

2 DAY POWERLIFTING PROGRAM TO PROGRESS YOUR STRENGTH

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Some people do powerlifting as a profession, and some do it as an amateur, but their goal is the same – to lift big.

Those who do it as a profession have enough time to focus on their lifting ability, but those who do it for the sake of being strong usually lift heavy twice a week, like me.

Being a fitness enthusiast, I love performing various workouts, from CrossFit and Bodybuilding to Calisthenics and Powerlifting.

I do [hypertrophy-endurance](#) training twice a week, powerlifting two times weekly, and [calisthenics](#) once a week, a total of five days a week.

In this article, I'll share my 2 day powerlifting program that I perform to maximize my strength.

It will be a three-week program, including two sessions for each big lift, that is, squat, bench, and deadlift.

Who Should Follow The 2 Day Powerlifting Split?

The primary goal of this program is to gradually increase physical strength. Physical strength is the ability to generate force against gravity.

Powerlifting challenges muscles to adapt and become more capable of generating force through the big three lifts, known as the bench, squat, and deadlift.

So, if you want to level up your strength in a safe and effective way, you can follow this program.

This routine is for everyone who wants to gradually increase strength except professional powerlifters, obese, and people with health issues.

A note for you: I've not included step-by-step instructions to perform the exercises mentioned in this article. If you want that, you can explore this [powerlifting exercise list](#).

2 Day Powerlifting Training Program to Progress Your Strength

It includes squats on Tuesday, bench on Thursday, deadlifting on Monday, squat on Thursday again, and so on. You can also perform endurance or mobility exercises on other days of the week.

Brief details about the program:

- **Sessions/week:** Two
- **Duration/session:** 60-90 minutes
- **Goal:** Increase Strength
- **Additional Equipment Needed:** Lifting belt, Neoprene knee sleeves, and Wrist wraps.
- **Target Gender:** Men (Other genders can also try)
- **Difficulty:** Intermediate

Week 1 – Squat and Bench

Day 1 (Tuesday) – Squat

Warm-up:

- 5-min [Lower Body Foam Rolling](#)
- 3-5 minutes Stationary Bike at Low to Moderate intensity
- 10 Front and Back Leg swings per leg

Back Squat:

- **Warm-up Set** – 12 reps at 20-30% of your one-rep max, 2-min rest.
- **Set 1** – 8 reps at 55-60 % of your 1RM, 3-min rest.
- **Set 2** – 6 reps at 70-75% of your 1RM, 4-min rest.
- **Set 3** – 4 reps at 80-85%, 4-min rest.
- **Set 4** – 3 reps at 85-95% of your 1RM, 3-min rest.

- **Set 5** – One rep max with a spotter
- **Set 6** – 8 reps at 60-70 % of your 1RM, 3-min rest.

Supplementary Lifts:

- **Unilateral Leg Press:** 3 sets x 10 reps on each side
- **Front Lunges:** 3 sets x 10 reps on each side
- **Glute Ham Raise:** 3 sets x 15 reps

Day 2 (Thursday) – Bench

Warm-up:

- 3-5 minutes Low-Impact Rowing Machine or Stationary Bike
- 3-5 minutes [Upper Body Foam Rolling](#)
- 15-sec Backward Hand Clasp
- 10 Band Pull-apart
- 10 Inverted Rows

Flat Bench Press:

- **Warm-up Set** – 12 reps at 20-30% of your one-rep max, 2-min rest.
- **Set 1** – 8 reps at 55-60 % of your 1RM, 3-min rest.
- **Set 2** – 6 reps at 70-75% of your 1RM, 4-min rest.
- **Set 3** – 4 reps at 80-85%, 4-min rest.
- **Set 4** – 3 reps at 85-95% of your 1RM, 3-min rest.
- **Set 5** – One rep max with a spotter
- **Set 6** – 8 reps at 60-70 % of your 1RM, 3-min rest.

Supportive Lifts:

- Dumbbell/Barbell Overhead Press: 3 sets x 10-15 reps
- Bent-over Barbell Row: 3 sets x 10-15 reps
- Push-ups: 3 sets x as many reps as possible.

Week 2 – Deadlift and Squat

Day 1 (Monday) – Deadlift

Warm-up:

- 3-5 minutes of Low-Intense Stationary Bike/Treadmill/Rowing
- 3-5 minutes of Full-Body Foam Rolling

- 30-sec Bird Dog
- 30-sec Inchworm
- 10 reps Deadlift with an empty bar

Conventional Deadlift:

- **Warm-up Set** – 10 reps at 20-30% of your one-rep max, 2-min rest.
- **Set 1** – 8 reps at 55-60 % of your 1RM, 3-min rest.
- **Set 2** – 6 reps at 70-75% of your 1RM, 4-min rest.
- **Set 3** – 4 reps at 80-85%, 4-min rest.
- **Set 4** – 2 reps at 85-95% of your 1RM, 3-min rest.
- **Set 5** – One rep max with a spotter
- **Set 6** – 6 reps at 60-70 % of your 1RM, 3-min rest.

Supportive Lifts:

- **Step-up:** 3 sets x 10 reps on each side
- **Leg Curl:** 3 sets x 10-15 reps
- **Hip Thrust:** 3 sets x 10-15 reps

Day 2 (Thursday) – Squat

- **Warm-up:** 5-min lower body form rolling, 5-min treadmill or elliptical, 5-sec quad stretch per leg, 20 front squats with an empty bar.
- **Main Lift:** Barbell Back Squat (Repeat the same rep sets mentioned above)
- **Accessory Lifts:** Leg Extension (2 sets x 15 reps), DB Sumo Squats (2 sets x 15 reps), and Lateral Lunges (2 sets x 10 reps per leg).

Week 3 – Bench and Deadlift

Day 1 (Monday) – Bench

- **Warm-up:** 3-min upper body drill with a foam roller, 3-min jog, 2-min rower, 15-sec mountain climber (to activate your core), 30-sec 90/90 Stretch, and 10-15 bench press with an empty bar.
- **Main Lift:** Flat Barbell Bench Press (Repeat the same rep sets mentioned above)
- **Accessory Lifts:** Incline DB Bench Press (2 sets x 15 reps), Bar Dips (2 sets x 10 reps), push-ups (2 sets x 10 reps), and Barbell Row (2 sets x 10 reps).

Day 4 (Thursday) – Deadlift

- **Warm-up:** 5-min total body drill with a foam roller, 3-min stationary bike or treadmill, 1-minute [90/90 hip external & internal rotation](#), 1-minute

[Supported Hip Airplane](#), 1-minute inchworm, 1-minute mountain climber, and 10-12 deadlifts with an empty bar.

- **Main Lift:** Conventional Deadlift (Repeat the same pattern of reps and sets mentioned above)
- **Accessory Lifts:** Machine Leg Curl (3 sets x 15 reps), [Single Leg Glute Bridge](#) (3 sets x 10 reps on each side), and Hyperextension (3 sets x 10-12 reps).

Final Thoughts

Powerlifting isn't limited to powerlifters only. Anyone who wants to enhance strength and size can incorporate powerlifting into their training program.

Powerlifting challenges muscles to adapt and become more capable of generating force through [compound exercises](#), such as the bench press, back squat, and deadlift.

However, you need a well-structured workout routine to train in an organized and effective manner.

In the above article, I've handed out my 2 day powerlifting routine that will help you gradually increase strength over time.

Along with workout, you'll equally have to focus on diet and recovery. A balanced diet program includes 40% carbs, 30 percent protein, and 30 percent fats. Nutritious foods provide energy during the workout, help rebuild muscle, and promote hypertrophy.

Additionally, you can consume some supplements, such as whey protein, creatine, and multivitamins to further maximize your results.

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. Creator note

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)

Related Programs:

- [3 Day Powerlifting Routine](#)
- [4 Day Powerlifting Training](#)

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