

The Best 5 Day Powerlifting Split Program

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Summary Of the Program

Program Duration	6-8 Weeks
Frequency	5 days a week
Goal	Increase One-rep Max (1RM)
Targeted Gender	Men
Level	Beginner to Intermediate

Exercises you'll do in this 5-day split for powerlifting:

The Big Lifts	Accessories Exercises
Bench Press	Pin Press, Spoto Press, Overhead Press, DB Press, Close Grip Bench Press
Squat	Glute-Ham Raise, Lunges, Step-up, Paused Squat, Farmer's Walk
Deadlift	Good Morning, Hyperextension, Deficit Deadlift, RDL, Hip Thrust

Related: [12-Week Powerlifting Program for Beginners with PDF](#)

5 Day Powerlifting Split Schedule

- Monday -Accessory Lifts for Squats and Deadlift
- Tuesday – Supportive lifts for Bench Press
- Wednesday – Squats
- Thursday – OFF
- Friday – Bench
- Saturday – Deadlift
- Sunday – OFF

Day 1 – Accessory Lifts for Squats and Deadlift

Exercise 1: Glute-Ham Raise

- Sets 1: 20 reps, 2 minutes rest
- Set 2: 15 reps, 2 minutes rest
- Set 3: 10 reps while holding a weight plate, 3 minutes rest

Exercise 2: Paused Squat

- Sets 1: 12 reps at 50% of your 1RM, 2 minutes rest
- Set 2: 10 reps at 60% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 70% of your 1RM, 4 minutes rest
- Set 4: 6 reps at 80% of your 1RM, 3 minutes rest

Exercise 3: Good Morning

- Sets 1: 12 reps, 2 minutes rest
- Set 2: 10 reps, 2 minutes rest
- Set 3: 10 reps, 2 minutes rest

Exercise 4: Deficit Deadlift

- Sets 1: 8 reps at 50% of your 1RM, 2 minutes rest
- Set 2: 6 reps at 60% of your 1RM, 3 minutes rest
- Set 3: 5 reps at 70% of your 1RM, 4 minutes rest
- Set 4: 3 reps at 80% of your 1RM, 3 minutes rest

Exercise 5: Pin Squat

- Sets 1: 10 reps at 50% of your 1RM, 2 minutes rest
- Set 2: 8 reps at 60% of your 1RM, 3 minutes rest
- Set 3: 6 reps at 70% of your 1RM

Day 2 – Supportive Lifts For Bench Press

Exercise 1: Pin Press

- Sets 1: 20 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 16 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 12 reps at 60% of your 1RM, 3 minutes rest
- Set 4: 6 reps at 70% of your 1RM, 4 minutes rest

Exercise 2: Spoto Press

- Sets 1: 16 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 12 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Exercise 3: [Overhead Press](#)

- Sets 1: 16 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 12 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Exercise 4: [Close Grip Bench Press](#)

- Sets 1: 16 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 12 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Exercise 5: [Weighted Push-ups](#)

- Sets 1: 12 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 10 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Day 3 – Squats

Major Lift – Squats

- Set 1: 8 reps at 60% of your 1RM, 3 minutes rest
- Set 2: 6 reps at 70% of your 1RM, 3 minutes rest
- Set 3: 4 reps at 85% of your 1RM, 4 minutes rest
- Set 4: 2 reps at 90 % of your 1RM, 3-5 minutes of rest
- Set 5: 1RM, 3-5 minutes of rest
- Set 6: 1RM, 3-5 minutes of rest

Accessory Lifts

Exercise 1: [Weighted Split Squat](#)

- Shoot for 3 sets of 8-12 reps at 50-60% of your one rep max.

Exercise 2: [Farmer's Walk](#)

- Holding farmer's walk handles and some bumper plates, walk as far as you can at your own pace and then return to the start. You can also use weight plates instead of dumbbells. Perform three rounds.

Exercise 3: [Glute-Ham Raise](#)

- Perform 3 sets of 15 to 20 reps with 2-3 minutes of rest in between.

Day 4 – Bench Press

Major Lift – Bench Press

- Set 1: 8 reps at 60% of your 1RM, 3 minutes rest

- Set 2: 6 reps at 80% of your 1RM, 3 minutes rest
- Set 3: 4 reps at 85% of your 1RM, 4 minutes rest
- Set 4: 2 reps at 90 % of your 1RM, 3-5 minutes of rest
- Set 5: 1RM, 3-5 minutes of rest
- Set 6: 1RM, 3-5 minutes of rest

Supportive Exercises

Exercise 1: Incline Bench Press

- Perform three sets of 10 to 12 reps with 2-3 minutes of rest in between.

Exercise 2: Dumbbell Bench Press

- Set 1: 12 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 10 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Exercise 3: Overhead Press

- Set 1: 12 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 10 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

Day 5 – Deadlift

Primary Lift – Deadlift

- Set 1: 8 reps at 60% of your 1RM, 3 minutes rest
- Set 2: 6 reps at 80% of your 1RM, 3 minutes rest
- Set 3: 4 reps at 85% of your 1RM, 4 minutes rest
- Set 4: 2 reps at 90 % of your 1RM, 3-5 minutes of rest
- Set 5: 1RM, 3-5 minutes of rest
- Set 6: 1RM, 3-5 minutes of rest

Supportive Lifts

Exercise 1: [Hyperextension](#)

- Do three sets of 15 to 20 reps with 2-3 minutes of rest in between.

Exercise 2: [Romanian Deadlift](#)

- Set 1: 8 reps at 50% of your 1RM, 2 minutes rest

- Set 2: 6 reps at 60% of your 1RM, 2 minutes rest
- Set 3: 6 reps at 60% of your 1RM, 3 minutes rest

Exercise 3: [Hip Thrust](#)

- Set 1: 12 reps at 40% of your 1RM, 2 minutes rest
- Set 2: 10 reps at 50% of your 1RM, 3 minutes rest
- Set 3: 8 reps at 60% of your 1RM, 3 minutes rest

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