

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	5	10+		WB Bench	100	1	NABAP
	Week				Deadlift	120	5	5		Deadlift	117.5	5	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		Back Dead	165	3	3		Speed Dead	142.5	10	1
					On					Back Dead	182.5	1	3		Speed Dead	180	1	1
					Ab Wheel					Ab Wheel					Dip			
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				Trg Bench	107.5	5	8+		Trg Bench	120	3	8+		Trg Bench	132.5	1	NABAP
	Deload				On	80	3	8		On	85	3	8		On	11.5	1	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				-	-	-	-		-	-	-	-	-	-	-	-	-
					On					On					On			
					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				
					Calfs					Calfs				Calfs				

# Powerlifting Program Spreadsheet

**Xiaolong Qi**



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