only)	30	20	15	10
	Bench Press	6 to 8	6 to 8	6 to 8	6 to 8
	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
LEGS	Warm-ups (bar only)	30	20	15	10
	Squats	6 to 8	6 to 8	6 to 8	6 to 8
	Bottom-end Drives	8 to 10	8 to 10		
	Squats with Pause at Bottom	8 to 10	8 to 10		
AUXILIARY DEADLIFT	Rack pulls	10 to 12	10 to 12	10 to 12	10 to 12
	Leg Curls	15 to 20	12 to 15		
Day 5					
AUXILIARY DAY		Set 1	Set 2	Set 3	Set 4
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					
REST					

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WEEK 5-8					
Day 1					
DEADLIFT / AUXILIARY SQUAT DAY		Set 1	Set 2	Set 3	Set 4
DEADLIFT	Warm-ups (bar only)	20	15	10	8
	Deadlifts	5	5	5	5
	"Halting" RDLs (no lock out, no ground touch)	8 to 10	8 to 10		
AUXILIARY SQUAT	Leg Press	8 to 10	8 to 10		
	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
BENCH PRESS	Warm-ups (bar only)	20	15	10	8
	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
LEGS	Warm-ups (bar only)	20	15	10	8
	Squats	5	5	5	5
	Bottom-end Drives	8 to 10	8 to 10		
	Squats with Pause at Bottom	8 to 10	8 to 10		
AUXILIARY DEADLIFT	Rack pulls	8 to 10	8 to 10	8 to 10	8 to 10
	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					

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WEEK 9-12					
Day 1					
DEADLIFT / AUXILIARY SQUAT DAY		Set 1	Set 2	Set 3	Set 4
DEADLIFT	Warm-ups (bar only)	15	10	8	5
	Deadlifts	3	3	2	2
	"Halting" RDLs (no lock out, no ground touch)	6 to 8	6 to 8		
AUXILIARY SQUAT	Leg Press	6 to 8	6 to 8		
	DB or Hex Bar VMO Squats (Heel elevated)	6 to 8	6 to 8		
TRAPS	Shrugs	6 to 8	6 to 8		
Day 2					
BENCH DAY		Set 1	Set 2	Set 3	Set 4
BENCH PRESS	Warm-ups (bar only)	15	10	8	5
	Bench Press	3	3	2	2
	Bench Press with 2-second Pause	6 to 8	6 to 8		
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
LEGS	Warm-ups (bar only)	15	10	8	5
	Squats	3	3	2	2
	Bottom-end Drives	6 to 8	6 to 8		
	Squats with Pause at Bottom	6 to 8	6 to 8		
AUXILIARY DEADLIFT	Rack pulls	6 to 8	6 to 8		
	Leg Curls	10 to 12	8 to 10		
Day 5					
AUXILIARY DAY		Set 1	Set 2	Set 3	Set 4
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					
REST					