

# 12 Week Powerlifting Program

Created by [Murshid Akram](#)

Article Link: <https://thefitnessphantom.com/12-week-powerlifting-program-with-pdf/>

If you want to power up your strength, lift heavier than you think, and get stronger and bigger, you can try out this 12 week powerlifting program to achieve your fitness goal.

Powerlifting is a kind of training where you need to lift as heavy as possible. Bench press, [deadlift](#), and barbell back squat are major lifts included in this program. All these lifts together are called “The Big Three.” These three lifts are great for increasing [strength and hypertrophy](#).

The primary goal of Powerlifters is to lift as heavy as possible because the weight on the bar is the only thing that matters for them.

So, if you also want to challenge your strength and be a powerlifter, you can follow this 12 week powerlifting program.

Powerlifting is different from bodybuilding where you do both [compound](#) and isolation workouts; [CrossFit](#) where you do explosive moments, and [calisthenics](#) where you do mobility exercises. It only focuses on increasing strength over time.

## Summary

<b>Program Duration</b>	12 Weeks
<b>Frequency</b>	2 days a week
<b>Goal</b>	Strength Gain
<b>Targeted Gender</b>	Men
<b>Suitable for</b>	Beginners
<b>Rest between sets</b>	3 to 5 minutes
<b>Recommended Supplements</b>	<a href="#">Whey Proteins</a>

In this powerlifting program, I've included one major lift on each training day, along with accessory lifts and a [core workout](#). Core training is crucial for lifting heavier loads. Because a sturdy core will help lift more and reduce the risk of [low back injury](#). Here's a list of primary exercises with the accessory lifts you'll do in this program:

1. **Flat Barbell Bench Press**
  - [Pin Press](#)
  - [Spoto Press](#)
  - [Dumbbell Floor Press](#)
  - [Dumbbell Tate press](#)
  - Close Grip Bench Press
  - Barbell Rowing
2. **Barbell Back Squat**
  - [Glute-Ham Raise](#)
  - Lunge Variations
  - [Back Squat with a Pause](#)
  - [Dumbbell Step-up](#)
  - Kettlebell Thruster
3. **Barbell Deadlift**
  - [Barbell Good Morning](#)
  - [Reverse Hyperextension](#)
  - [Deficit Deadlift](#)
  - Romanian Deadlifts
4. **Core Workout**
  - [Weighted Plank](#)
  - [Standing Side Bend](#)
  - Ab Wheel/Barbell Rollout
  - Weighe Plate Crunches
  - [Cable Woodchop](#)
  - [Pallof Press](#)
  - Bird Dog
  - [Dead Bug Pullover](#)

## 12 Week Powerlifting Program for Ultimate Strength

- **Week 1**
  - Bench Press
  - Barbell Back Squat
- **Week 2**
  - Conventional Deadlift
  - Barbell Overhead Press
- **Week 3**
  - Bench Press

- Barbell Back Squat
- **Week 4**
  - Conventional Deadlift
  - Bench Press
- **Week 5**
  - Barbell Back Squat
  - Barbell Overhead Press
- **Week 6**
  - Conventional Deadlift
  - Bench Press
- **Week 7**
  - Barbell Overhead Press
  - Barbell Back Squat
- **Week 8**
  - Conventional Deadlift
  - Bench Press
- **Week 9**
  - Barbell Back Squat
  - Bench Press
- **Week 10**
  - Conventional Deadlift
  - Barbell Overhead Press
- **Week 11**
  - Barbell Back Squat
  - Bench Press
- **Week 12**
  - Deadlift
  - Bench Press

## Week 1

### Day 1

- **Bench Press (Main Lift)**
  - Bench Press: 5 sets of 5 reps each at 75% of your 1RM.
  - Make sure the bar slightly touches your chest during the movement.
- **Incline Dumbbell Bench Press (Other Lift)**
  - 3 sets of 6 reps each with as heavy dumbbells as possible.
- **Weighted Crunches: 10 x 2**

### Day 2

- **Barbell Back Squat (Main Lift)**
  - 5 sets of 5 reps each at 75% of your 1RM.
  - Make sure you hit 'depth' – which in powerlifting is the crease of your hip going lower than your knee.
- **Dumbbell Split Squat/Lunges (Accessory Lift)**
  - 3 sets of 6 reps
  - Pick the dumbbells that are heavy enough to perform suggested reps.

- [Weighted Plank](#): 1-2 min

## Week 2

### Day 1

- **Conventional Deadlift (Main Lift)**
  - 5 sets of 5 reps each at 75% of your 1RM.
- **Barbell Good Morning**
  - 3 sets of 6 reps with only barbell, no plates.
- [Dumbbell Side Bend](#): 8-12 x 2

### Day 2

- **Military Press (Main Lift)**
  - 4 sets of 8 reps at 60% of your 1RM.
- **Barbell Bent-Over Rows**
  - 3 sets of 10 reps
- **Ab Wheel Rollout**: 5 x 2

## Week 3

### Day 1

- **Dumbbell Floor Press**
  - 3 x 8 reps
- **Flat Barbell Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 3 reps at 90 % of your 1RM
  - 1RM
- **Spoto Press**
  - 3 x 8 reps
- **Weighted Plank**
  - 1-minute
- **Standing Dumbbell Oblique Twist**
  - 2 x 10 reps

### Day 2

- **Barbell Back Squat**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 2 reps at 90 % of your 1RM
  - 1RM
- **Dumbbell Forward Lunges**
  - 3 x 10 reps
- **Glute-Ham Raise**
  - 3 x 10 reps
- **Weighted Side Plank**
  - 30 seconds each side
- **Incline Plank Single Arm Row**

- 2 x 10 reps, each side

## Week 4

### Day 1

- **Conventional Deadlift**
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 3 reps at 85% of your 1RM
  - 2 reps at 90 % of your 1RM
  - 1 reps at 100% of your 1RM
- **Barbell Romanian Deadlift**
  - 3 x 6RM at your
- **Good Morning**
  - 3 x 6 reps
- **Barbell Rollout**
  - 3 x 8 reps

### Day 2

- **Pin Press**
  - 2 x 8 reps
- **Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps 90 % of your 1RM
  - 1RM
- **Barbell Rowing**
  - 3 x 6-8 reps
- **Pallof Press**
  - 3 x 6 reps
- **Dead Bug Pullover**
  - 2 x 8-10 reps

## Week 5

### Day 1

- **Barbell Back Squat**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 85 % of your 1RM
  - 1RM
- **Back Squat with a Pause**
  - 3 x 6-8 reps
- **Kettlebell Thruster**
  - 2 x 8-10 reps

- **Weighted Plank**
  - 1-2 minute
- **Ab Wheel Rollout**
  - 3 x 6-8 reps

## Day 2

- **Barbell Overhead Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 2 reps at 95 % of your 1RM
- **Landmine Press**
  - 3 x 6-10 reps
- **Barbell Bent-over Row**
  - 3 x 6-10 reps
- **Standing Dumbbell Side Bend**
  - 3 x 8-12 reps
- **Weighted Side Plank**
  - 30-45 seconds each side

## Week 6

### Day 1

- **Conventional Deadlift**
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 3 reps at 85% of your 1RM
  - 2 reps at 90 % of your 1RM
  - 1RM
- **Deficit Deadlift**
  - 3 x 6-8 reps
- **Good Morning**
  - 3 x 8-10 reps
- **Kettlebell Swing**
  - 3 x 10-12 reps
- **Pallof Press**
  - 3 x 10-12 reps
- **Bird Dog**
  - 2 sets of 15 seconds, each side.

### Day 2

- **Flat Barbell Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps 90 % of your 1RM

- 1RM
- **Pin Press**
  - 3 x 10-12 reps
- **Close Grip Bench Press**
  - 3 x 8-12 reps
- **Plank Rowing**
  - 3 x 10-12 reps
- **Weighted Plank**
  - 1-2 minute

## Week 7

### Day 1

- **Military Press**
  - 5 x 5 reps, increase the load after each set
- **Dumbbell Overhead Press**
  - 3 x 8-12 reps
- **Barbell Bent-over Row**
  - 3 x 8-12 reps
- **Barbell Upright Row**
  - 3 x 6-8 reps
- **Cable Woodchop**
  - 3 x 8-12 reps
- **Weight Plate Crunches**
  - 2 x 8-12 reps

### Day 2

- **Barbell Back Squat**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 90 % of your 1RM
  - 1RM
- **Dumbbell Step-up**
  - 3 x 6-8 reps
- **Bulgarian Split Squat**
  - 3 x 8-10 reps
- **Ab Wheel Rollout**
  - 3 x 6-8 reps
- **Weighted Side Plank**
  - 30-45 seconds each side

## Week 8

### Day 1

- **Conventional Deadlift**
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM

- 4 reps at 85% of your 1RM
- 2 reps at 90 % of your 1RM
- 1RM
- **Dumbbell Romanian Deadlift**
  - 3 x 8-10 reps
- **Reverse Hyperextension**
  - 3 x 8-10 reps
- **Ab Wheel Rollout**
  - 3 x 6-10 reps
- **Dead Bug Pullover**
  - 2 x 8-10 reps

## Day 2

- **Flat Barbell Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 90 % of your 1RM
  - 1RM
- **Dumbbell Tate Press**
  - 3 x 6-10 reps
- **Spoto Press**
  - 2 x 8-12 reps
- **Standing Dumbbell Oblique Twist**
  - 3 x 8-12 reps
- **Cable Woodchop**
  - 2 x 8-12 reps, each side

## Week 9

### Day 1

- **Barbell Back Squat**
  - 8 reps at 70% of your 1RM
  - 6 reps at 80% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 90 % of your 1RM
  - 1RM
- **Dumbbell Bulgarian Split Squat**
  - 3 x 8-10 reps
- **Glute-Ham Raise**
  - 3 x 8-10 reps
- **Pallof Press**
  - 3 x 8-10 reps
- **Ab Wheel Rollout**
  - 2 x 6-8 reps



## Day 2

- **Barbell Bench Press**
  - 8 reps at 70% of your 1RM
  - 6 reps at 80% of your 1RM
  - 5 reps at 85% of your 1RM
  - 4 reps at 90% of your 1RM
  - 2 reps at 95 % of your 1RM
  - 1RM
- **Pin Press**
  - 3 x 8-10 reps
- **Close Grip Bench Press**
  - 3 x 8-10 reps
- **Barbell Rowing**
  - 3 x 8-10 reps
- **Dead Bug Pullover**
  - 2 x 8-10 reps
- **Weighted Plank**
  - 1-2 min

## Week 10

### Day 1

- **Conventional Deadlift**
  - 6 reps at 75% of your 1RM
  - 4 reps at 80% of your 1RM
  - 4 reps at 85% of your 1RM
  - 2 reps at 90 % of your 1RM
  - 1RM
- **Good Morning**
  - 3 x 8-10 reps
- **Reverse Hyperextension**
  - 3 x 8-10 reps
- **Standing Dumbbell Oblique Twist**
  - 3 x 8-10 reps
- **Bird Dog**
  - 2 sets of 15 seconds, each side

### Day 2

- **Barbell Overhead Press**
  - 5 x 5 reps, increase the load after each set
- **Dumbbell Overhead Press**
  - 3 x 8-10 reps
- **Barbell Upright Row**
  - 3 x 8-10 reps
- **Weighted Pushup**
  - 2 sets of 10-15 reps
- **Weighted Plate Crunches**

- 2 sets of 10-15 reps

## Week 11

### Day 1

- **Barbell Back Squat**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 85 % of your 1RM
  - 1RM
- **Back Squat with a Pause**
  - 3 x 6-8 reps
- **Dumbbell Lunges**
  - 2 x 8-10 reps
- **Weighted Plank**
  - 1-2 minute
- **Ab Wheel Rollout**
  - 3 x 6-8 reps

### Day 2

- **Flat Barbell Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps 90 % of your 1RM
  - 1RM
- **Spoto Press**
  - 3 x 10-12 reps
- **Incline Dumbbell Bench Press**
  - 3 x 8-12 reps
- **Plank Rowing**
  - 3 x 10-12 reps
- **Weighted Plank**
  - 1-2 minute

## Week 12

### Day 1

- **Conventional Deadlift**
  - 6 reps at 70% of your 1RM
  - 4 reps at 80% of your 1RM
  - 4 reps at 85% of your 1RM
  - 2 reps at 90 % of your 1RM
  - 1RM

- **Dumbbell Romanian Deadlift**
  - 3 x 8-10 reps
- **Barbell Good Morning**
  - 3 x 8-10 reps
- **Bird Dog**
  - 2 sets of 15 seconds, each side
- **Dead Bug Pullover**
  - 2 x 8-10 reps

## Day 2

- **Barbell Bench Press**
  - 8 reps at 60% of your 1RM
  - 6 reps at 70% of your 1RM
  - 5 reps at 80% of your 1RM
  - 4 reps at 85 % of your 1RM
  - 3 reps at 90 % of your 1RM
  - 1RM
- **Pin Press**
  - 3 x 6-10 reps
- **Dumbbell Tate Press**
  - 2 x 8-12 reps
- **Weighted Plank**
  - 1-2 min
- **Pallof Press**
  - 2 x 8-12 reps

---

## Tips And Suggestions

1. You can lift more weight and break your 1RM by repeating the same movements over and over.
2. You may incorporate pull-ups to build up your pulling and grip strength.
3. Depending on your choice, you can add more supporting lifts on your training day.
4. Make sure you get adequate rest in between the training days.
5. Aim for heavier loads each succeeding week to create your new PR or 1RM.

## Is Working Out Two Days A Week Enough To Increase Strength?

Powerlifting is intense training, so the rest between the workout days will be crucial. They'll recover your muscle damage, prevent muscle fatigue, reduce the risk of injuries, and improve your performance.

And for beginners, working out two days a week is enough to gain significant strength. And once you complete the above 12 week powerlifting workout program, you can increase the frequency to three to four days.

## How Much Weight Should I Lift?

You can lift as heavy as possible until you maintain proper form throughout the workout. For example, when you need to do six reps, lift those weights, which are challenging but within your strength limit.

You may also like:

[6 Day Gym Workout Schedule With PDF](#)

[5 Day Gym Workout Schedule With PDF](#)

[Gym Workout Plan For Women And Men With PDF](#)