

6 Week Powerlifting Program to Increase Your 1RM

Created by: [Murshid Akram](#)

Check out [article](#) for more info

About Program

- **Program Duration:** 6 Weeks
- **Sessions/Week:** Four
- **Main Workout Goal:** Increase your one-rep max by 15 lbs
- **Target Gender:** Male and Female
- **Supportive Equipment:** Weightlifting Belt, Lifting Straps, Chalk, Knee Brace, Elbow Brace,
- **Workout's Additional Advantages:** Build muscle mass, enhance endurance, and improve body composition.

Schedule

- Monday: Deadlift
- Tuesday: OFF
- Wednesday: Bench Press
- Thursday: OFF
- Friday: Squat
- Saturday: Core

- Sunday: OFF

Workout Instructions

- **Warm-up:** It is best to start your workout with 5-10 minutes of dynamic warm-up exercises to increase your body temperature and prepare your muscles for heavy lifts.
- **Rest between sets:** Studies suggest resting 3-5 minutes between sets produced greater increases in absolute strength.¹
- **Post-Workout Stretching:** You can supplement your lifts with [stretching and mobility exercises](#). Stretching exercises help ease muscle soreness and recover muscles.

Before you start this routine, check your 1RM using the [one-rep max calculator](#) for each lift individually so that you can decide the final number you want to achieve.

6 Week Powerlifting Program to Increase Your 1RM

This program involves performing Deadlift on Monday, Bench on Wednesday, and Squats on Friday, as well as a dedicated [core workout](#) on Saturday. You can adjust this order according to your needs.

Six-Week Powerlifting Routine Outline:

- Week 1 – Start Strong
- Week 2 – Power Up Your Lifts
- Week 3 – Stronger Every Week
- Week 4 – Push Hard Lift More

- Week 5 – Test Your Endurance
- Week 6 – Give Your All

Week 1 – Start Strong

Monday – Deadlift

Warm-up:

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

Main Workout:

Round	Sets x Reps	Supportive Lifts (After DL)
1	1 x 8-10 @60%	Bent-Over Rows (2 sets x 10 reps)
2	2 x 6-8 @70%	Lat Pulldown (2 sets x 10 reps)
3	2 x 4-6 @75%	Cable Pull Through (2 sets x 10 reps)
4	2 x 4-6 @80%	Romanian Deadlift (2 sets x 10 reps)

Wednesday – Bench Press

Warm-up:

- 3-5 minutes Upper Body Foam Rolling
- 1-2 minutes Band Pull-apart
- 15-20 Pin Press x 2

Main Workout:

Round	Sets x Reps	Supportive Lifts (After BP)
1	1 x 8-10 @60%	Incline DB Press (2 sets x 10 reps)
2	2 x 6-8 @70%	Overhead Press (2 sets x 10 reps)

3	2 x 4-6 @75%	1-arm Landmine Press (2 sets x 10 reps)
4	2 x 4-6 @80%	Skull Crusher (2 sets x 10 reps)

Friday – Squat

Warm-up:

- 3-5 minutes of rowing/biking/treadmill
- 3-5 minutes of full-body mobility drills with foam rolling
- 1-2 minutes of Downward Dog to Inchworm

Main Workout:

Round	Sets x Reps	Supportive Lifts (After Squat)
1	1 x 8-10 @60%	Front Lunges (2 sets x 10 reps)
2	2 x 6-8 @70%	Unilateral Leg Press (2 sets x 10 reps)
3	2 x 4-6 @75%	Leg Extension (2 sets x 10 reps)
4	2 x 4-6 @80%	Leg Curl (2 sets x 10 reps)

Saturday – Core

- 15-20 Hanging Knee Raises
- 15 High-to-Low Cable Chop per side
- 30-second Mountain Climbing
- 10 Hanging Leg Raises
- 10 Ab Wheel Rollout
- Repeat three to five times.

Week 2 – Power Up Your Lifts

Monday – Deadlift

Warm-up:

- 5-min Full Body Foam Rolling
- 5-minute Stationary Bike (Low intensity)
- 10-20 Leg Swings Back and Forth

Main Workout:

Round	Sets x Reps	Supportive Lifts (After DL)
1	1 x 8-10 @60%	Pull-ups (2 sets x 10 reps)
2	1 x 6-8 @70%	Chin-ups (2 sets x 10 reps)
3	2 x 4-6 @75%	Close Grip Pull Down (2 x 10 reps)
4	2 x 4-6 @80%	Good Morning (2 sets x 10 reps)
5	2 x 3-4 @85%	–

Wednesday – Bench Press

Warm-up:

- Inverted Row: 2 sets x 10 reps
- Superman Fly: 2 sets x 10 reps
- Hindu Pushups: 10 reps
- Bench Press (Empty Bar): 2 sets x 10-15 reps

Main Workout:

Round	Sets x Reps	Supportive Lifts (After BP)
1	1 x 8-10 @60%	Decline DB Press (2 sets x 10 reps)
2	1 x 6-8 @70%	Behind-The-Neck Press (2 sets x 10 reps)
3	2 x 4-6 @75%	Reverse Grip Bench Press (2 sets x 10 reps)
4	2 x 4-6 @80%	Deficit Pushups (2 sets x 10 reps)
5	2 x 3-4 @85%	–

Friday – Squat

Warm-up:

- Incline Treadmill Walk: 5-minutes
- Lunge to Front Kick: 10 reps per leg
- Bodyweight Deep Squats: 2 sets x 10 reps

Main Workout:

Round	Sets x Reps	Supportive Lifts (After Squat)
1	1 x 8-10 @60%	Bulgarian Squat (2 sets x 10 reps)
2	1 x 6-8 @70%	Hack Squat (2 sets x 10 reps)
3	2 x 4-6 @75%	Smith Machine Sumo Squat (2 x 10 reps)
4	2 x 4-6 @80%	Leg Curl (2 sets x 10 reps)
5	2 x 3-4 @85%	–

Saturday – Core

- 15-20 Hanging Knee Raises
- 30 Split Pallof Press (15/side)
- 30-second **Banded Dead Bug**
- 20 Single-Leg Glute Bridge (10/side)
- 10 Ab Wheel Rollout
- Repeat three to five times.

Week 3 – Stronger Every Week

Monday – Deadlift

Warm-up:

- 5-min Full Body Foam Rolling
- 5-minute Incline Treadmill Walk (Low intensity)
- 20 Deadlifts with Empty Barbell

Main Workout:

Round	Sets x Reps	Assistance Lifts (After DL)
1	1 x 8-10 @60%	Pull-ups (2 sets x 10 reps)
2	1 x 6-8 @70%	Bent-Over Row (2 sets x 10 reps)
3	1 x 4-6 @75%	Paused Deadlifts (2 x 10 reps)
4	1 x 4-6 @80%	Single-leg Deadlift (2 x 10 reps)
5	2 x 3-4 @85%	–
6	2 x 2-3 @90%	–

Wednesday – Bench Press

Warm-up:

- Inverted Row: 2 sets x 10 reps
- Superman Fly: 2 sets x 10 reps
- Hindu Pushups: 10 reps
- Bench Press (Empty Bar): 2 sets x 10-15 reps

Main Workout:

Round	Sets x Reps	Assistance Lifts (After BP)
1	1 x 8-10 @60%	Decline Cable Chest Fly (2 x 10 reps)
2	1 x 6-8 @70%	Lateral Delt Raises (2 sets x 10 reps)
3	1 x 4-6 @75%	Close Grip Bench Press (2 x 10 reps)
4	1 x 4-6 @80%	Bar Dips (2 sets x 10 reps)
5	2 x 3-4 @85%	–
6	2 x 2-3 @90%	–

Friday – Squat

Warm-up:

- Incline Treadmill Walk: 5-minutes
- Lunge to Front Kick: 10 reps per leg
- Bodyweight Deep Squats: 2 sets x 10 reps

Main Workout:

Round	Sets x Reps	Assistance Exercises
1	1 x 8-10 @60%	Landmine Squat (2 sets x 10 reps)
2	1 x 6-8 @70%	Leg Extension (2 sets x 10 reps)
3	1 x 4-6 @75%	DB Step-up (2 x 10 reps)
4	1 x 4-6 @80%	Leg Curl (2 sets x 10 reps)
5	2 x 3-4 @85%	–
6	2 x 2-3 @90%	

Saturday – Core

- 20 Side Plank Cable Row (10/side)
- 20 **Front Plank Cable Row** (10/arm)
- 20 Bird Dog (10/side)
- 10 Ab Wheel Rollout
- 1-min **Weighted Plank**
- Repeat three to five times.

Week 4 – Push Hard Lift More

Monday – Deadlift

Warm-up:

- 5-min Full Body Foam Rolling
- 5-minute Incline Treadmill Walk (Low intensity)
- 20 Single-Leg Glute Bridges (10/side)
- 20 Cat-Cow (10 reps per side)

Main Workout:

Round	Sets x Reps	Assistance Lifts (After DL)
1	1 x 8-10 @60%	Barbell Snatch (2 sets x 15 reps)
2	1 x 6-8 @70%	Pendlay Row (2 sets x 15 reps)
3	1 x 5-6 @80%	Seated Cable Row (2 x 15 reps)
4	1 x 4-5 @85%	Romanian Deadlift (2 x 15 reps)
5	2 x 3-4 @90%	–
6	2 x 2-3 @95%	–

Wednesday – Bench Press

Warm-up:

- Inverted Row: 2 sets x 10 reps
- Superman Fly: 2 sets x 10 reps
- Hindu Pushups: 10 reps
- Bench Press (Empty Bar): 2 sets x 10-15 reps

Main Workout:

Round	Sets x Reps	Assistance Lifts (After BP)
1	1 x 8-10 @60%	Incline DB Bench Press (2 x 15 reps)
2	1 x 6-8 @70%	Overhead Press (2 sets x 15 reps)
3	1 x 5-6 @80%	Rope Pushdown (2 x 15 reps)
4	1 x 4-5 @85%	Hammer Chest Press (2 sets x 15 reps)
5	2 x 3-4 @90%	–
6	2 x 2-3 @95%	–

Friday – Squat

Warm-up:

- 3-5 minutes of rowing/biking/treadmill
- 3-5 minutes of full-body mobility drills with foam rolling
- 1-2 minutes of Downward Dog to Inchworm

Main Workout:

Round	Sets x Reps	Assistance Exercises
1	1 x 8-10 @60%	Lateral Squat (2 sets x 10 reps)

2	1 x 6-8 @70%	One-Leg Press (2 sets x 10 reps)
3	1 x 5-6 @80%	Barbell Walking Lunges (2 x 10)
4	1 x 4-5 @85%	Leg Curl (2 sets x 10 reps)
5	2 x 3-4 @90%	–
6	2 x 2-3 @95%	

Saturday – Core

- 15-20 Hanging Knee Raises
- 20 High-to-Low Cable Chop (10/side)
- 30-second Mountain Climbing
- 10 Hanging Leg Raises
- 10 Ab Wheel Rollout
- Repeat three to five times.

Week 5 – Test Your Endurance

Monday – Deadlift

Warm-up:

- 5-min Full Body Foam Rolling
- 10-20 Leg Swings Back and Forth
- 20 Barbell Upright Rows (Empty Bar)
- 10 Good Mornings (Empty Bar)
- 15 Dumbbell RDL (Light)

Main Workout:

Round	Sets x Reps	Assistance Lifts (After DL)
1	2 x 12-15 @40%	Clean and Press (3 x 10 reps)
2	2 x 10-12 @50%	Pull-ups (2 x 10 reps)
3	2 x 8-10 @60%	High Pull (2 sets x 15 reps)
4	2 x 6-8 @70%	Rower Machine (10 minutes)

Wednesday – Bench Press

Warm-up:

- Inverted Row: 2 sets x 10 reps
- Superman Fly: 2 sets x 10 reps
- Hindu Pushups: 10 reps
- Bench Press (Empty Bar): 2 sets x 10-15 reps

Main Workout:

Round	Sets x Reps	Assistance Lifts (After BP)
1	2 x 12-15 @40%	Prowler Push (1-min x 3)
2	2 x 10-12 @50%	Push Press (3 sets x 15 reps)
3	2 x 8-10 @60%	Plyometric Pushups (3 x 10 reps)
4	2 x 6-8 @70%	Bar Dips (3 sets x 15 reps)

Friday – Squat

Warm-up:

- Incline Treadmill Walk: 5-minutes
- Lunge to Front Kick: 10 reps per leg
- Bodyweight Deep Squats: 2 sets x 10 reps

Main Workout:

Round	Sets x Reps	Assistance Exercises
1	2 x 12-15 @40%	Incline Treadmill Walk (10-min)
2	2 x 10-12 @50%	Stationary Bike (10-min)
3	2 x 8-10 @60%	Barbell Walking Lunges (2 x 10)
4	2 x 6-8 @70%	Leg Curl (2 sets x 10 reps)

Saturday – Core

- 20 Side Plank Cable Row (10/side)
- 20 Front Plank Cable Row (10/arm)
- 20 Bird Dog (10/side)
- 10 Ab Wheel Rollout
- 50 Seated Abdominal Machine Crunches
- Repeat three to five times.

Week 6 – Give Your All

Monday – Deadlift

Warm-up:

- 5-min Full Body Foam Rolling
- 10-20 Leg Swings Back and Forth
- 5-min Incline Treadmill Walk
- 10 Good Mornings (Empty Bar)
- 15 Dumbbell RDL (Light)

Main Workout:

Round	Sets x Reps	Assistance Lifts (After DL)
1	1 x 8-10 @60%	Pull-ups (2 sets x 10 reps)
2	1 x 6-8 @70%	Chest Supported Row (2 sets x 15 reps)
3	1 x 5-6 @80%	Lat Pull Down (2 x 15 reps)
4	2 x 3-4 @90%	Single-Leg Deadlift (2 x 10 reps)
5	2 x 2-3 @95%	–
6	2 x 1-2 @100%	–

Wednesday – Bench Press

Warm-up:

- Inverted Row: 2 sets x 10 reps
- Superman Fly: 2 sets x 10 reps
- Hindu Pushups: 10 reps
- Bench Press (Empty Bar): 2 sets x 10-15 reps

Main Workout:

Round	Sets x Reps	Assistance Lifts (After BP)
1	1 x 8-10 @60%	Incline DB Bench Press (2 x 15 reps)
2	1 x 6-8 @70%	Lateral Delt Raises (2 sets x 15 reps)
3	1 x 5-6 @80%	Rope Pushdown (2 x 15 reps)
4	2 x 3-4 @90%	Deficit Pushup (2 sets x 15 reps)
5	2 x 2-3 @95%	–

6	2 x 1-2 @100%	-
---	---------------	---

Friday – Squat

Warm-up:

- 3-5 minutes of rowing/biking/treadmill
- 3-5 minutes of full-body mobility drills with foam rolling
- 1-2 minutes of Downward Dog to Inchworm

Main Workout:

Round	Sets x Reps	Assistance Exercises
1	1 x 8-10 @60%	Sumo Squat (2 sets x 15 reps)
2	1 x 6-8 @70%	One-Leg Press (2 sets x 15 reps)
3	1 x 5-6 @80%	Reverse Lunges (2 x 10 reps/side)
4	2 x 3-4 @90%	Leg Curl (2 sets x 15 reps)
5	2 x 2-3 @95%	-
6	2 x 1-2 @100%	

Saturday – Core

- 15-20 Hanging Knee Raises
- 20 High-to-Low Cable Chop (10/side)
- 30-second Mountain Climbing
- 10 Hanging Leg Raises
- 10 Ab Wheel Rollout
- Repeat three to five times.

How Much Weight Should You Increase Every Week?

Here's how a person who lifts 200 lbs can increase their lifting by 15 lbs in six weeks.

Weeks	Increase Lbs (Approx)	1RM (lbs)
Week 1	0	200
Week 2	3	203
Week 3	3	206
Week 4	4	210
Week 5	5	210
Week 6	6	215

Some people may be able to lift more weight after completing the program, and others may find it difficult to increase any weight.

Reaching new 1RM primarily depends on how consistently you follow the program, how well you allow your muscles to recover, and how you feed your muscles the optimum nutrition.

If you focus on everything properly, you can take your strength to the next level.

Who Can Perform This Powerlifting Routine?

Powerlifting is a strength training program that helps enhance lifting ability and put on mass.

Besides powerlifters, athletes, bodybuilders, strongmen, and typical fitness enthusiasts who want to increase their strength, develop muscle mass, and improve body composition can try this 6-week powerlifting training.

Powerlifting is a great way to enhance performance where strength is needed, but it is best to understand the [pros and cons of powerlifting](#) before starting this program.

It is also best to consult a professional if you're unsure whether to start powerlifting.

My Final Thoughts

Following a well-designed powerlifting program can help you grow your strength over time.

You can create your own routine or follow the one I stated above.

The above six-week plan can gradually increase your bench press, squat, and deadlift one-rep max.

However, it is only a sample. It may work for some and may not make any difference for others. So, it is best to check with a powerlift coach around you, adjust if required, and start your training.

If you want to maximize your Big Three, make sure you – 1) train consistently, 2) consume a high amount of protein and a balanced macros diet, 3) sleep 7-8 hours a day to allow your muscles to recover, and 4) gradually increase the load on the bar.

Help us grow online so we can reach to large audience:

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)