

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	AMRAP
	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		Block Dead	165	3	3		Speed Dead	142.5	10	1
					Core					Block Dead	182.5	1	3		Speed Dead	180	1	1
					Ab Wheel					Ab Wheel					Dips			
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	AMRAP
	Deload				Core	60	3	8		Core	65	3	8		Core	71.5	2	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				-	-	-	-		-	-	-	-	-	-	-	-	
					Core					Core					Core			
					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				
					Calves					Calves				Calves				

Powerlifting Program Spreadsheet

Michael Boyle



Powerlifting Program Spreadsheet:

Strength and Conditioning Coaching Michael Boyle, 2025-06-30 With the guidance of Strength and Conditioning Coaching you will learn to apply the best methods offer superior training experiences and be a more successful strength professional in a very competitive industry See real results in your athletes with expert advice from coach Mike Boyle 5x5 *Powerlifting Guide* Adrian Antoni Kirkham, 2026-02-03 Stop guessing your way through strength training and run a clear 5x5 powerlifting plan that tells you exactly what to do every session This guide gives you a simple three day per week program built around the squat bench press and deadlift so you always know what to lift when to add weight and how to handle tough days without derailing your progress Set up a safe minimal barbell training space using only the equipment you actually need for heavy 5x5 work Learn step by step setups for squat bench deadlift row and overhead press so every rep looks and feels consistent Follow a plug and play weekly schedule with clear A B training days warm up rules and fixed exercise order Run a structured 12 week 5x5 timeline with defined phases planned deloads and simple criteria for moving forward Apply unambiguous progression rules so you know exactly when to add weight repeat a load or back off slightly Handle stalls and plateaus with a short troubleshooting checklist instead of randomly changing programs Use straightforward nutrition and recovery guidelines to support strength gains without complex tracking or strict meal plans This book is for beginners and early intermediate lifters who have access to a barbell and rack want to focus on squat bench and deadlift and prefer a direct no nonsense plan over scrolling through conflicting advice If you like clear rules simple templates and measurable progress in 12 weeks this program is built for you This book is not for advanced powerlifters looking for highly specialized peaking cycles bodybuilders chasing detailed physique splits or readers who want long theory chapters instead of practical instructions If you refuse to log your sessions ignore basic safety or constantly freestyle your workouts you will not use this guide as intended Adrian Antoni Kirkham writes The Strength Field Guide Series with one goal to turn barbell training into a set of clear repeatable systems Drawing on years of practical coaching and gym floor experience he focuses on simple rules clean execution and programs that real people can run in normal gyms without overthinking If you are ready to commit to three focused sessions per week follow straightforward 5x5 rules and steadily push your squat bench and deadlift numbers up start this 12 week powerlifting guide and put a clear plan behind every rep you do *Red Pill Gospel* Conrad Riker, They Want You Weak Divided and Silent Here s How to Fight Back Do you feel demonized for believing in biology borders and basic truths Are you tired of being taxed into poverty to fund feminist utopias and migrant invasions What if the progress you re forced to celebrate is a Satanic plot to erase your heritage Expose the Frankfurt School s Long March to corrupt education law and media Defeat false abuse allegations and alimony slavery with legal guerrilla tactics Reverse plummeting testosterone levels using evolutionary science not Big Pharma Debunk the gender fluidity hoax with unshakable chromosomal facts Stop toilet paper shortages energy crises and other socialist disasters before they spread Protect your sons from porn

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In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Powerlifting Program Spreadsheet**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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