

# Poynette Powerlifting Program

## Week 1 Day 1

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Military Press	Warm up	Warm up	X 12	X 10	X 8	X 6
Bench Press	Warm up	Warm up	Warm up	5 x 75%	5 x 80%	5 x 85%
ABS	Stabilia ball cr. X 30	Leg raise x 1 Min.	Side Bend 20 each side	Russian Twists x 40	Bridge x 1 Min	
Shrugs	X 12	X 12	X 10			
Overhead DB rows	X 12	X 12	X 10			
Curls	X 15	X 15				
Triceps	X 15	X 15				

## Week 1 Day 2

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Dead Lift	Warm up	Warm up	Warm up	5 x 75%	5 x 80%	5 x 85%
ABS	Stabilia ball cr. X 30	Bench crunch w/ 10 x 40	Side Bend 20 each side	Leg curl x 20	Back extension x 20	
Straight Leg dead lift	X 12	X 12	X 10	X 10		
Rack Pulls	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
Leg Extension	X 15	X 15				

### Week 1 Day 3

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Bench Press	Warm up	Warm up	Warm up	5 x 75%	5 x 80%	5 x 85%
ABS	Decline sits x 25	Bench crunch w/ 10 x 40	Russian Twist x 35	Leg curl x 20	Back extension x 20	
Incline Bench	X 12	X 10	X 8	X 6		
Lat pull downs	X 12	X 12	X 12			
Bent over rows	X 10	X 10	X 10			
Tricep	X 12	X 12	X 12			
Biceps	X 12	X 12	X 12			

### Week 2 Day 1

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat	Warm up	Warm up	Warm up	3 x 80%	3 x 85%	3x 90%
ABS	Leg raise 1 Min	Stabili ball cr x 40	Side Bend 20 each side	Bridge 1 Min	Back extension x 20	
Lunges	X 12	X 12	X 10	X 10		
Leg Press	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
Step ups	X 15	X 15				

## Week 2 Day 2

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Military Press	Warm up	Warm up	X 10	X 8	X 6	X 4
Bench Press	Warm up	Warm up	Warm up	3 x 80%	3 x 85%	3 x 90%
ABS	Bench crunch w/10 x 40	Leg raise x 1 Min.	Leg curl x 20	Russian Twists x 40	Bridge x 1 Min	
Incline Bench	X 12	X 10	X 8	X 6		
DB raise	X 10	X 10	X 10			
Curls	X 15	X 15				
Triceps	X 15	X 15				

## Week 2 Day 3

Dead Lift	Warm up	Warm up	Warm up	3 x 80%	3 x 85%	3 x 90%
ABS	Leg curl x 20	Bench crunch w/ 10 x 40	Side Bend 20 each side	Bridge 1 Min.	Back extension x 20	
Straight Leg dead lift	X 12	X 12	X 10	X 10		
Rack Pulls	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
Leg Extension	X 15	X 15				

### Week 3 Day 1

Bench Press	Warm up	Warm up	Warm up	5 x 75%	3 x 85%	1 x 95%
ABS	Decline sits x 25	Bench crunch w/ 10 x 40	Russian Twist x 35	Leg curl x 20	Back extension x 20	
Decline Bench	X 12	X 10	X 8	X 6		
Lat pull downs	X 12	X 12	X 12			
Up right rows	X 10	X 10	X 10			
Triceps	X 12	X 12	X 12			
Curls	X 12	X 12	X 12			

### Week 3 Day 2

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat	Warm up	Warm up	Warm up	3 x 80%	3 x 85%	3x 90%
ABS	Leg raise 1 Min	Stabili ball cr x 40	Side Bend 20 each side	Bridge 1 Min	Back extension x 20	
Lunges	X 12	X 12	X 10	X 10		
Leg Press	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
One leg Squats	5 each leg	5 each leg	5 each leg			

### Week 3 Day 3

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Military Press	Warm up	Warm up	X 10	X 8	X 6	X 4
Bench Press	Warm up	Warm up	Warm up	5 x 75%	3 x 85%	1 x 95%
ABS	Bench crunch w/10 x 40	Leg raise x 1 Min.	Leg curl x 20	Russian Twists x 40	Bridge x 1 Min	
Shrugs	X 12	X 10	X 8	X 6		
DB raise	X 10	X 10	X 10			
Curls	X 15	X 15				
Push ups	X 25	X 25				

### Week 4 Day 1

Dead Lift	Warm up	Warm up	5 x 60%	5 x 65%	5 x 70%	Max
ABS	Leg curl x 20	Bench crunch w/ 10 x 40	Side Bend 20 each side	Bridge 1 Min.	Back extension x 20	
Straight Leg dead lift	X 12	X 12	X 10	X 10		
Rack Pulls	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
Leg Extension	X 15	X 15				

### Week 4 Day 2

Bench Press	Warm up	Warm up	5 x 60%	5 x 65%	5 x 70%	Max
ABS	Decline sits x 25	Bench crunch w/ 10 x 40	Russian Twist x 35	Leg curl x 20	Back extension x 20	
Incline DB's	X 12	X 10	X 8	X 6		
Lat pull downs	X 12	X 12	X 12			
Over head DB rows	X 10	X 10	X 10			
Triceps	X 12	X 12	X 12			
Curls	X 12	X 12	X 12			

### Week 4 Day 3

Lift	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Squat	Warm up	Warm up	5 x 60%	5 x 65%	5 x 70%	Max
ABS	Leg raise 1 Min	Stabila ball cr x 40	Side Bend 20 each side	Bridge 1 Min	Back extension x 20	
Lunges	X 12	X 12	X 10	X 10		
Leg Press	X 12	X 10	X 8	X 6		
Good Mornings	X 12	X 12	X 12			
One leg Squats	5 each leg	5 each leg	5 each leg			