



A program for experienced
powerlifters ready to
improve their maximal
output with squat, bench,
and deadlifts.

POWERLIFTING II TEMPLATE



Thanks for downloading this **extended 3-weeks sample** of our Training Template!

What follows is just a sample to give you an idea of all that you get in the full 13-week template. Click on the image below to see the full program in our [Shop](#) and get \$10 off with this coupon code [**templatetrial**]:



<https://www.barbellmedicine.com/shop/training-templates/strength/powerlifting-ii-template/>

All our Training Templates feature:

- ✓ Lifetime Support online via our [Barbell Medicine Forum](#)
- ✓ Available as a file or use with our Barbell Medicine app ([Android](#) & [iOS](#))
- ✓ Loved by thousands of fans around the world
- ✓ Questions? Contact our [Customer Support Team](#)

We hope you enjoy this sample and don't forget to connect with us online:



Table of Contents

POWERLIFTING II TEMPLATE	3
OVERVIEW	5
SCHEDULING	5
EXERCISE SELECTION	6
WHAT'S NEXT?	6
HOW TO GET STARTED	7
PICKING EXERCISES.....	8
HOW TO GET STARTED	9
PICKING EXERCISES.....	10
GPP	11
COMPLETING WORKOUTS	14
WARM-UP	16
OUR RECOMMENDED WARM-UP	16
LOGGING TRAINING	24
TABS EXPLAINED	27
EXERCISE SELECTION	27
NUTRITION LOG	27
CALCULATOR	27
ANALYSIS	27
OVERVIEW	28
WEEKLY TABS	28
FREQUENTLY ASKED QUESTIONS	30
EXERCISE DEMOS	33
PRESS EXERCISES	33
DEADLIFT EXERCISES.....	33
SQUAT EXERCISES.....	34
RESOURCES AND CONTACT.....	35

Conditioning Intensity Measurements

RPE	Subjective Pace	Talk Test Results	Examples	Heart Rate	Zone
3	Very, very easy pace to maintain.	Can speak in full sentences without breathlessness.	Brisk walking on flat surface, very easy cycling, or very light rowing.	50 to 60% maximum heart rate	Zone 1
4	Very easy pace to maintain.	Can speak in full sentences without breathlessness.	Brisk walking on flat surface, easy cycling, or light rowing.	50 to 60% maximum heart rate	Zones 1 and 2
5	Easy pace to maintain.	Can speak in full sentences with mild breathlessness.	Fast walking on flat surface, cycling, or rowing at easy pace.	60 to 70% maximum heart rate	Zone 2
6	Slightly challenging pace that can be maintained for a long time.	Can speak in full sentences with mild breathlessness.	Moderate pace jogging, rowing, cycling or similar that requires some effort.	70 to 80% maximum heart rate	Zones 2 and 3
7	Moderately challenging pace that can be maintained for a moderate time with substantial effort.	Can speak less than a handful of words without breathlessness.	Moderate pace running, rowing, cycling, that is challenging.	75 to 85% maximum heart rate	Zones 3 and 4
8	Difficult pace to maintain for short to moderate times. Hard.	Cannot speak at all without breathlessness.	Very fast running, rowing, cycling, or heavy resistance efforts (e.g. hills).	80 to 90% maximum heart rate	Zone 4
9	Very hard pace to maintain for short periods of time.	Cannot speak at all without breathlessness.	Very fast running, rowing, cycling, or heavy resistance efforts (e.g. hills).	90 to 95% maximum heart rate	Zones 4 and 5
10	Maximum effort.	Cannot speak at all without breathlessness.	Maximum effort and/or sprint efforts.	95 to 100% maximum heart rate	Zone 5

*Maximum heart rate can be calculated using the formula $208 - (\text{Age} \times 0.7)$

**Heart rate values will vary between individuals for a specific zone

***We are using the 5-zone model of conditioning

Lifting Intensity Measurements

RPE	Subjective Exertion	Useful Proxies
6	Very easy weight. Could be a warm-up.	Could've done 4 more reps, e.g. 4 repetitions in reserve. No velocity loss.
6.5	Very easy weight. Could be a warm-up.	Could've maybe done 4 more reps, e.g. 4 repetitions in reserve. No velocity loss.
7	Challenging, yet comfortable weight. Could be a heavier warm-up.	Could've done 3 more reps, e.g. 3 repetitions in reserve. Minimal velocity loss.
7.5	Challenging, yet comfortable weight. A bit too heavy for a true warm-up weight.	Could've maybe done 3 more reps, e.g. 3 repetitions in reserve. Minimal velocity loss.
8	A challenging set that requires focus and significant exertion. Would likely be able to repeat the set at the same RPE.	Could've done 2 more reps, e.g. 2 repetitions in reserve. Moderate velocity loss.
8.5	A challenging set that requires focus and significant exertion. Unlikely be able to repeat the weight at the same RPE.	Could've maybe done 2 more reps, e.g. 2 repetitions in reserve. Moderate velocity loss.
9	A very challenging, hard set. Cannot repeat the set at the same weight for the same RPE.	Could've done 1 more rep, e.g. 1 repetition in reserve. Large velocity loss.
9.5	A near maximal set. Very close to failure.	Could've maybe done 1 more rep, e.g. 1 repetition in reserve. Large velocity loss.
10	A maximal set. At failure.	No repetitions in reserve. Maximal velocity loss, bar nearly stops.

Aerobic Threshold

Anaerobic Threshold

5-Zone Model



3-Zone Model



Intensity/Heart Rate

ESTIMATED RPE CALCULATOR

One you calculate your estimated one-rep max above, the below table will populate. This table helps you estimate your RPE (Rated Perceived Exertion) at different levels of RPE and number of reps.

Example: To find your estimated one-rep max for 8 reps at 9 RPE, you would refer to the highlighted box.

	1 REP	2 REPS	3 REPS	4 REPS	5 REPS	6 REPS	7 REPS	8 REPS	9 REPS	10 REPS
10 RPE	100	95.5	92.2	89.2	86.3	83.7	81.1	78.6	76.2	73.9
9.5 RPE	97.8	93.9	90.7	87.8	85	82.4	79.9	77.4	75.1	72.3
9.0 RPE	95.5	92.2	89.2	86.3	83.7	81.1	78.6	76.2	73.9	70.7
8.5 RPE	93.9	90.7	87.8	85	82.4	79.9	77.4	75.1	72.3	69.4
8.0 RPE	92.2	89.2	86.3	83.7	81.1	78.6	76.2	73.9	70.7	68
7.5 RPE	90.7	87.8	85	82.4	79.9	77.4	75.1	72.3	69.4	66.7
7.0 RPE	89.2	86.3	83.7	81.1	78.6	76.2	73.9	70.7	68	65.3
6.5 RPE	87.8	85	82.4	79.9	77.4	75.1	72.3	69.4	66.7	64

EXERCISE 1

Squat with belt

REPS & INTENSITY:	•5 reps @ 7 (79% of 1RM) •5 reps @ 8 (81% of 1RM) •5 reps @ 9 (84% of 1RM) •No Back off sets			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Competition Bench (1ct pause)

REPS & INTENSITY:	•4 reps @ 7 (81% of 1RM) •4 reps @ 8 (84% of 1RM) •4 reps @ 9 (86% of 1RM) •No Back off sets			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

Strict Press

REPS & INTENSITY:	<ul style="list-style-type: none">• 8 reps @ RPE 7• 8 reps @ RPE 8• 8 reps @ RPE 9•No back off sets			
REST PERIODS AND NOTES:	2-4 min			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):		SESSION RPE	0	
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Deadlift with belt				
REPS & INTENSITY:	•5 reps @ 7 (79% of 1RM) •5 reps @ 8 (81% of 1RM) •5 reps @ 9 (84% of 1RM) •No Back off sets			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Floor Press				
REPS & INTENSITY:	• 6 reps @ RPE 7 •6 reps @ RPE 8 •6 reps @ RPE 9 • No back off sets			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

3-0-3 Tempo Squat				
REPS & INTENSITY:	• 10 reps @ RPE 7 • 10 reps @ RPE 8 • 10 reps @ RPE 9 •No back off sets			
REST PERIODS AND NOTES:	2-4 min			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):		SESSION RPE	0	
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None
GPP or None
NOTES
GPP or None

EXERCISE 1

Overload Squat

The overload squat is equipment dependent. . I would prefer the squat w/ chains (using ~20% 1RM in chain

REPS & INTENSITY:

•4 reps @ RPE 7

•4 reps @ RPE 8

•4 reps @ RPE 9

•No back off sets

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

0%

0%

0%

0%

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 2

Touch n Go bench

REPS & INTENSITY:

•5 reps @ 7 (79% of 1RM)

•5 reps @ 8 (81% of 1RM)

•5 reps @ 9 (84% of 1RM)

•No Back off sets

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

0%

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 3

Press Accessory 1

Ideally the press accessory will be lighter than the normal press.I prefer the DB press > DB Incline Bench

REPS & INTENSITY:

• 10 reps @ RPE 7

• 10 reps @ RPE 8

• 10 reps @ RPE 9

•No back off sets

REST PERIODS AND NOTES:

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

SESSION TIME (MINUTES):

SESSION RPE

0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Overload Deadlift

•4 reps @ RPE 7

- 4 reps @ RPE 7
- 4 reps @ RPE 8
- 4 reps @ RPE 9
- No back off sets

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

EXERCISE 2

Overload Bench 1

- 4 reps @ RPE 7

- 4 reps @ RPE 7
- 4 reps @ RPE 8
- 4 reps @ RPE 9
- No back off sets

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

EXERCISE 3

- 10 reps @ RPE 7
- 10 reps @ RPE 8
- 10 reps @ RPE 9
- No back off sets

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

C

SUPPLEMENT

NOTES

GPP

GPP Cardio

NOTES:

25 min steady state @ RPE 6 1x/wk

Time/Distance:

GPP Upper Back Work

NOTES:

7 minutes upper back work AMRAP 1x/wk

Reps Completed:

GPP AB Work

NOTES:

7 min ab work AMRAP 1x/wk

Reps Completed:

GPP ARM Work

NOTES:

3 sets of 12-15 reps @ RPE 8, triceps press downs 1x/wk
3 sets of 12-15 reps @ RPE 8, biceps curls 1x/wk

Reps Completed:

WEEKLY AU

EXERCISE 1

Squat with belt

REPS & INTENSITY:

- 1 rep @ RPE 8 (90-93% 1RM)
- 5 reps @ RPE 9 (~84% e1RM)
- 5 reps x 3 sets @ 72-75% e1RM

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Competition Bench (1ct pause)

REPS & INTENSITY:

- 1 rep @ RPE 8 (90-93% 1RM)
- 4 reps @ RPE 9 (~86% e1RM)
- 4 reps x 4 sets @ 74-77% e1RM

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

Strict Press

REPS & INTENSITY:

- 8 reps @ RPE 7
- 8 reps @ RPE 8
- 8 reps @ RPE 9
- Then 1 sets of 8 reps @ RPE 8

REST PERIODS AND NOTES:

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):		SESSION RPE	0	
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Deadlift with belt

REPS & INTENSITY:

• 1 rep @ RPE 8 (90-93% 1RM)

•5 reps @ RPE 9 (~84% e1RM)

• 5 reps x 3 sets @ 72-75% e1RM

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 2

Floor Press

REPS & INTENSITY:

• 6 reps @ RPE 7

•6 reps @ RPE 8

•6 reps @ RPE 9

• -5% from 6 reps @ RPE 9 x 6 reps until @ 9 again (cap at 2 sets of 6)

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 3

3-0-3 Tempo Squat

REPS & INTENSITY:

• 10 reps @ RPE 7

• 10 reps @ RPE 8

• 10 reps @ RPE 9

•Take off 5% from 10 @ 9 for 1 more set of 10

REST PERIODS AND NOTES:

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

SESSION TIME (MINUTES):

SESSION RPE

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Overload Squat

The overload squat is equipment dependent. . I would prefer the squat w/ chains (using ~20% 1RM in chain

REPS & INTENSITY:	•4 reps @ RPE 7 •4 reps @ RPE 8 • 4 reps @ RPE 9 •Take 5% off from the 4 @ RPE 9 set and do 1-2 sets of 4 (until effort is ~ RPE 9 again)			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
	0%	0%	0%	0%
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Touch n Go bench

REPS & INTENSITY:	•5 reps @ 7 (79% of 1RM) •5 reps @ 8 (81% of 1RM) •5 reps @ 9 (84% of 1RM) •-5% from 5 @ 9 x 5 reps until @ 9 again (cap at 2 sets of 5)			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
	0%			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

Press Accessory 1

Ideally the press accessory will be lighter than the normal press.I prefer the DB press > DB Incline Bench

REPS & INTENSITY:	• 10 reps @ RPE 7 • 10 reps @ RPE 8 • 10 reps @ RPE 9 •Take off 5% from 10 @ 9 for 1 more set of 10			
REST PERIODS AND NOTES:	2-4 min			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):		SESSION RPE	0	
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None
GPP or None
NOTES
GPP or None

EXERCISE 1

Overload Deadlift

• 4 reps @ RPE 7

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

Category	Value
AVERAGE	1.5

TONNAGE: 00

EXERCISE 2

Overload Bench 1

- 4 reps @ RPE 7
- 4 reps @ RPE 9

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

AVERAGE

TONNAGE: 00

EXERCISE 3

© 2006 The Authors
Journal compilation © 2006 Blackwell Publishing Ltd

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

AVERAGE

TONNAGE: 00

SUPPLEMENT

© 2006 The Authors
 Journal compilation © 2006 Blackwell Publishing Ltd

NOTES

GPP

GPP Cardio

NOTES:

25 min steady state @ RPE 6 1x/wk

Time/Distance:

GPP ARM Work

NOTES:

3 sets of 12-15 reps @ RPE 8, triceps press downs 2x/wk
3 sets of 12-15 reps @ RPE 8, biceps curls 2x/wk

Reps Completed:

GPP Upper Back Work

NOTES:

7 minutes upper back work AMRAP 2x/wk

Reps Completed:

WEEKLY AU

GPP AB Work

NOTES:

7 min ab work AMRAP 2x/wk

Reps Completed:

EXERCISE 1

Squat with belt				
REPS & INTENSITY:	• 1 rep @ RPE 8 (90-93% 1RM) • 5 reps @ RPE 9 (~84% e1RM) • 5 reps x 4 sets @ 72-75% e1RM			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Competition Bench (1ct pause)				
REPS & INTENSITY:	<ul style="list-style-type: none">• 1 rep @ RPE 8 (90-93% 1RM)• 4 reps @ RPE 9 (~86% e1RM)• 4 reps x 5 sets @ 74-77% e1RM			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

Strict Press				
REPS & INTENSITY:	• 8 reps @ RPE 7 • 8 reps @ RPE 8 • 8 reps @ RPE 9 • Then 1 sets of 8 reps @ RPE 8			
REST PERIODS AND NOTES:	2-4 min			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):		SESSION RPE	0	
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None	
	GPP or None
NOTES	
	GPP or None

EXERCISE 1

Deadlift with belt

REPS & INTENSITY:	• 1 rep @ RPE 8 (90-93% 1RM) •5 reps @ RPE 9 (~84% e1RM) • 5 reps x 4 sets @ 72-75% e1RM			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 2

Floor Press

REPS & INTENSITY:	• 6 reps @ RPE 7 •6 reps @ RPE 8 •6 reps @ RPE 9 • -5% from 6 reps @ RPE 9 x 6 reps until @ 9 again (cap at 2 sets of 6)			
REST PERIODS AND NOTES:	3-5 minute rest between work sets			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

EXERCISE 3

3-0-3 Tempo Squat

REPS & INTENSITY:	• 10 reps @ RPE 7 • 10 reps @ RPE 8 • 10 reps @ RPE 9 •Take off 5% from 10 @ 9 for 1 more set of 10			
REST PERIODS AND NOTES:	2-4 min			
SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				
ESTIMATED ONE-REP MAX:	0.0			
SESSION TIME (MINUTES):	SESSION RPE			
AVERAGE INTENSITY:	0%			
REPS:	0 REPS			
TONNAGE:	0.0			

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Overload Squat

The overload squat is equipment dependent. . I would prefer the squat w/ chains (using ~20% 1RM in chain)

REPS & INTENSITY:

•4 reps @ RPE 7

•4 reps @ RPE 8

• 4 reps @ RPE 9

•Take 5% off from the 4 @ RPE 9 set and do 1-2 sets of 4 (until effort is ~ RPE 9 again)

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

0%

0%

0%

0%

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 2

Touch n Go bench

REPS & INTENSITY:

•5 reps @ 7 (79% of 1RM)

•5 reps @ 8 (81% of 1RM)

•5 reps @ 9 (84% of 1RM)

•-5% from 5 @ 9 x 5 reps until @ 9 again (cap at 2 sets of 5)

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

0%

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 3

Press Accessory 1

Ideally the press accessory will be lighter than the normal press.I prefer the DB press > DB Incline Bench

REPS & INTENSITY:

• 10 reps @ RPE 7

• 10 reps @ RPE 8

• 10 reps @ RPE 9

•Take off 5% from 10 @ 9 for 1 more set of 10

REST PERIODS AND NOTES:

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

SESSION TIME (MINUTES):

SESSION RPE

0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

EXERCISE 1

Overload Deadlift

The overload deadlift is equipment dependent. . I would prefer the deadlift w/ mini bands to deadlift w/ chains

REPS & INTENSITY:

•4 reps @ RPE 7

•4 reps @ RPE 8

•4 reps @ RPE 9

•Take 5% off from the 4 @ RPE 9 set and do 1-2 sets of 4 (until effort is ~ RPE 9 again)

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 2

Overload Bench 1

The overload bench is equipment dependent. I would prefer the slingshot bench to bench w/ chains. to bench w/ bands. to floor

REPS & INTENSITY:

•4 reps @ RPE 7

•4 reps @ RPE 8

•4 reps @ RPE 9

•Take 5% off from the 4 @ RPE 9 set and do 2-3 sets of 4 (until effort is ~ RPE 9 again)

REST PERIODS AND NOTES:

3-5 minute rest between work sets

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

EXERCISE 3

Lever Row

REPS & INTENSITY:

•10 reps @ RPE 7

•10 reps @ RPE 8

•10 reps @ RPE 9

•Take off 5% from 10 @ 9 for 1 more set of 10

REST PERIODS AND NOTES:

2-4 min

SET	WEIGHT	REPS	RPE	INTENSITY
SET 1				
SET 2				
SET 3				
SET 4				
SET 5				
SET 6				
SET 7				
SET 8				
SET 9				

ESTIMATED ONE-REP MAX:

0.0

SESSION TIME (MINUTES)::

SESSION RPE

0

AVERAGE INTENSITY:

0%

REPS:

0 REPS

TONNAGE:

0.0

SUPPLEMENT

GPP or None

GPP or None

NOTES

GPP or None

GPP

GPP Cardio

NOTES:

25 min steady state @ RPE 6 2x/wk

Time/Distance:

GPP ARM Work

NOTES:

3 sets of 12-15 reps @ RPE 8, triceps press downs 2x/wk
3 sets of 12-15 reps @ RPE 8, biceps curls 2x/wk

Reps Completed:

GPP Upper Back Work

NOTES:

7 minutes upper back work AMRAP 2x/wk

Reps Completed:

WEEKLY AU

GPP AB Work

NOTES:

7 min ab work AMRAP 2x/wk

Reps Completed:



We hope that you enjoyed our free 3-week sample!

You can **get the full template** by clicking or text link below get \$10 off with this coupon code [**templatetrial**]:



<https://www.barbellmedicine.com/shop/training-templates/strength/powerlifting-ii-template/>

Don't forget to connect with us online:

