

3-Month Powerlifting Strength Program

Maximize Your Bench Press, Squat, and Deadlift

By Your Fitness Brand

Program Introduction

This 3-month strength training program is designed to help you dramatically increase your one-rep max (1RM) in the bench press, squat, and deadlift.

You'll follow a proven 4-day powerbuilding split that blends heavy compound lifting with just the right amount of volume for muscle growth and injury prevention.

Weekly Layout

Monday: Heavy Upper (Bench Focus)

Tuesday: Heavy Lower (Squat Focus)

Thursday: Volume Upper (Chest + Back)

Friday: Deadlift + Posterior Chain

Month 1 - Build the Base (Moderate Intensity)

Focus on form, technique, and building volume with moderate weights.

Monday:

- Bench Press: 4x6 @ 75-80%
- Incline Dumbbell Press: 4x10
- Barbell Row: 4x10
- Lateral Raises: 3x12
- Tricep Pushdowns: 3x15

Tuesday:

- Back Squat: 4x6 @ 75-80%
- Bulgarian Split Squats: 3x8/leg
- Hamstring Curls: 3x12
- Plank: 3 sets of 1 min

Thursday:

- Overhead Press: 4x8
- Pull-Ups or Lat Pulldown: 4x8-10

- Incline Bench Press: 3x10
- Rear Delt Flys: 3x12
- Cable Curls: 3x12

Friday:

- Deadlift: 4x6 @ 70-75%
- Romanian Deadlifts: 3x10
- Barbell Rows: 4x10
- Glute Bridges: 3x15
- Hanging Leg Raises: 3x15

Month 2 - Increase Intensity

Shift to heavier weights and lower reps to push strength gains.

Main lifts drop to 3-5 reps with weekly load increases. Add 2.5-5 lbs weekly if possible.

Month 3 - Peak Strength & Test Maxes

Peak, deload, and test new 1RMs.

- Week 1-2: Big lifts 3-4x3 @ 85-90%, reduce accessories
- Week 3: Deload (3x5 @ 60%), focus on recovery
- Week 4: Test 1RM Bench, Squat, and Deadlift

Final Tips for Maximum Progress

- Progressive Overload: Increase weights weekly if form stays solid.
- Nutrition: Slight calorie surplus and 1g protein per lb of body weight.
- Sleep: Aim for 7-9 hours per night.
- Form: Prioritize technique to prevent injury.
- Track Progress: Record your reps, weight, and weekly effort.