

| 11 Weeks  |           |  |  | 10 Weeks  |                |        |      | 9 Weeks |           |                |        | 8 Weeks |      |           |                |        |      |       |
|-----------|-----------|--|--|-----------|----------------|--------|------|---------|-----------|----------------|--------|---------|------|-----------|----------------|--------|------|-------|
| 17-Aug-23 | Day #1    |  |  | 24-Aug-23 | Day #1         | Weight | Sets | Reps    | 31-Aug-23 | Day #1         | Weight | Sets    | Reps | 07-Sep-23 | Day #1         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Squat          | 100    | 4    | 8       |           | Squat          | 100    | 4       | 8    |           | Squat          | 100    | 4    | 8     |
|           | Deload    |  |  |           | WB Bench       | 80     | 5    | 10+     |           | WB Bench       | 87.5   | 3       | 10+  |           | WB Bench       | 100    | 1    | AMRAP |
|           | Week      |  |  |           | Deadlift       | 120    | 5    | 5       |           | Deadlift       | 117.5  | 3       | 4    |           | Deadlift       | 117.5  | 5    | 5     |
|           |           |  |  |           | Back Extension |        |      |         |           | Back Extension |        |         |      |           | Back Extension |        |      |       |
|           |           |  |  |           | Ab             |        |      |         |           | Ab             |        |         |      |           | Ab             |        |      |       |
| 18-Aug-23 | Day #2    |  |  | 25-Aug-23 | Day #2         | Weight | Sets | Reps    | 01-Sep-23 | Day #2         | Weight | Sets    | Reps | 08-Sep-23 | Day #2         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Bench          | 110    | 2    | 10      |           | Bench          | 117.5  | 2       | 8    |           | Bench          | 122.5  | 2    | 8     |
|           | Deload    |  |  |           | OB Bench       | 97.5   | 2    | 10      |           | OB Bench       | 102.5  | 2       | 8    |           | OB Bench       | 107.5  | 2    | 8     |
|           | Week      |  |  |           | Row            | 80     | 3    | 8       |           | Row            | 80     | 3       | 8    |           | Row            | 100    | 3    | 5     |
|           |           |  |  |           | Pushup         |        |      |         |           | Pushup         |        |         |      |           | Pushup         |        |      |       |
|           |           |  |  |           | Dip            |        |      |         |           | Dip            |        |         |      |           | Dip            |        |      |       |
| 19-Aug-23 | Day #3    |  |  | 26-Aug-23 | Day #3         | Weight | Sets | Reps    | 02-Sep-23 | Day #3         | Weight | Sets    | Reps | 09-Sep-23 | Day #3         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Squat          | 162.5  | 5    | 7       |           | Squat          | 172.5  | 5       | 7    |           | Squat          | 177.5  | 5    | 7     |
|           | Deload    |  |  |           | OB Bench       | 115    | 2    | 10      |           | OB Bench       | 122.5  | 2       | 8    |           | OB Bench       | 127.5  | 2    | 8     |
|           | Week      |  |  |           | Deadlift       | 100    | 1    | 20      |           | Speed Dead     | 105    | 3       | 3    |           | Speed Dead     | 142.5  | 10   | 1     |
|           |           |  |  |           | Core           |        |      |         |           | Speed Dead     | 182.5  | 1       | 3    |           | Speed Dead     | 188    | 1    | 1     |
|           |           |  |  |           | Ab Wheel       |        |      |         |           | Ab Wheel       |        |         |      |           | Dips           |        |      |       |
| 20-Aug-23 | Day #4    |  |  | 27-Aug-23 | Day #4         | Weight | Sets | Reps    | 03-Sep-23 | Day #4         | Weight | Sets    | Reps | 10-Sep-23 | Day #4         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Trig Bench     | 107.5  | 5    | 8+      |           | Trig Bench     | 120    | 3       | 8+   |           | Trig Bench     | 132.5  | 1    | AMRAP |
|           | Deload    |  |  |           | Core           | 60     | 3    | 8       |           | Core           | 65     | 3       | 8    |           | Core           | 71.5   | 2    | 8     |
|           | Week      |  |  |           | Row            | 80     | 3    | 8       |           | Row            | 90     | 3       | 8    |           | Row            | 100    | 3    | 5     |
|           |           |  |  |           | Full Up        |        |      |         |           | Full Up        |        |         |      |           | Full Up        |        |      |       |
|           |           |  |  |           | Dip            |        |      |         |           | Dip            |        |         |      |           | Dip            |        |      |       |
| 21-Aug-23 | Day #5    |  |  | 28-Aug-23 | Day #5         | Weight | Sets | Reps    | 04-Sep-23 | Day #5         | Weight | Sets    | Reps | 11-Sep-23 | Day #5         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Squat          | 172.5  | 7    | 5       |           | Squat          | 182.5  | 7       | 5    |           | Squat          | 187.5  | 7    | 5     |
|           | Deload    |  |  |           | Deadlift       | 127.5  | 5    | 8+      |           | Deadlift       | 142.5  | 3       | 8+   |           | Ab Wheel       | -      | -    | -     |
|           | Week      |  |  |           | -              | -      | -    | -       |           | -              | -      | -       | -    | -         | -              | -      | -    | -     |
|           |           |  |  |           | Core           |        |      |         |           | Core           |        |         |      |           | Core           |        |      |       |
|           |           |  |  |           | Ab Wheel       |        |      |         |           | Ab Wheel       |        |         |      |           | Ab Wheel       |        |      |       |
| 22-Aug-23 | Day #6    |  |  | 29-Aug-23 | Day #6         | Weight | Sets | Reps    | 05-Sep-23 | Day #6         | Weight | Sets    | Reps | 12-Sep-23 | Day #6         | Weight | Sets | Reps  |
|           | Fullround |  |  |           | Squat          | 182.5  | 10   | 3       |           | Squat          | 192.5  | 10      | 3    |           | Squat          | 197.5  | 10   | 3     |
|           | Deload    |  |  |           | Bench          | 122.5  | 5    | 2       |           | Bench          | 140    | 3       | 1    |           | Bench          | 145    | 2    | 1     |
|           | Week      |  |  |           | Dip            |        |      |         |           | Dip            |        |         |      | Deadlift  | 120            | 5      | 5    |       |
|           |           |  |  |           | Arms           |        |      |         |           | Arms           |        |         |      | Arms      |                |        |      |       |
|           |           |  |  |           | Calves         |        |      |         |           | Calves         |        |         |      | Calves    |                |        |      |       |

# Powerlifting Program Spreadsheet

**L Cohen**



**Powerlifting Program Spreadsheet:**

This book delves into Powerlifting Program Spreadsheet. Powerlifting Program Spreadsheet is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Powerlifting Program Spreadsheet, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Powerlifting Program Spreadsheet
    - Chapter 2: Essential Elements of Powerlifting Program Spreadsheet
    - Chapter 3: Powerlifting Program Spreadsheet in Everyday Life
    - Chapter 4: Powerlifting Program Spreadsheet in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, this book will provide an overview of Powerlifting Program Spreadsheet. This chapter will explore what Powerlifting Program Spreadsheet is, why Powerlifting Program Spreadsheet is vital, and how to effectively learn about Powerlifting Program Spreadsheet.
  3. In chapter 2, this book will delve into the foundational concepts of Powerlifting Program Spreadsheet. The second chapter will elucidate the essential principles that must be understood to grasp Powerlifting Program Spreadsheet in its entirety.
  4. In chapter 3, the author will examine the practical applications of Powerlifting Program Spreadsheet in daily life. The third chapter will showcase real-world examples of how Powerlifting Program Spreadsheet can be effectively utilized in everyday scenarios.
  5. In chapter 4, the author will scrutinize the relevance of Powerlifting Program Spreadsheet in specific contexts. This chapter will explore how Powerlifting Program Spreadsheet is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, this book will draw a conclusion about Powerlifting Program Spreadsheet. The final chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Powerlifting Program Spreadsheet.

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