

# THE 3X3 POWERLIFTING PROGRAM

## CURRENT MAXES:

BENCH: 120      SQUAT: 180      DEADLIFT: 230

## PROJECTED MAXES:

BENCH 140      SQUAT: 200      DEADLIFT: 250

## PHASE 1 - HIGH VOLUME

Week	Day(s)	Lift	Sets	Reps	Weight
1	Mon/Wed/Fri	Bench	6 to 8	6	82
	Mon/Wed/Fri	Squat	5 to 8	5	116
	Mon/Wed/Fri	Deadlift	5 to 8	5	145
2	Mon/Wed/Fri	Bench	6 to 8	6	84
	Mon/Wed/Fri	Squat	5 to 8	5	120
	Mon/Wed/Fri	Deadlift	5 to 8	5	150
3	Mon/Wed/Fri	Bench	6 to 8	6	87
	Mon/Wed/Fri	Squat	5 to 8	5	124
	Mon/Wed/Fri	Deadlift	5 to 8	5	155
4	Mon/Wed/Fri	Bench	6 to 8	6	90
	Mon/Wed/Fri	Squat	5 to 8	5	128
	Mon/Wed/Fri	Deadlift	5 to 8	5	160

## PHASE 2 - HIGH INTENSITY

Week	Day	Sets/Reps	Bench	Squat	Dead
1	Mon	5X4, 3X3, 2X1	84	120	200
	Wed	2X1, 3X3, 3X3	112	120	150
	Fri	5X4, 2X1, 3X3	84	160	150
2	Mon	5X4, 3X3, 2X1	84	120	213
	Wed	2X1, 3X3, 3X3	119	120	150
	Fri	5X4, 2X1, 3X3	84	170	150
3	Mon	5X4, 3X3, 2X1	84	120	225
	Wed	2X1, 3X3, 3X3	126	120	150
	Fri	5X4, 2X1, 3X3	84	180	150
4	Mon	5X4, 3X3, 2X1	84	120	238
	Wed	2X1, 3X3, 3X3	133	120	150
	Fri	5X4, 2X1, 3X3	84	190	150

The last four weeks of the program can be modified. The idea is to peak for strength here; it is not nec follow the exact parameters of the peaking phase. Lifters I have talked to have informed me that the la weeks can be quite awkward, and that an alternate form of peaking may be in order. But the conditioni (weeks 1-4) is where the strength is generated due to the incredible volume of training.

If you try it, please keep me informed on how this program works for you!

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