

| Week | Main Lifts | Sets | Reps | % Max | Week | Exercise | Sets | Reps | % Max |
|------|-----------------------|------|------|--------|------|-------------|-------------|------|-------|
| 1 | Squat | 5 | 6 | 70% | 1 | Squat | 5 | 10 | 50% |
| | Deadlift Variation | 4 | 6 | 50-70% | | Bench Press | 5 | 10 | 50% |
| | Bench Press | 5 | 6 | 70% | | | | | |
| 2 | Deadlift | 6 | 4 | 75% | 2 | Squat | 5 | 10 | 55% |
| | Squat Variation | 4 | 6 | 50-70% | | Bench Press | 5 | 10 | 55% |
| | Bench Press Variation | 5 | 5 | 72.5% | | | | | |
| 3 | Squat | 6 | 4 | 75% | 3 | Squat | 4 | 10 | 60% |
| | Deadlift Variation | 4 | 6 | 50-70% | | Bench Press | 4 | 10 | 60% |
| | Bench Press | 6 | 4 | 75% | | | | | |
| 4 | Squat | 4 | 5-10 | <70% | 4 | Squat | 4 | 10 | 60% |
| | Deadlift | 0 | 0 | 0 | | Bench Press | 4 | 10 | 60% |
| | Bench Press | 4 | 5-10 | <70% | | | | | |
| 5 | Deadlift | 7 | 3 | 80% | 5 | Squat | 4 | 8 | 65% |
| | Squat Variation | 3 | 8 | 50-70% | | Bench Press | 4 | 8 | 65% |
| | Bench Press Variation | 6 | 4 | 77.5% | | | | | |
| 6 | Squat | 8 | 3 | 80% | 6 | Squat | 3 | 8 | 65% |
| | Deadlift Variation | 4 | 5 | 50-70% | | Bench Press | 3 | 8 | 65% |
| | Bench Press | 8 | 3 | 80% | | | | | |
| 7 | Deadlift | 8 | 2 | 85% | 7 | Squat | 4 | 8 | 70% |
| | Squat Variation | 3 | 8 | 50-70% | | Bench Press | 4 | 8 | 70% |
| | Bench Press Variation | 8 | 3 | 82.5% | | | | | |
| 8 | Squat | 4 | 5-10 | <70% | 8 | Squat | 5 | 8 | 70% |
| | Deadlift | 0 | 0 | 0 | | Bench Press | 5 | 8 | 70% |
| | Bench Press | 4 | 5-10 | <70% | | | | | |
| 9 | Squat | 8 | 2 | 85% | 9 | Squat | 3 | 6 | 75% |
| | Deadlift Variation | 4 | 5 | 50-70% | | Bench Press | 3 | 6 | 75% |
| | Bench Press | 8 | 2 | 85% | | | | | |
| 10 | Deadlift | 10 | 1 | 90%+ | 10 | Squat | 4 | 6 | 80% |
| | Squat Variation | 3 | 6 | 50-70% | | Bench Press | 4 | 6 | 80% |
| | Bench Press Variation | 8 | 2 | 87.5% | | | | | |
| 11 | Squat | 10 | 1 | 90%+ | 11 | Squat | 4 | 6 | 70% |
| | Deadlift Variation | 4 | 5 | 50-70% | | Bench Press | 4 | 6 | 65% |
| | Bench Press | 10 | 1 | 90%+ | | | | | |
| 12 | Squat | 5 | 3 | 50% | 12 | Squat | Competition | | |
| | Deadlift | 5 | 3 | 50% | | Deadlift | Competition | | |
| | Bench Press | 5 | 3 | 50% | | Bench Press | Competition | | |

Powerlifting Mass Volume Training Program Mathias Method

Patrick Vollmar



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