



POWERLIFTING TRAINING GUIDE

CrossFit
TRAINING



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THE WESTSIDE CONJUGATE SYSTEM

Many have asked how and why Westside developed the conjugate system.

I started training full time in powerlifting in late 1969 after returning from the army. I had my first power meet in 1966. What an experience! I lifted along with four future world champions: Milt McKinney; George Crawford, who gave me countless tips on squatting; Larry Pacifico; and Vince Anello, who was the deadlifting machine.

I asked Vince what helped his deadlift. His reply: "Everything helps my deadlift." It sounded vague, but Vince was using the conjugate system, although it was unnamed.

George was the squat king. His training was a combination of regular squats, box squats, old Westside style (meaning Culver City, Calif., style), rack squats and good mornings, which contributed to his success. This is the conjugate system, a system of unidirectional loading that was designed to enable him to squat more.

Pacifico, who was a renowned powerlifter in the 1970s and early 1980s, was great at everything, but his bench was unreal. His bench training was a combination of heavy-duty bodybuilding and lots of triceps work. Larry told me that 75 percent of our bench success was from the triceps.

With their advice, which they gave me freely at meets, and by following the methodologies of the Culver City Westside group, I came up with the Westside conjugate system.

Bill (Peanuts) West was the founder of the Culver City Westside Barbell Club. George Frenn was a world record holder in powerlifting and in the 56-lb. weight throw. They had countless special exercises, such as rack pulls, box pulls, high pulls, good mornings, box squatting on boxes of at least three different heights, benching with rubber mats on the chest, floor pressing, rack lockouts, and so forth. Their rotation of exercises was space-age at the time, which was 1965 to the early 1970s. The system was the conjugate sequence system, although it was not named yet. The training I was doing at the time was influenced by everyone mentioned above.

The only true problem I had was the loading. There were no Soviet secrets being leaked to the United States at that time. The progressive gradual overload system was being used in the U.S. It was divided into different time periods, or blocks, designed to work on a specific element of training. I am amazed that lifters are still using it today. It's a dead-end street. The young lifters believe it's a new form of periodization. Maybe they think the push-button starters on some new cars are also new, but all cars had a starter button in the 1940s.

I was always stronger a week or two after a meet, or a week or two before the meet but very seldom on meet day. The Soviets had coaches, like Matveyev, who realized there was a much better method of planning. There has always been controversy over who came up with wave periodization. Dr. Yuri Verkhoshansky has been credited with the pendulum wave. This was in 1964. Even the renowned Bulgarian coach Abadjiev had a similar plan for waving volume and intensities.

In 1972, the Dynamo Club had 70 highly qualified weightlifters do an experiment by rotating 25-45 special exercises, including the classical lifts. After the experiments were done, one lifter was satisfied and the rest wanted more. The system now had a name: the conjugate system.

I was training alone and used lots of special exercises for all three lifts to reduce staleness. When you use the same routine over and over, you fail to make progress. This is known as accommodation. To avoid this, a rotation of exercises, small and large, must be cycled in and out of the plan. I followed this system without knowing it had a name for years—13 years to be exact.

It was in 1983 when I broke my lower back for the second time. I thought there had to be a better way. I started to buy books such as the Soviet Sports Review, translated by Dr. Yessis, and the Soviet training manuals that Bud Charniga Jr. had translated. Bud told me that they were textbooks. This is just what I was looking for. They opened my eyes. They are very math- and physics-oriented, with a basis on Newton's laws of motion. I was hooked.

I had totaled my first Elite USPF total of 1655 in February 1973. I used no gear, not even wraps on my knees or elbows or even wrists—just an Olympic weight belt, not a power belt. If I wanted to continue to make progress, I had to get stronger, and I had to get smarter—much smarter. I started all over.

First, I used the pendulum wave in 3-week cycles, going from training a heavy and a light day to a max-effort day where I worked to a max single depending on my level of preparedness. A severe workout can be done every 72 hours, and the second day is devoted to the development of special strengths. It could be explosive strength, commonly known as the dynamic method.

The Westside conjugate system is the best of two advanced training systems: the Soviet system, where several special exercises are used to advance the training of superior lifters and athletes, and the Bulgarian system, where near-max lifts are performed every workout. The Westside system is a combination of the two.

Science has proven that training at 90 percent or above for 3 weeks will cause physical and mental fatigue. With the Westside conjugate method, we switch a core barbell exercise each week to avoid accommodation. The wide variety of special exercises will perfect form. The similarities of the Westside conjugate system to the one devised by the Soviets at the Dynamo Club are obvious. The only difference is the exercises: one system for Olympic lifting and, of course, the other for powerlifting.

What I took from the Soviets was the sequence of wave loading. A.S. Prilepin was instrumental in regulating the number of repetitions and sets at a particular intensity zone. This truly enlightened me about the importance of calculating volume at each intensity zone and why it is a waste of time to do too many reps at a given intensity zone. Men such as Verkhoshansky, Bondarchuk, Matveyev, Vorobyev and many more helped lead the way.

Westside pendulum-wave cycles last 3 weeks for speed and explosive strength and 2 weeks for strength-speed work and utilize several special bars with which to establish

different maxes. But because the reps and sets should remain the same at a given percent, the bar speed at this percent will remain the same.

The volume will be different each week due to the difference between bar maxes. Your front squat max will be different from your safety-squat-bar max, and of course both will be different from your max squat. This is to avoid accommodation, which in this case is the constant overuse of the same loading patterns.

The Soviets and Westside count only all-time records, which amounts to roughly 600 lifts a year, similar to contest max lifts. The Bulgarian system mandated that the current training maxes were based on that particular day's strength, equaling about 4,000 lifts a year. They were not based on a certain percent. This was determined by Coach Abadjiev's experiments. They used only six lifts: front squat, back squat, power clean, power snatch, clean and jerk, and snatch. One had to be well chosen for such a rigorous regimen of training.

Westside's system is to max out on this day according to your level of preparedness. This means that a Westside max effort is the most one is capable of that day. It may not be an all-time record, but it is the most you are capable of on that day, week after week. This is just like the Bulgarian training with the exception of the number of lifts. They would follow this system 6 days a week. Six maximum lifts were done in the morning. After a 30-minute rest, they would do 6 more maxes on pulling exercises plus 6 max squats, front or back. This was repeated in the afternoon and evening.

Westside uses two max-effort days a week, one for the squat and deadlift and one for benching. Seventy-two hours separate a speed workout and max-effort day for the same lift. Three lifts at 90 percent and above are advised. This is more practical for powerlifting on the basis of using this max-effort system for the last 26 years.

A lot of hours and work have gone into perfecting the Westside system. It has more variety, volume, reps and intensity zones, as well as exercises that literally number in the hundreds. It has been a 40-year odyssey of pain, work and experimentation. Look at our website and compare our lifts to those of other gyms:

- 89 Elites
- 17 over 1,000 and 6 over 1,100
- 32 who bench over 700, 6 over 800, and 1 over 900
- 18 who deadlift over 800
- 13 who total over 2,500
- 6 who total over 2,600
- 3 who total over 2,700
- 2 who total over 2,800

In addition, I have made a USPF Elite total throughout the time period from February 1973 to December 2009, this last time at 62 years old.

I hope this explains how the Westside conjugate system was created. I found the right way to train by observing the smart and resourceful lifters who succeeded compared to those who set their own plan and failed and withdrew from Westside.

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MULTI-YEAR PLAN

Renowned sports scientist A. S. Medvedyev wrote a text called *A System of Multi-Year Training in Weightlifting* (1986), translated by Andrew Charniga, Jr. It presents a system to train for and compete in the Olympics. Of course, there is much information about training of all respects and how to achieve results at the correct time in a long-term plan. Someone once said, "When you fail to plan, you plan to fail."

Another highly esteemed sports scientist, Tudor Bompa, wrote several books on all subject matter including long-term periodization. In Bompa's book *Theory and Methodology of Training* (1997), he discusses training of many lengths of time. The Greek Philostratus, an ancient scholar, proposed a four-day system, referred to as the "Teter system." Men such as Bompa, Medvedyev and the late Y.V. Verkoshansky, as well as others such as the Bulgarians Felix Meerson and Hiden, had much to do with the short- and long-term planning of the Bulgarian weight-training system (Enver Turkileri, 1997).

Long-term planning must also address not only adaption but also restoration and how to avoid accommodation. If you read the book *Adaption in Sports Training*, a weekly plan turns into a monthly and then a yearly plan, and then, of course, a multiple-year plan.

By 1983, I had been participating in powerlifting for 27 years, but I had no formal plan; my plans or dreams turned into mostly nightmares. I realized that the key to success was part physics, part biomechanics, and very importantly mathematics. Here, I present a long-term plan that has passed the test of time. Dave "Neutron" Hoff has used this plan since he was 14 years old with a 400-lb. squat. At 19 years old he had a 1005-lb. squat. Now at 22 years old, he has a 1075-lb. squat and a total of 2750 lb. at 260 body weight.

All my methodologies came from the former Soviet Union system and their highly respected sports scientists and coaches. The strongest lifters lift the heaviest weight most often. I don't mean lifting 20 lb. heavier than their training partners on max-effort day but on the dynamic day. Many people with a small grasp of training can't understand this. But this is simply math, as outlined below.

For speed strength, the combination is 50-60 percent barbell weight, plus 25 percent band tension at the top. I based this on 1000-lb. squatters; we have 16 in all. A 1000-lb. squatter would use 500, 550, and 600 in a three-week wave, with 250 lb. of band tension at the top and 100 lb. at the bottom due to band shrinkage. So 500 lb. of bar weight is 600 in the bottom and 750 at the top. The second week, 550 lb. of bar weight is 650 in the bottom and 800 at the top, and the third week wave is 600 lb. of bar weight, which is 750 in the bottom and 850 at the top. This is truly accommodation.

But the most important point I will be making is for every 50-lb. increase, a jump in volume of 600 lb. must be made. Of course, on max-effort day you must max out at the current strength you are at, plus have good form and train your weaknesses. But let's look at the mathematical program that will guide you.

Math plays a major role in increasing strength. If you can do the wave at your current max with the correct bar speed for speed-strength development (about 0.8 m/s), you will create a new squat record on meet day. You must also raise max-effort records all year long and work on your lagging muscle groups to complement the speed work, done 72 hours before.

I will now give you some parameters of how to establish a contest max on a box squat with no knee wraps or suit straps up. Jean Fry, a 123-lb. female, made a box squat with 280 lb. plus 140 lb. of band tension at the top, which equals 420 lb.. She did a strong 415-lb. squat at a meet. As you can see, the top value is a strong indicator of how much you can squat at meet time. On the high end, 500 lb. of bar weight and 375 lb. of band tension will translate to a squat of at least 800 lb. Tony Ramos made 470 lb. of bar weight plus 375 lb. of band tension on a box squat and squatted 810 lb. at the Cincinnati Pro-Am at 181 lb. body weight.

A bar weight of 550 lb. plus 375 lb. of band tension will translate to an 850-lb. squat. A bar weight of 600 lb. plus 375 lb. of band tension will, and has many times, produce a 900-lb. squat. A bar weight of 650 lb. plus 375 lb. of band tension will produce a 950-lb. squat. A bar weight of 600 lb. plus 440 lb. of band tension will equate to a 1000-lb. squat. A bar weight of 650 lb. plus 440 lb. of band tension will produce a squat of 1050 lb.

Tony Bolognone squatted the following:

- 1000 lb. with 600 lb. bar weight and 440 lb. band tension
- 1050 lb. with 650 lb. bar weight and 440 lb. band tension
- 1100 lb. with 700 lb. bar weight and 440 lb. band tension
- 1130 lb. with 720 lb. bar weight and 440 lb. band tension

I can show many studies like this. After all, we have 16 men who squat at least 1000 lb. officially, plus 17 men who deadlift 800 lb. Remember, the volume must match your max strength, your form must be flawless, and you must raise your max-effort exercises and fortify your weaknesses.

When using a variety of bars to squat with, you must calculate the different maxes from a contest max. Try a safety squat bar max, a 14-inch cambered bar max, a front squat max, and so forth. By using different bars, you will avoid the volume accommodation effect. Bompa told me I was doing flat loading, but after explaining the rotation of bars and special exercises, I showed how to avoid all manners of the law of accommodation.

All progress in the classical lifts, meaning the snatch, clean and jerk, squat, bench, and deadlift, depends on controlling volume and the intensity zones laid out by many European sports scientists. I found this to be the most important factor in making continuous gains and preventing injuries.

It is very important to maintain proper bar speed while doing all sets. Just look at the equation $F = mA$ (force equals mass times acceleration), or look at the definition of power. Power is defined as work done divided by the time used to do the work, or $P = W/t$. The more powerful one is, the faster he or she can do the work.

Next, match the work by your physical capabilities by controlling volume on speed-development day with moderate intensity zones. On max-effort day, 72 hours later, use a lower volume, 50 percent on average,

with maximal intensity, hopefully more than 100 percent.

Lastly, it is also important to perfect your form. This method will prolong your lifting career and make it possible to lift your most.

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DYNAMIC AND MAX EFFORT EXAMPLES**DYNAMIC EFFORT – LOWER BODY (FRIDAY)**

week	lift	bar weight	accommodating resistance	sets/ reps	rest periods
1	Box Squat	50% (of 1-rep max using that specific bar, straight weight, to a box)	25%	12 sets of 2	30-45 seconds
2	Box Squat	55%	25%	12 sets of 2	30-45 seconds
3	Box Squat	60%	25%	10 sets of 2	30-45 seconds

week	lift	bar weight	accommodating resistance	sets/ reps	rest periods
1	Deadlift	~40% of 1-rep max	~30%	8 sets of 1	30 seconds
2	Deadlift	~40% of 1-rep max	~30%	8 sets of 1	30 seconds
3	Deadlift	~40% of 1-rep max	~30%	6 sets of 1	30 seconds

After squats and deadlifts, choose 2 accessory exercises, 1 high-repetition exercise (~100 reps), and light, long-distance sled dragging, plus ab work.

SAMPLE WORKOUT FOR WEEK 1 OF 3-WEEK WAVE**(Based On A 400-Lb. Squatter/500-Lb. Deadlifter):**

1. Box squat with 200 lb. bar weight, plus 100 lb. of band tension (“average” bands): 12 sets of 2 reps.
2. “Speed Pulls”: Deadlifts with 200 lb. bar weight, plus 200 lb. of band tension (doubled mini bands on a designated 4x8 deadlift platform): 8 sets of 1 rep.
3. Glute-ham raises with mini band around the neck: 3 sets of 10 reps.
4. Reverse hypers: 3 sets of 10 reps.
5. Band good mornings: 1 set of 100 reps.
6. Static ab holds (cable pull-down machine).
7. Dragging sled with light/moderate weight: 1/4–1 mile.

MAX EFFORT - LOWER BODY (MONDAY)

week	lift	examples	sets/ reps	rest periods
1	Squat	<ul style="list-style-type: none"> - Back squat with straight or specialty bar. Box or no box. Bands or chains optional. - Front squat with straight bar, safety squat bar, or using front-squat harness. Box or no box. Bands or chains optional. - Overhead squat. bands or chains optional. 	Up to 1-rep max	2-5 minutes
2	Deadlift	<ul style="list-style-type: none"> - Deadlift against bands or chains. - Deficit deadlift (bands optional). - Rack pull (bands optional). - Ultra-wide sumo deadlift. - Snatch-grip deadlift. 	Up to 1-rep max	2-5 minutes
3 or every 5th week	Good Morning	<ul style="list-style-type: none"> - Arch-back or round-back good mornings with straight or (preferably) specialty bar (giant cambered bar or safety squat bar). Bands or chains optional. - Chain-suspended good mornings. - Seated, round-back good mornings, preferably with safety squat bar. 	3-5-rep max	2-5 minutes
<p>After max-effort movement, choose 2 accessory exercises, 1 high-repetition exercise (~100 reps), and heavy, short-distance sled dragging (~60 meters), plus abs.</p>				

EXAMPLES OF LOWER-BODY ACCESSORY EXERCISES (8-12 REP RANGE):

- Glute-ham raises (optional: add band, plate, barbell, chains, etc.)
- Reverse hypers
- Inverse curls
- Stiff-legged deadlifts
- Sumo stiff-legged deadlifts
- Romanian deadlifts
- 45-degree or straight-legged back raises (+ barbell or band optional)
- Bulgarian split squats
- Seated or lying band leg curls (high repetition, ~100 reps)
- Ankle-weight leg curls (High repetition, ~200 reps)
- Band good mornings (High repetition, ~100 reps)
- Kettlebell swings (+ band optional)

DYNAMIC EFFORT – UPPER BODY (SATURDAY OR SUNDAY)

lift	bar weight	accommodating resistance	sets/ reps	rest periods
Bench press (overhead press as occasional substitute)	50% of floor press 1-rep max, as bar weight.	~30%	9 sets of 3 reps	30-45 seconds
After dynamic effort upper-body work, choose 3-5 chest/upper-back/rear-delt exercises, and ab work.				

EXAMPLES OF ACCESSORY EXERCISES (8-12 REP RANGE):

- Push-up variations (i.e., against band/chains, blast straps, decline) Incline/flat/decline dumbbell presses
- Pull-up variations (i.e., against band/chains, ankle weights, weight vest, hanging weight)
- Inverted rows
- One-arm dumbbell rows
- Bent-over barbell rows (underhand or overhand grip)
- Chest-supported barbell or dumbbell rows
- Lat pulldowns
- Low rows

REAR-DELT EXERCISE EXAMPLES:

- Band pull-aparts
- Incline reverse flys
- Windmills
- Thumb-down rear-delt flys (flat bench)
- Face pulls
- Bent-over reverse DB flys

SAMPLE WORKOUT (BASED ON A 250-LB. FLOOR PRESSER):

1. Straight bar plus 125 lb. bar weight, plus doubled mini bands (85 lb. tension): 9 sets of 3 reps (varied grips).
2. Incline dumbbell presses: 3 sets of 10 reps.
3. Wide-grip dead-hang pull-Ups with 10-lb. ankle weights: 3 sets of max reps.
4. One-arm dumbbell rows: 3 sets of 10 reps.
5. Lat pulldowns: 3 sets of 10 reps.
6. Band pull-aparts – 3 sets of 20 reps.
7. Abs.

MAX EFFORT – UPPER BODY (WEDNESDAY)

Max-effort upper-body method is a series of rotations of upper-body exercises—one per session. Choose a bench-press variation 75% of the time and an overhead-press variation 25% of the time.

lift	bar weight	sets/ reps	rest periods
Bench press (75% of the time)	<ul style="list-style-type: none"> – Straight bar or specialty bar against hanging chain(s). – Straight bar or specialty bar against bands. Straight bar or specialty bar plus reverse bands (“Lightened Method”). – Floor press (bands/chains optional). 	Up to 1-rep max	2-5 minutes
Overhead press (25% of the time)	<ul style="list-style-type: none"> – Strict overhead press against hanging chain(s) or bands. – Push press against hanging chain(s) or bands. 	Up to 1-rep max	2-5 minutes

After max-effort upper-body exercise, choose 2 triceps exercises (8-12-rep range), 1 high-rep triceps exercise (~100 reps), 1 rear-delt exercise (see dynamic-effort rear-delt exercises above), plus abs.

EXAMPLES OF TRICEPS ACCESSORY EXERCISES:

- “Close-grip” (palms facing inward, elbows tight to sides) dumbbell presses (optional: on floor or add band)
- Dumbbell or kettlebell Tate presses
- J.M. presses (dumbbells, barbell, safety squat bar)
- Dumbbell roll-back extensions
- Close-grip pin presses
- Dumbbell, kettlebell or barbell skull crushers
- Cable push-downs using various attachments
- Band push-downs (~100 reps)

SAMPLE MAX-EFFORT UPPER-BODY WORKOUT:

1. Straight-bar bench press plus 2 chains per side: Work up to 1-rep max.
2. Close-grip dumbbell floor presses with mini band around your back: max set of 8.
3. Incline dumbbell Tate presses – 3 sets of 10 reps.
4. Close-grip Bandbell Bar (bamboo) presses with hanging kettlebells: 3 sets of 20.
5. Light band push-downs: 1 set of 100 reps.
6. Abs.

THE PLAN: DYNAMIC SQUAT DAYS**400-LB. MAX SQUAT**

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	200	12x2	24	4,800
2	55	220	12x2	24	5,280
3	60	240	10x2	20	4,800
Bar Speed is .8m/s Avg.					

450-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	225	12x2	24	5,400
2	55	250	12x2	24	6,000
3	60	270	10x2	20	5,400
Bar Speed is .8m/s Avg.					

500-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	250	12x2	24	6,000
2	55	275	12x2	24	6,600
3	60	300	10x2	20	6,000
Bar Speed is .8m/s Avg.					

550-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	275	12x2	24	6,600
2	55	300	12x2	24	7,200
3	60	330	10x2	20	6,600
Bar Speed is .8m/s Avg.					

600-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	300	12x2	24	7,200
2	55	330	12x2	24	7,920
3	60	360	10x2	20	7,200
Bar Speed is .8m/s Avg.					

EXAMPLES OF A THREE-WEEK WAVE

Select one per week; rotate exercises weekly.

percentage	weight (lb.)	reps	lifts	weight (lb.)
50	150	9x3	27	85 lb band tension
50	150	9x3	27	80 lb chains
50	150	9x3	27	80 lb chain; 25 lb band tension at top
80	240	9x3	27	60 lb unload weight
Bar Speed is .8m/s Avg.				

HOW TO CHANGE VOLUME AT THE SAME INTENSITY ZONE

Using three maxes for a front squat, safety squat bar and a regular squat bar max, here is how to maintain intensity but produce different volume:

500-LB. MAX FRONT SQUAT

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	250	12x2	24	6,000
2	55	275	12x2	24	6,600
3	60	300	10x2	20	6,000
Bar Speed is .8m/s Avg.					

600-LB. MAX SAFETY SQUAT BAR

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	300	12x2	24	7,200
2	55	330	12x2	24	7,920
3	60	360	10x2	20	7,200
Bar Speed is .8m/s Avg.					

700-LB. MAX REGULAR SQUAT BAR

week	percentage	weight (lb.)	reps	lifts	volume (lb.)
1	50	350	12x2	24	8,400
2	55	385	12x2	24	9,240
3	60	420	10x2	20	8,400
Bar Speed is .8m/s Avg.					

THE PLAN: DYNAMIC SQUAT DAYS FOR A 400- TO A 1000-LB. SQUAT**400-LB. MAX SQUAT**

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	200	12x2	24	25%	4,800
2	50	220	12x2	24	25%	5,280
3	60	240	10x2	20	25%	4,800
Bar Speed is .8m/s Avg.						

450-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	225	12x2	24	25%	5,400
2	50	250	12x2	24	25%	6,000
3	60	270	10x2	20	25%	5,400
Bar Speed is .8m/s Avg.						

500-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	250	12x2	24	25%	6,000
2	50	275	12x2	24	25%	6,600
3	60	270	10x2	20	25%	6,000
Bar Speed is .8m/s Avg.						

550-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	275	12x2	24	25%	6,600
2	50	300	12x2	24	25%	7,200
3	60	330	10x2	20	25%	6,600
Bar Speed is .8m/s Avg.						

600-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	300	12x2	24	25%	7,200
2	50	330	12x2	24	25%	7,920
3	60	360	10x2	20	25%	7,200
Bar Speed is .8m/s Avg.						

650-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	325	12x2	24	25%	7,800
2	50	355	12x2	24	25%	8,520
3	60	390	10x2	20	25%	7,800
Bar Speed is .8m/s Avg.						

700-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	350	12x2	24	25%	8,400
2	50	385	12x2	24	25%	9,240
3	60	420	10x2	20	25%	8,400
Bar Speed is .8m/s Avg.						

750-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	375	12x2	24	25%	9,000
2	50	425	12x2	24	25%	10,200
3	60	450	10x2	20	25%	9,000
Bar Speed is .8m/s Avg.						

800-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	400	12x2	24	25%	9,600
2	50	440	12x2	24	25%	10,560
3	60	480	10x2	20	25%	9,600
Bar Speed is .8m/s Avg.						

850-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	425	12x2	24	25%	10,200
2	50	470	12x2	24	25%	11,280
3	60	510	10x2	20	25%	10,200
Bar Speed is .8m/s Avg.						

900-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	450	12x2	24	25%	10,800
2	50	495	12x2	24	25%	11,880
3	60	540	10x2	20	25%	10,800
Bar Speed is .8m/s Avg.						

950-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	475	12x2	24	25%	11,400
2	50	520	12x2	24	25%	12,480
3	60	570	10x2	20	25%	11,400
Bar Speed is .8m/s Avg.						

1000-LB. MAX SQUAT

week	percentage	weight (lb.)	reps	lifts	band tension	volume (lb.)
1	50	500	12x2	24	25%	12,000
2	50	550	12x2	24	25%	13,200
3	60	600	10x2	20	25%	12,200
Bar Speed is .8m/s Avg.						

CONTACT

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