

12 WEEK DEADLIFT PROGRAM TO PROGRESS YOUR 1RM

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Check out [article](#) for more info

About Program

Sessions/Week

It involves training twice weekly. You'll work on your strength one day; the other day, you'll [train for hypertrophy](#), endurance, and mobility.

Workout Goal

The goal of this program is simple – increase weight on the bar every week and try to maximize your 1RM by 20-25 pounds at the end of the plan.

Equipment/Accessories Needed

Besides an Olympic barbell and weight plates, you need a weightlifting belt to protect your back. Using lifting straps or chalk will also help you [lift more weight](#).

Who Can Do It

This 12-week deadline routine is for intermediates who have been lifting for a while. If you're a beginner, first improve your basics and bolster your fundamental strength.

And if you're an advanced lifter, it is best for you to train under professional coaches to take your strength to the next level.

Target Gender

People of all genders can try this program to build up their deadlifts.

Warm-up Exercises

Pick any two to three exercises and do them for 10 minutes.

- 5-min [Full Body Foam Rolling](#)
- 5-minutes on the Stationary Bike (Low intensity)
- 5-minute Incline Treadmill Walk (Low intensity)
- 10-20 Leg Swings Back and Forth
- 10 reps Cat-Cow

Weight to Lift

- **Round 1**– 40% of your one-rep max, 2-min rest.
- **Round 2** – 60% of your 1RM, 3-min rest.
- **Round 3** – 70-80 % of your 1RM, 4-min rest.
- **Round 4** – 80-90% of your 1RM, 4-min rest.
- **Round 5** – One rep max, 4-minute rest

Additional Instructions

- Increase 2-5% weight every subsequent week.
- Perform supportive exercises after completing all rounds of Deadlift.
- You can lift more weight and break your 1RM by repeating the same movements over and over.
- Depending on your choice, you can add more supporting lifts on your training day.
- Make sure you get adequate rest in between the training days.
- Aim for heavier loads each succeeding week to create your new PR or 1RM.
- Besides deadlift and its accessory lifts, focus on [bolstering your abdominal muscles](#).

12-Week Powerlifting Deadlift Program to Reach New 1RM

This program involves lifting heavy (deadlift) on day one to build strength and light to moderate weight (deadlift plus supportive lifts) on day two to develop muscle mass, endurance, and functional fitness.

Week 1

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Bent-Over Rows (2 sets x 10 reps)
2	2 x 6-8	Lat Pulldown (2 sets x 10 reps)
3	1 x 4-6	Cable Pull Through (One set to failure)
4	1 x 2-4	Romanian Deadlift (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Deadlift	4 x 10-15	2-minute
Bent-Over Rows	4 x 10-15	2-minute
Hex Bar Deadlift	4 x 10-15	2-minute
Good Morning	4 x 10-15	2-minute

Week 2

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Barbell Clean (2 sets x 10 reps)
2	2 x 6-8	Barbell High Pull (2 sets x 10 reps)
3	2 x 4-6	DB Suitcase Deadlift (2 sets x 10 reps)
4	1 x 2-4	Low Back Extension (2 sets x 20 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Paused Deadlifts	4 x 10-15	2-minute
Front Squat	4 x 10-15	2-minute
Stiff Leg Deadlifts	4 x 10-15	2-minute
Seated Leg Curl	4 x 10-15	2-minute

Week 3

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Barbell Hack Squats (2 sets x 10 reps)
2	2 x 6-8	Bent-Over Rows (2 sets x 10 reps)
3	2 x 4-6	Lying Leg Curl (2 sets x 20 reps)
4	2 x 2-4	Barbell Hip Thrust (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Block Pull	4 x 10-12	2-minute
Barbell Snatch	4 x 10-12	2-minute
Sumo Deadlift	4 x 10-12	2-minute
Good Morning	4 x 10-12	2-minute

Week 4

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Hack Squat (2 sets x 10 reps)
2	3 x 6-8	Lower Back Extension (2 sets x 10 reps)
3	2 x 4-6	Bulgarian Squat (2 sets x 10 reps)
4	2 x 2-4	Leg Curl (2 sets x 20 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Deadlifts	4 x 10-12	2-minute
Deficit Deadlift	4 x 10-12	2-minute
Power Shrugs	4 x 10-12	2-minute
Barbell Row	4 x 10-12	2-minute

Week 5

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Lat Pulldown (2 sets x 10 reps)
2	3 x 6-8	Barbell Snatch (2 sets x 10 reps)
3	3 x 4-6	Cable Pull Through (2 sets x 10 reps)
4	2 x 2-4	Romanian Deadlift (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Sumo Deadlift	4 x 10-15	2-minute
Bent-Over Rows	4 x 10-15	2-minute
Hex Bar Deadlift	4 x 10-15	2-minute
Good Morning	4 x 10-15	2-minute

Week 6

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Barbell Clean (2 sets x 10 reps)
2	2 x 6-8	Lying Leg Curl (2 sets x 10 reps)
3	2 x 4-6	Barbell Hip Thrust (2 sets x 20 reps)
4	2 x 2-4	Low Back Extension (2 sets x 20 reps)
5	2 x 1	—

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Paused Deadlifts	4 x 10-15	2-minute
Power Shrugs	4 x 10-15	2-minute
Stiff Leg Deadlifts	4 x 10-15	2-minute
Seated Leg Curl	4 x 10-15	2-minute

Week 7

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 10-12	Barbell Hack Squats (2 sets x 10 reps)
2	2 x 8-10	Bent-Over Rows (2 sets x 10 reps)
3	2 x 6-8	Lying Leg Curl (2 sets x 20 reps)
4	2 x 4-6	Barbell Hip Thrust (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Block Pull	4 x 10-15	2-minute
Barbell Snatch	4 x 10-15	2-minute
Sumo Deadlift	4 x 10-15	2-minute
Good Morning	4 x 10-15	2-minute

Week 8

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Cable Pull Through (2 sets x 10 reps)
2	2 x 6-8	Step-up (2 sets x 10 reps)
3	2 x 4-6	Bulgarian Squat (2 sets x 10 reps)
4	2 x 2-4	Leg Curl (2 sets x 20 reps)
5	3 x 1	

Thursday

Exercise	Sets x Reps	Rest b/w Sets
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Sumo Deadlift	4 x 10-15	2-minute
Deficit Deadlift	4 x 10-15	2-minute
Power Shrugs	4 x 10-15	2-minute
Barbell Row	4 x 10-15	2-minute

Week 9

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 10-12	Lat Pulldown (2 sets x 10 reps)
2	2 x 8-10	Barbell Snatch (2 sets x 10 reps)
3	3 x 6-8	Cable Pull Through (2 sets x 10 reps)
4	3 x 4-6	Romanian Deadlift (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Sumo Deadlift	4 x 10-15	2-minute
Bent-Over Rows	4 x 10-15	2-minute
Single-Leg Deadlift	4 x 10-15	2-minute
Good Morning	4 x 10-15	2-minute

Week 10

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Barbell Clean (2 sets x 10 reps)
2	1 x 6-8	Lying Leg Curl (2 sets x 10 reps)
3	1 x 4-6	Barbell Hip Thrust (2 sets x 20 reps)
4	2 x 2-4	Low Back Extension (2 sets x 20 reps)
5	4 x 1	–

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Paused Deadlifts	4 x 10-15	2-minute
Power Shrugs	4 x 10-15	2-minute
Stiff Leg Deadlifts	4 x 10-15	2-minute

Seated Leg Curl	4 x 10-15	2-minute
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Week 11

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Barbell Hack Squats (2 sets x 10 reps)
2	2 x 6-8	Bent-Over Rows (2 sets x 10 reps)
3	2 x 4-6	Lying Leg Curl (2 sets x 20 reps)
4	2 x 2-4	Barbell Hip Thrust (2 sets x 10 reps)

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Block Pull	4 x 10-15	2-minute
Barbell Snatch	4 x 10-15	2-minute
Sumo Deadlift	4 x 10-15	2-minute
Good Morning	4 x 10-15	2-minute

Week 12

Monday

Round	Sets x Reps	Supportive Lifts
1	2 x 8-10	Cable Pull Through (2 sets x 10 reps)
2	1 x 6-8	Barbell Single-Leg DL (2 sets x 10 reps)
3	1 x 4-6	Bulgarian Squat (2 sets x 10 reps)
4	2 x 2-4	Leg Curl (2 sets x 20 reps)
5	5 x 1	–

Thursday

Exercise	Sets x Reps	Rest b/w Sets
Sumo Deadlift	4 x 10-15	2-minute
Deficit Deadlift	4 x 10-15	2-minute
Power Shrugs	4 x 10-15	2-minute
Barbell Row	4 x 10-15	2-minute

How Much Weight Should You Increase Every Week?

This is how you can progressively increase weight and set your new personal record (PR) for deadlifts.

Here, I've taken an example of a person who lifts 200 lbs. and wants to improve his lifting ability.

Weeks	Increase Lbs. (Approx)	1RM (lbs.)
Week 1	0	200
Week 2	2	202
Week 3	2	204
Week 4	3	207
Week 5	3	210
Week 6	4	214
Week 7	4	218
Week 8	4	222
Week 9	4	226
Week 9	4	230
Week 10	4	234
Week 11	4	238
Week 12	2	240

This is how you can increase your deadlift from 200 to 240 lbs. or 20% in 12 weeks.

Some people may be able to lift more weight after 12 weeks of the program, and some may find it difficult to increase any weight.

Increasing your one-rep max primarily depends on how consistently you follow the program, how much time you allow your muscles to recover, and how well you feed your muscles the optimum nutrition.

If you focus on everything properly, you can break your old PR and set a new one.

Please note: You should not use this program if you have any injury. Consult a professional before starting this program.

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Related Workout Programs

- [12-Week Bench Press Program to Progress Your 1RM \(w/PDF\)](#)
- [12 week squat workout routine to Progress your 1RM](#)

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