

# THE BEST 3 DAY POWERLIFTING SPLIT FOR ULTIMATE STRENGTH

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## About Program

**Who can follow this program:** Anyone, from beginners to intermediate, who wants to maximize their squat, bench press, and deadlift and take their strength to the next level can try this 3 day powerlifting routine.

**Supportive equipment required:** Lifting belt, knee sleeves, wrist wraps, and knee wraps. These types of equipment enhance performance and reduce the chances of injuries.

**Suggested Program Duration:** Follow this program for at least 12 weeks to see the progress. And once you are ready to increase the frequency, you can start this [four-day powerlifting split](#).

**The duration of one session:** It may take up to 60 to 90 minutes to finish one session in this program.

## The Best Powerlifting 3 Day Split Routine to Gain Strength

This program involves performing big lifts (squat, bench, and deadlift) once a week. It will start with 10-15 minutes of warm-up exercises, followed by 10 sets of the major lift and 5-10 minutes of post-lifting stretch.

**Here's the ultimate 3 Day Powerlifting Program schedule:**

- Monday – Lower Body Supplementary Lifts
- Tuesday – Upper Body Supplementary Lifts

- Wednesday (Day 1) – Back Squat
- Thursday (Day 2) – Bench Press
- Friday – OFF
- Saturday (Day 3) – Conventional Deadlift
- Sunday – OFF

If you don't have time to perform supplementary exercises, you can perform only major lifts on alternate days. For example, Squat on Monday, Bench Press on Wednesday, and Deadlift on Friday.

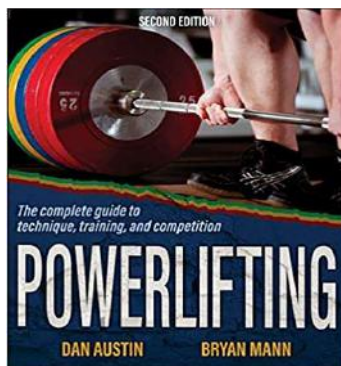
## Supplementary Lift Days

### Monday – Lower Body Supplementary Lifts

- **Dumbbell Step-up:** 2 sets x 10 reps on each leg
- **Back Squat with a Pause:** 3 sets x 5 reps, 5 seconds pause at the bottom.
- **Front Lunge:** 2 sets x 10 reps on each leg
- **Romanian Deadlifts:** 4 sets of 6-8 reps

### Tuesday – Upper Body Supplementary Lifts

- **Close Grip Bench Press:** 4 sets of 12-15 reps
- **Spot Press:** 3 sets of 10-12 reps
- **Bent-Over Barbell Row:** 3 sets of 10-15 reps
- **Military Press:** 3 sets of 10-15 reps



## Day 1 – Back Squat

### Warm-up:

- 5-min [Lower Body Foam Rolling](#)
- 5-minutes on the stationary bike/Treadmill (Low to Moderate intensity)
- Perform leg press 3 sets of 15-20 reps (lightweight)

### Back Squat:

- **Round 1**– 2 sets of 6 reps at 50% of your one-rep max, 2-min rest.
- **Round 2** – 3 sets of 5 reps at 75% of your 1RM, 3-min rest.
- **Round 3** – 3 sets of 2 reps at 90% of your 1RM, 4-min rest.
- **Round 4** – One rep max, 5-min rest.
- **Round 5** – 2 sets of 5 reps at 60% of your 1RM, 3-min rest.

### Post Stretching:

You can do these stretching exercises to relax your muscles after heavy lifting. However, this is not compulsory. You can do it at your own will.

- Downward Dog: 5-10 seconds hold x 5
- [World's Greatest Stretch](#): 5 reps on each side
- 90/90 Stretch: 5 reps on each side (5 seconds/side)

## Day 2 – Bench Press

### Warm-up:

- 5-10 minutes on the stationary bike/rower (Low to Moderate intensity)
- 3-5 minutes [Upper Body Foam Rolling](#)
- 1-2 minutes Band Pull-apart
- Perform Pin Press 2 sets of 15-20 reps (Lightweight or do it with only a barbell, no plates)

### Main Workout:

- **Round 1**– 2 sets of 8 reps at 50% of your one-rep max, 2-min rest.
- **Round 2** –2 sets of 6 reps at 60% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 4 reps at 75% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of One rep max, 3-5 min rest.
- **Round 5** – 2 sets of 5 reps at 60% of your 1RM, 3-min rest.

### Static Stretching (optional):

- Cobra Pose: 5 reps of 10 seconds
- Standing Chest Stretch: 5 reps of 10 seconds

## Day 3 – Conventional Deadlift

### 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 Inch Worm](#)

### Major Lifting:

- **Round 1**– 2 sets of 6 reps at 50% of your one-rep max, 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 4 reps at 75% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of One rep max, 5-min rest.
- **Round 5** – 2 sets of 5 reps at 60% of your 1RM, 3-min rest.

### 5-10 minutes of Static Stretching (Optional):

- World's Greatest Stretch
- Knee Hug to Inverted Hamstring Stretch



## My Final Thoughts

Following a well-crafted powerlifting routine can help you increase your strength gradually.

You can design your own program or follow the one I shared above.

The above 3 day powerlifting split can help you improve your squat, bench, and deadlift over time. However, it is only a sample. It may work for some and won't

work for others. So, it is best to check with a professional around you, make some adjustments if required, and start your training.

If you want to maximize your bench, squat, and deadlift, make sure – 1) you never miss any training session, 2) you consume a high amount of protein and a balanced macros diet, 3) get sleep 6-8 hours a day, and allow your muscles to get recover, and 4) gradually increase the load on the bar.

There is nothing new system or technique to achieve a significant outcome. Improvement is all about execution and consistency.

## Is Lifting 3 Days Enough to Gain Strength?

Yes, you'll be able to maximize your strength by lifting three days a week only. The 3-day split allows your muscles sufficient time to get recover and enables you to put your 100 percent during each lift.

## I'm a Beginner. Can I follow this Program?

This program can be challenging for beginners. However, as a beginner, you can adjust it and make it suitable for you. I've also designed a [12-week powerlifting program](#) that is easier than this, so you can give it a try.

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## Disclaimer

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