

3-day/week Powerlifting Training Routine - PL-01

DAY 1 WORKOUT

Exercise		Sets					
		1	2	3	4	5	6
*super set	military press (to front)	3 reps at 85% of 1-Rep Max					
set	weighted pull-ups						
warm-up: do <i>military press</i> (10 reps at 40% of 1-Rep Max) & <i>bodyweight pull-ups</i> (5 to 6 reps)							
* Do one set of the <i>military press</i> , then rest for 90 seconds and do one set of <i>weighted pull-ups</i> . Keep going like this until you do all 6 sets.							
deadlift		3 reps at 85% of 1-Rep Max					

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of ONE
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WORKOUT SCHEDULE - WEEKS 1, 3, 5, 7 & 9

Mon	Tue	Wed	Thur	Fri	Sat	Sun
workout 1			workout 2			workout 3

WORKOUT SCHEDULE - WEEKS 2, 4, 6, 8 & 10

Mon	Tue	Wed	Thur	Fri	Sat	Sun
						workout 3

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