

4 DAY POWERLIFTING PROGRAM FOR ULTIMATE STRENGTH GAIN

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Check out [article](#) for more info

Summary

- **Suggested Program Duration:** 3 Months
- **Sessions/Week:** Four
- **Duration/Session:** 60-75 minutes
- **Purpose:** Progressively Increase Strength
- **Targeted Gender:** Male and Female
- **Workout Level:** Intermediate
- **Supportive equipment needed:** Lifting belt, knee sleeves, wrist wraps, and knee wraps. These equipments enhance performance and reduce the chances of injuries.

Schedule

- **Monday** – Squat + Hypertrophy Workout
- **Tuesday** – OFF
- **Wednesday** – Bench Press + Hypertrophy
- **Thursday** – OFF
- **Friday** – Deadlift + Hypertrophy
- **Saturday** – Core + Mobility Training
- **Sunday** – OFF

You'll perform the back squat, flat bench press, and conventional deadlift (the big three powerlifting exercises) at least once a week during the four-day split.

Other than these exercises, you'll also do hypertrophy and mobility exercises to gain mass and [improve flexibility](#).

This will overall help you increase your one-rep max and take your fitness to the next level.

Warm-up: It's good to warm up for at least five to ten minutes before lifting heavy weights to increase your performance, activate muscles, and minimize the risk of injuries.



Day 1 – Squat and Hypertrophy Workout

Back Squat

Set	Reps	Intensity	Rest
1	8	50% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	5	80% of your 1RM	4-min
4	4	85% of your 1RM	4-min
5	2	85% of your 1RM	3-min
6	1	100% of your 1RM	3-min

Hypertrophy Workout

Exercise	Reps	Sets	Rest
Dumbbell Lunges	8-10	3	2-min
Machine Leg Press	10-12	3	2-min
Barbell Overhead Press	10-12	3	2-min
Block Pull/Off Block DL	8-10	3	2-min

Day 2 – Bench Press and Power Training

Bench Press

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

4	4	85% of your 1RM	4-min
5	2	85% of your 1RM	3-min
6	1	100% of your 1RM	3-min

Hypertrophy Training

Exercise	Reps	Sets	Rest
Close Grip Bench Press	10-12	3	2-min
Incline DB Bench Press	10-12	3	2-min
Deficit pushups	8-10	3	2-min
Back Squat Against Bands	10-12	3	2-min

Day 3 – Deadlift and Hypertrophy Workout

[Conventional Deadlift](#)

Set	Reps	Intensity	Rest
1	8	50% of your 1RM	2-min
2	6	60% of your 1RM	2-min
3	5	80% of your 1RM	4-min
4	4	85% of your 1RM	4-min
5	2	85% of your 1RM	3-min
6	1	100% of your 1RM	3-min

Hypertrophy Workout

Exercise	Reps	Sets	Rest
Pull-ups	6-8	3	2-min
Seated Cable Row	10-12	3	2-min
Bent-over Barbell Row	10-12	3	2-min
Hip Thrust	8-10	3	2-min



Day 4 – Core + Mobility Training

Core Workout

- Half Kneeling Dumbbell Chops: 10 reps on each side
- Ab Wheel Rollout: 10 reps

- Hanging Knee Raises: 10 reps
- Front Plank: 60-sec
- Lateral Plank: 30-sec/side
- Perform three rounds

Mobility Training

- Foam Rolling (Upper Body): 90-sec
- Foam Rolling (Lower Body): 90-sec
- [90/90 Hip Stretch](#): 30-sec/side
- [Banded Hip Distraction](#): 30-sec/side
- Glute-Ham Raise: 90-sec
- [Cat-cow stretches](#): 1 min
- Repeat twice

Once you complete this program, you can try a [five-day powerlifting workout routine](#) to challenge strength further.

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