

12 WEEK PROGRESSIVE OVERLOAD TRAINING FOR INCREASING

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Whether you want to scale your strength and record a new personal record (PR) or put on muscles and build aesthetic physique, progressive overload is an excellent way to achieve your fitness goal.

The progressive overload primarily means increasing the load (weight on the bar) over time.

It is an excellent way to increase your strength and help you achieve new PR.

It also helps promote hypertrophy and builds sizable and muscular physique.

Progressive overload is great method for powerlifters who want to break their 1rm and set a new one.

However, it requires proper guidance and training to progressively level up your strength.

Below you can see some major lifts that can help you maximize your strength.

How Much Weight Should You Increase Every Week?

Increasing load anywhere from 1-2% every week will be decent. Suppose, if you're lifting 100 kg (220 lbs) currently, then you should aim for 101-102 kg in the next week. You can set your target accordingly.

For example, if you progressively increase the loading 1-2% every week, your target will be something like this at the end of 12 weeks:

Exercise	Current Strength (Kg)	Target
Bench Press	50, 75, 100	64, 97, 121
Deadlift	100, 125, 150	130, 152, 182
Squat	75, 100, 125	97, 122, 152

Weight compounded weekly at 1-2 percent

The Major Exercises for Increasing Strength

You can do any resistance exercises for increasing muscle mass (hypertrophy) but when it comes to strength training, you must focus on [powerlifting exercises](#), such as Big Three – the deadlift, bench press, and the squat.

Other than these, you can also do some accessories lifts, such as military press, leg press, hack squats, and off blocks to build up your strength.

Here's the overview of all exercises:

The Big Lifts	Accessories Exercises
Bench Press	Pin Press, Spoto Press, Overhead Press, DB Press, Weight Pushup, Hammer Press, Close Grip Bench Press, Landmine Press
Squat	Glute-Ham Raise, Goblet Squat, Lunges, Step-up, Paused Squat, Farmer's Walk
Deadlift	Good Morning, Hyperextension, KB Swing, Deficit Deadlift, Off Blocks, RDL, Hip Thrust

You can also perform mobility exercises (dynamic stretching) before lifting weights to open up joints and get your muscles ready to perform lifting workouts.

Here are some examples of mobility exercises:

Strength Exercise	Dynamic mobility exercises
Bench Press	Foam rolling, cat-cow stretches , hip extensions, and thoracic spine extension
Squat	90/90 hip stretch , banded hip distractions, foam roller, and lateral lunge
Deadlift	Banded hip distraction , lateral lunges, 90/90 hip stretches, and any external rotation stretch

Description

Program Duration	12 Weeks
Frequency	3 days a week
Goal	Increase One Rep Max (1RM)
Targeted Gender	Male and Female
Suitable for	Intermediate and Beginner

Training Program

Schedule

- Monday – Bench Press
- Tuesday – Recovery
- Wednesday – Deadlift
- Thursday – Recovery
- Friday – Recovery
- Saturday – Squat
- Sunday – Recovery

The training will start with moderate rep ranges and as you go further it will be challenging.

Week 1-2

Monday – Bench Press

Set	Reps	Intensity	Rest
1	12	50% of your 1RM	2-min
2	8	60% of your 1RM	2-min
3	6	70 % of your 1RM	3-min
4	5	80% of your 1RM	3-min
5	4	80% of your 1RM	3-min

Accessory Lifts:

1. [Overhead Press](#): 10-12 reps x 3
2. Incline Dumbbell Bench Press: 12-14 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2-min
2	8	60% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	6	75% of your 1RM	4-min

5	4	80% of your 1RM	4-min
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Accessory Lifts:

3. [Good Morning](#): 10-12 reps x 3
4. [Hyperextension](#): 12-14 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	12	50% of your 1RM	2-min
2	8	60% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	6	75% of your 1RM	4-min
5	4	80% of your 1RM	4-min

Accessory Lifts:

5. Lunges: 10-12 reps x 3
6. Step-up: 12-14 reps x 3

Week 3-5

Monday – Bench Press

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70 % of your 1RM	3-min
4	5	80% of your 1RM	4-min
5	4	85% of your 1RM	4-min

Accessory Lifts:

- [Pin Press](#): 12-15 reps x 3
- [Close Grip Bench Press](#): 12-15 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	50% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70 % of your 1RM	3-min
4	5	80% of your 1RM	4-min
5	4	85% of your 1RM	4-min

Accessory exercises:

- Hyperextension: 12-15 reps x 3
- [KB Swing](#): 12-15 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	50% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70 % of your 1RM	3-min
4	5	80% of your 1RM	4-min
5	4	85% of your 1RM	4-min

Accessory exercises:

- Paused Squat: 3 sets of 10 reps each
- Weighted Farmer’s Walk: 30-sec walk, five times

Week 6-8

Monday – Bench Press

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	5	80% of your 1RM	4-min
6	4	85% of your 1RM	4-min

Accessory exercises:

- Overhead Press: 3 sets of 12 reps each
- Spoto Press: 3 sets of 15 reps each

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	5	80% of your 1RM	4-min
6	4	85% of your 1RM	4-min

Accessory exercises:

- Off Blocks: 3 sets of 10 reps each

- Hip Thrust: 12-15 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	15	20-30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	5	80% of your 1RM	4-min
6	4	85% of your 1RM	4-min

Accessory exercises:

- [Glute-Ham Raise](#): 3 sets of 12 reps each
- Lunges: 3 sets of 10 reps each

Week 9-10

Monday – Bench Press

Set	Reps	Intensity	Rest
1	15	30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	5	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	1	100% of your 1RM	5-min

Take five minutes of rest and perform the following accessories exercises:

- Overhead Press: 10-12 reps x 3
- Incline Dumbbell Bench Press: 12-14 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	5	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	1	100% of your 1RM	5-min

Accessory exercises:

- Good Morning: 10-12 reps x 3
- [Dumbbell RDL](#): 10-12 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	30% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	5	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	1	100% of your 1RM	5-min

Accessory exercises:

- Glute-Ham Raise: 3 sets of 12 reps each
- Step up: 3 sets of 10 reps each

Week 11-12

Monday – Bench Press

Set	Reps	Intensity	Rest
1	15	30% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	2	95% of your 1RM	5-min
8	1	100% of your 1RM	–

Accessory Lifts:

- Pin Press: 12-15 reps x 3
- Close Grip Bench Press: 12-15 reps x 3

Wednesday – Deadlift

Set	Reps	Intensity	Rest
1	8	30% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	2	95% of your 1RM	5-min

8	1	100% of your 1RM	–
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Accessory exercises:

7. Good Morning: 10-12 reps x 3
8. Hyperextension: 12-14 reps x 3

Saturday – Squat

Set	Reps	Intensity	Rest
1	10	30% of your 1RM	2-min
3	6	70% of your 1RM	3-min
4	5	75 % of your 1RM	3-min
5	4	80% of your 1RM	4-min
6	3	90% of your 1RM	4-min
7	2	95% of your 1RM	5-min
8	1	100% of your 1RM	–

Accessory exercises:

- Paused Squat: 3 sets of 10 reps each
- Weighted Farmer’s Walk: 30-sec walk, five times

Helpful Resources

1. [List of Powerlifting Exercises For Ultimate Strength](#)
2. [5 Day Powerlifting Split Program](#)

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