

6 Day Powerlifting Split Program to Progress Your Lifts

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Check out [article](#) for more info

6 Day Powerlifting Schedule:

- Day 1: Squat and Mobility Work
- Day 2: Pull Workout
- Day 3: Bench and Mobility Work
- Day 4: Push Workout
- Day 5: Deadlift and Mobility Work
- Day 6: Cardio and Abs
- Day 7: OFF

Heavy lifting three times a week is the most I recommend because you need enough time to recover, and if you lift heavy throughout the week, you will not be able to work hard enough on those days.

Recommended Program Duration	10-12 Weeks
Sessions/Week	6 days a week
Workout Goal	Strength and Physique Development
Targeted Gender	Men
Experience Require	Intermediate to Advanced

Day 1: Squat

Warm-up for Squats

- 5-minute Lower Body Foam Rolling
- 5-minute Stationary Bike/Incline Treadmill (Low intensity)
- 2-minute Front and Lateral Leg Swings
- Perform leg press 3 sets of 15-20 reps (lightweight)

Squat Working Sets

Round	Sets x Reps	Intensity	Rest
1	2 x 8	50%	2-minute
2	2 x 6	75%	3-minute
3	2 x 4	85%	4-minute
4	2 X 3	90%	5-minute
5	1 x 1	100%	5-minute
6	1 x 5	60%	-

Mobility Exercises

- Downward Dog: 5-10 seconds hold x 5
- World's Greatest Stretch: 5 reps on each side
- 90/90 Stretch: 5 reps on each side (5 seconds/side)

Day 2: Pull Workout

Pull Exercises	Sets x Reps	Muscles Worked
Bent-Over Row	3 x 10	Back and Abs
Paused Deadlifts	3 x 8	Integrated Full Body
Weighted Pull-ups	3 x 6	Back and Biceps
Barbell Hang Clean	3 x 10	Integrated Full Body

Shoulder Shrugs	3 x 10	Traps and Shoulder
Romanian Deadlift	3 x 8	Hamstrings and Lower Back

Day 3: Bench Press

Warm-up for Bench

- 5-minute Stationary Bike/Rower (Low Intensity)
- 3-5 minutes [Upper Body Foam Rolling](#)
- Resistance Band Pull-apart (2 sets x 10-12 reps)
- 1-minute [Cat Cow Stretches](#)
- Pin Press (2 sets x 15-20 reps with lightweight)

Bench Working Sets

Round	Sets x Reps	Intensity	Rest
1	1 x 8	50%	2-minute
2	2 x 6	60%	3-minute
3	2 x 4	75%	4-minute
4	2 X 3	85%	4-minute
5	2 x 1	100%	5-minute
6	1 x 5	60%	–

Mobility Exercises

- Cobra Pose: 5 reps of 10 seconds
- Standing Chest Stretch: 5 reps of 10 seconds

Day 4: Push Workout

Pull Exercises	Sets x Reps	Muscles Worked
Overhead Press	3 x 10	Shoulder
Paused Squats	3 x 8	Lower Body
Close Grip Bench Press	3 x 6	Triceps and Chest

Weighted Lunges	3 x 10	Lower Body
Paused Bench Press	3 x 10	Chest and Shoulder
Hip Thrusts	3 x 8	Glute and Hamstring

Day 5: Deadlift

Warm-up for Deadlift

- 3-5 minute Rowing or Biking
- 3-5 minute Full-Body Mobility Drills with Foam Rolling
- 1-2 minute Downward Dog to Inchworm

Deadlift Working Sets

Round	Sets x Reps	Intensity	Rest
1	1 x 8	50%	2-minute
2	2 x 6	60%	3-minute
3	2 x 4	75%	4-minute
4	2 X 3	85%	4-minute
5	2 x 2	95%	5-minute
6	1 x 1	100%	-

Mobility Exercises

- World's Greatest Stretch
- Knee Hug to Inverted Hamstring Stretch

Day 6: Cardio and Abs

40-Minute Cardio Workout

- 10-minute Treadmill
- 5-minute Bicycling

- 5-minute Battle Rope Waves
- 5-minute Jumping Rope
- 5-minute **Wall Ball Shots**

30-Minute Abs Workout

- Hanging Knee Raises (3 sets x 20 reps)
- Decline Bench Crunches (3 sets x 10 reps)
- High-to-Low Chop (3 sets x 10 reps per side)
- **Kneeling Cable Crunches** (3 sets x 20 reps per side)
- **Weighted Front Plank** (3 sets x 1-minute)

Tips and Techniques to Progress Your Strength

Strengthen Weak Muscles

Besides the exercises mentioned in this program, I recommend training your weaker muscle groups to improve your vulnerable areas.

For example, if your delts and triceps are not strong enough, you won't be able to bench press heavily.

That's why it's important to address and improve your weak areas for lifting big.

You can check out these [isolation exercises that help strengthen specific muscle groups](#) and improve strength imbalance.

Progressive Overload

Putting an additional weight on the bar after every one or two weeks is a great way to reach a new one-rep max (1RM).

For example, if you lift 200 pounds right now, you can increase the load by 12 pounds in the six weeks in the following ways:

- Week 1: 200
- Week 2: 202
- Week 3: 205
- Week 4: 207
- Week 5: 210
- Week 6: 212

Nutrition and Recovery

The higher volume training requires more focus on your diet. A balanced diet (1.5-2g protein per kg of a bodyweight, 5-8g carbs per kg a bodyweight, and 30% of total calories from fats) helps recover your muscle faster and promotes strength and hypertrophy.

Besides nutrition, sleeping around 7-8 hours sleeping a day and taking a sauna or ice bath a week are also crucial for muscle recovery.

Stay Consistent

Seeing progress requires patience and consistent training. Some people may be able to lift more weight over time, and others may find it difficult to increase any weight.

Scaling your strength level primarily depends on how consistently train, allow your muscles to recover, and feed your body optimum nutrition.

If you stay consistent and focus on everything properly, I believe you'll surely see improvement over time.

I recommend making some adjustments to this program to suit your fitness level and goal.

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