

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	NABAP
	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
					Plaque					Plaque					Plaque			
					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
					On					Block Dead	102.5	1	3		Speed Dead	105	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				Trig Bench	107.5	5	8+		Trig Bench	120	3	8+		Trig 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

ML Yell



Powerlifting Program Spreadsheet:

The book delves into Powerlifting Program Spreadsheet. Powerlifting Program Spreadsheet is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The 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. The first 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 need to be understood to grasp Powerlifting Program Spreadsheet in its entirety.
4. In chapter 3, this book 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, the author will draw a conclusion about Powerlifting Program Spreadsheet. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Powerlifting Program Spreadsheet.

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Powerlifting Program Spreadsheet Introduction

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