



STRENGTH COACH TUTORIALS #7 - Powerlifting Program Creation

Athlete 2			BENCH PRESS		200															
			SQUAT		201															
			DEADLIFT		202															
WEEK 1			SET 1			SET 2			SET 3			SET 4			SET 5					
#	DAY 1	STRENGTH	TRAPS	REST	SET	REP	%	WT	REP	%	WT	REP	%	WT	REP	%	WT	REP	%	WT
1a	Bench Press	201	60	3	5	75%	150	5	60%	120	5	75%	150							
1b	Lat Pull Down	201	60	3	5			5			5									
2a	Squat	201	60	3	5	75%	150	5	60%	120	5	75%	150							
2b	Hamstring Curl	201	60	3	5			5			5									
#	DAY 2	STRENGTH	TRAPS	REST	SET	REP		WT	REP		WT	REP		WT	REP		WT	REP		WT

BENCH PRESS	200
SQUAT	201
DEADLIFT	202

THANK YOU!

Excel Sheet Strength And Conditioning Programs

EW Minium



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