



**TPS Method for Powerlifting: Let's Get Strong Block 1A: Begin August 24, 2020**

**This block will focus on getting you STRONG after you acclimated back to training post Covid.**

**You will be using higher percentages/RPE than the last one, while still accommodating for the extended Covid layoff.**

**It can also be used by any lifter as an 8 week off season block to increase the three lifts with a focus on handling heavier weights progressively with reverse band work as well as eliminating sticking points in the three lifts.**

**TAGS:**

**Covid, raw powerlifting, off season, sticking points, reverse band, get strong, layoff**



|         | <b>Squat</b>   | <b>Bench</b>   | <b>Deadlift</b>   | <b>Bench</b>  |
|---------|--|--|---|---|
| Week 1: | Squat<br>3 sets x 5 reps RPE 7/72.5%   | Bench Press<br>3 sets x 5 reps RPE 7/72.5%   | Deadlift<br>3 sets x 5 reps RPE 7/72/5%   | Dynamic Bench Press **<br>8 sets x 3 reps<br>50%<br>**Use 3 grips (close, medium & schmedium)             |
| Week 2: | Box Squat with Chain<br>4 sets x 2 reps RPE 8/75%  | Medium Grip Floor Press with Chain<br>4 sets x 3 reps RPE 8/70%  | 1" Deficit Deadlift<br>3 sets x 5 reps RPE 8/70%  | Dynamic Bench Press **<br>10 sets x 3 reps<br>55%<br>**Use 3 grips (close, medium & schmedium)            |
| Week 3: | Box Squat with Chain<br>4 sets x 2 reps RPE 9/80%  | Medium Grip Floor Press with Chain<br>4 sets x 3 reps RPE 9/75%  | 1" Deficit Deadlift<br>4 sets x 5 reps RPE 9/72.5%  | Dynamic Bench Press ** with Chain<br>8 sets x 3 reps<br>45%<br>**Use 3 grips (close, medium & schmedium)  |
| Week 4: | SSB Squat<br>5 sets x 3 reps RPE 8/75%   | 2 Board Bench Press with Chain<br>2 sets of 2 reps RPE 8/80%<br>2 sets of 2 reps RPE 9/85%   | Opposite Deadlift<br>4 sets x 3 reps RPE 8/75%  | Dynamic Bench Press ** with Chain<br>10 sets x 3 reps<br>50%<br>**Use 3 grips (close, medium & schmedium) |
| Week 5: | SSB Squat<br>5 sets x 3 reps RPE 9/80%   | 2 Board Bench Press with Chain<br>1 sets of 2 reps RPE 8/80%<br>1 sets of 2 reps RPE 9/85%<br>2 sets of 2 reps RPE 10/90%                        | Opposite Deadlift<br>4 sets x 3 reps RPE 9/80%  | Dynamic Bench Press ** with Chain<br>12 sets x 3 reps<br>55%<br>**Use 3 grips (close, medium & schmedium) |
| Week 6: | Squat<br>1 set x 1 rep RPE 6/80%<br>1 set x 1 reps RPE 7/85%<br>2 sets x 1 rep RPE 8/90% | Bench Press<br>1 set x 1 rep RPE 8/85%<br>1 set x 1 rep RPE 9/90%<br>Reverse Band Bench Press<br>1 set x 1 rep RPE 10/100%<br>1 set x 1 rep 105% | Deadlift in MB Powercenter Platform***<br>Add short mini band 2nd peg from bottom<br>1 set x 2 reps RPE 7/75%<br>1 set x 2 reps RPE 8/80%<br>1 set x 1 reps RPE 8/85% | Dynamic Bench Press with band<br>40% 8 sets x 3 reps<br>**Use 3 grips (close, medium & schmedium)         |



|         |  |  |   |  |
|---------|--|--|---|--|
| Week 7: | Squat<br>1 set x 1 reps RPE 7/85%<br>1 sets x 1 rep RPE 8/90%<br>1 set x 1 rep RPE 9/95% | 2/1000 Paused Bench Press<br>1 set x 3 reps RPE 7/77.5%<br>2 sets x 3 reps RPE 8/80% | Deadlift in MB Powercenter Platform***<br>Add short mini band at bottom peg<br>1 set x 1 reps RPE 8/85%<br>1 set x 1 reps RPE 9/90%<br>Reverse Band Deadlift/same rack<br>1 set x 1 rep RPE 10/100%<br>1 set x 1 rep 105% | Dynamic Bench Press with band<br>45% 10 sets x 3 reps<br>**Use 3 grips (close, medium & schmedium) |
| Week 8: | 2/1000 Pause Squat<br>4 sets x 3 reps RPE 7/72.5%  | 2/1000 Paused Bench Press<br>1 sets x 3 reps RPE 9/80%<br>2 sets x 2 reps RPE 9/85%  | Deadlift<br>3 sets x 2 reps RPE 8/85%   | Dynamic Bench Press with band<br>50% 12 sets x 3 reps<br>**Use 3 grips (close, medium & schmedium) |

**\*\*\*If you don't have an MB Powercenter Platform, do Deadlifts against bands**



# BAND AND CHAIN USAGE GUIDE

## IF YOU SQUAT/DEADLIFT

**100-300LB**  
**300-500LB**  
**500-700LB**  
**700-900LB**  
**+900LB**

## USE THIS MUCH BAND\*

**MINI BAND (30LB)**  
**LIGHT BAND (90LB)**  
**AVG BAND (130LB)**  
**STRONG BAND (180LB)**  
**STRONG+LIGHT (270LB)**

## USE THIS MUCH CHAIN\*\*

**1 CHAIN (40LB)**  
**2 CHAINS (80LB)**  
**3 CHAINS (120LB)**  
**4 CHAINS (160LB)**  
**5 CHAINS (200LB)**

## IF YOU BENCH

**95-225LB**  
**225-365LB**  
**365-495LB**  
**495-625LB**  
**+625LB**

## USE THIS MUCH BAND\*

**DOUBLED MICRO BAND (40LB)**  
**DOUBLED MINI BAND (80LB)**  
**DOUBLED MONSTER BAND (120LB)**  
**DOUBLED MONSTER+MICRO (160LB)**  
**DOUBLED MONSTER+MINI (200LB)**

## USE THIS MUCH CHAIN\*\*

**1 CHAIN (40LB)**  
**2 CHAINS (80LB)**  
**3 CHAINS (120LB)**  
**4 CHAINS (160LB)**  
**5 CHAINS (200LB)**

\* APPROXIMATE TOTAL BAND TENSION AT THE TOP OF THE LIFT

\*\*APPROXIMATE TOTAL CHAIN WEIGHT AT THE TOP OF THE LIFT





**Week 1: Week of August 24, 2020**

| Day 1  | Day 2   | Day 3  | Day 4   |
|--|---|--|---|
| <p>1. Squat<br/>3 sets x 5 reps RPE 7/72.5%</p> <p>2. <a href="#">SSB Anderson Good Morning</a><br/>5RM</p> <p>3. <a href="#">BGSS</a> with 2/1000 pause at bottom<br/>3 sets x 8 reps each leg</p> <p>4. <a href="#">Snatch Grip Dead Hyper</a> 3 sets x 10-12 reps</p> <p>5. <a href="#">Single Leg R/H</a> 3 sets x 12-15 reps each leg</p> <p>6. <a href="#">HLR</a> 4 sets x AMAP</p> | <p>1. Bench Press<br/>3 sets x 5 reps RPE 7/72.5%</p> <p>2. <a href="#">Close Grip 2 Board Bench Press</a><br/>6RM</p> <p>3. <a href="#">Decline DB Bench</a> 4 sets x 8 reps AHAP</p> <p>4. <a href="#">BB Row</a> 4 sets x 10-12 reps</p> <p>5. <a href="#">Overhead Tricep Extension</a> x 8 reps +<br/><a href="#">Hammer</a> Curl x 8 reps x 4 sets AHAP</p> | <p>1. <a href="#">Deadlift</a><br/>3 sets x 5 reps RPE 7/72/5%</p> <p>2. <a href="#">Front Squat</a> 4 sets x 6 reps AHAP</p> <p>3. <a href="#">Full GHR</a>-with band if you can<br/>4 sets x 10-12 reps</p> <p>4. <a href="#">HFBR</a> with weight<br/>3 sets x 3 sets x 12-15 reps</p> <p>5. <a href="#">Side Bends</a><br/>4 sets x 6 reps each side</p> | <p>1. Dynamic Bench Press **<br/>8 sets x 3 reps<br/>50%<br/>**Use 3 grips (close, medium &amp; schmedium)</p> <p>2. <a href="#">Medium Grip Pin Press</a> 2" Off Chest<br/>3 sets x 5 reps AHAP</p> <p>3. <a href="#">Bamboo Bar Incline Bench Press</a><br/>3 sets x 15-20 reps</p> <p>4. <a href="#">DB Row</a><br/>1 set x 15 reps, 1 set x 12 reps, 2 sets x 10 reps + 3 <a href="#">Pullups</a> between sets</p> <p>5. <a href="#">Tricep Pushdown</a> 4 sets x 8-10 reps</p> |

**On Accessory Work: Only Work Sets Listed**



## Week 2: Week of August 31, 2020

| Day 1  | Day 2   | Day 3   | Day 4   |
|--|---|---|---|
| 1. <a href="#">Box Squat</a> with <a href="#">Chain</a><br>4 sets x 2 reps RPE 8/75%<br>2. <a href="#">SSB Anderson Good Morning</a><br>3RM<br>3. <a href="#">BGSS</a> with 2/1000 pause at bottom<br>4 sets x 8 reps each leg<br>4. <a href="#">Snatch Grip Dead Hyper</a><br>4 sets x 8-10 reps<br>5. <a href="#">Single Leg R/H</a><br>3 sets x 15-20 reps each leg | 1. Medium Grip Floor Press with Chain<br>4 sets x 3 reps RPE 8/70%<br>2. <a href="#">Close Grip 2 Board Bench Press</a><br>3RM<br>3. <a href="#">Decline DB Bench</a> 5 sets x 8 reps AHAP<br>4. <a href="#">BB Row</a> 5 sets x 10-12 reps<br>5. <a href="#">Overhead Tricep Extension</a> x 8 reps + <a href="#">Hammer Curl</a> x 8 reps x 6 sets AHAP | 1. 1" Deficit Deadlift<br>3 sets x 5 reps RPE 8/70%<br>2. <a href="#">Front Squat</a> 4 sets x 3 reps AHAP<br>3. <a href="#">Full GHR</a> -with band if you can<br>5 sets x 10-12 reps<br>4. <a href="#">HFBR</a> with weight<br>4 sets x 3 sets x 12-15 reps<br>5. <a href="#">Side Bends</a><br>5 sets x 6 reps each side | 1. Dynamic Bench Press **<br>10 sets x 3 reps 55%<br>**Use 3 grips (close, medium & schmedium)<br>2. <a href="#">Medium Grip Pin Press</a> 2" Off Chest<br>4 sets x 3 reps AHAP<br>3. <a href="#">Bamboo Bar Incline Bench Press</a><br>3 sets x 20-25 reps<br>4. <a href="#">DB Row</a><br>1 set x 15 reps, 2 sets x 12 reps, 2 sets x 10 reps + 4 Pullups between sets<br>5. <a href="#">Tricep Pushdown</a> 6 sets x 8-10 reps |

**On Accessory Work: Only Work Sets Listed**



### Week 3: Week of September 7, 2020

| Day 1  | Day 2   | Day 3  | Day 4  |
|--|---|--|--|
| 1. <a href="#">Box Squat</a> with <a href="#">Chain</a><br>4 sets x 2 reps RPE 9/80%<br>2. <a href="#">Keystone Deadlift</a> 6RM<br>3. <a href="#">Walking Lunge</a> x 8 each leg +<br><a href="#">Monster Walks</a> x 10 steps each<br>leg x 3 sets<br>4. <a href="#">Back Attack</a> ** 3 sets x 12-15<br>reps<br>5. <a href="#">HLR</a> 4 sets x AMAP | 1. Medium Grip Floor Press with<br>Chain<br>4 sets x 3 reps RPE 9/75%<br>2. CGI 6RM<br>3. Incline DB Bench 8RM<br>4. Lateral Raise* 3 Triple Drop<br>Sets<br>5. CSR 1 set x 20 reps, 1 set x 15<br>reps, 2 sets x 12 reps<br>6. <a href="#">California Press</a> 4 sets x 10-12<br>reps | 1. 1" Deficit Deadlift<br>4 sets x 5 reps RPE 9/72.5%<br>2. Hatfield Squat 4 sets x 8 reps<br>3. Farmers Walks 50 feet AHAP x<br>4 sets<br>4. <a href="#">Full GHR</a> -add band if you can<br>4 sets x 12-15 reps<br>5. <a href="#">R/H</a> 3 sets x 20-25 reps-loose | 1. Dynamic Bench Press ** with<br>Chain<br>8 sets x 3 reps<br>45%<br>**Use 3 grips (close, medium &<br>schmedium)<br>2. SSB JM Press 4 sets x 8 reps<br>3. Timed Sets:<br>DB Bench Press-AMRAP 60<br>seconds x 3 sets AHAP<br>4. Meadows Row 4 sets x 12-15<br>reps<br>5. Face Pull 4 sets x 12-15 reps<br>6. <a href="#">Tricep Push Apart</a> & <a href="#">Reverse<br/>           Curls</a> 5 sets x 12-15 reps |

#### On Accessory Work: Only Work Sets Listed

\*Triple Drop: Do 12 reps to 1 short of failure, go to next lightest set of dumbbell, do the same, then go to the next lightest set and go to failure.

\*\*If you don't have access to a Back Attack, [do these](#).



## Week 4: Week of September 14, 2020

| Day 1   | Day 2  | Day 3  | Day 4  |
|---|--|--|--|
| 1. SSB Squat<br>5 sets x 3 reps RPE 8/75%<br>2. <a href="#">Keystone Deadlift</a> 3RM<br>3. <a href="#">Walking Lunge</a> x 10 each leg + <a href="#">Monster Walks</a> x 10 steps each leg x 4 sets<br>4. <a href="#">Back Attack</a> ** 2 sets x 12-15 reps, 2 sets 8-12 reps<br>5. <a href="#">HLR</a> 5 sets x AMAP | 1. 2 Board Bench Press with Chain<br>2 sets of 2 reps RPE 8/80%<br>2 sets of 2 reps RPE 9/85%<br>2. CGI 3RM<br>3. Incline DB Bench 6RM<br>4. Lateral Raise* 3 Triple Drop Sets<br>5. CSR 1 set x 20 reps, 2 sets x 15 reps, 2 sets x 12 reps<br>6. <a href="#">California Press</a> 5 sets x 8-10 reps | 1. Opposite Deadlift<br>4 sets x 3 reps RPE 8/75%<br>2. Hatfield Squat 2 sets 10 reps, 2 sets x 8 reps<br>3. Farmers Walks 50 feet AHAP x 6 sets<br>4. <a href="#">Full GHR</a> -add band if you can 4 sets x 15-20 reps<br>5. <a href="#">R/H</a> 2 sets 10-12 slow and strict, 2 sets x 20-25 reps-loose | 1. Dynamic Bench Press ** with Chain<br>10 sets x 3 reps 50%<br>**Use 3 grips (close, medium & schmedium)<br>2. SSB JM Press 2 sets x 8 repsx 2 sets of 6 reps<br>3. Timed Sets:<br>DB Bench Press-AMRAP 60 seconds x 3 sets AHAP<br><i>Do more work in less time than last week.</i><br>4. Meadows Row 2 sets x 12-15 reps, 3 sets 10-12 reps<br>5. Face Pull 4 sets x 12-15 reps<br>6. <a href="#">Tricep Push Apart</a> & <a href="#">Reverse Curls</a><br>3 sets x 12-15 reps, 3 sets 10-12 reps |

### On Accessory Work: Only Work Sets Listed

\*Triple Drop: Do 15 reps to 1 short of failure, go to next lightest set of dumbbell, do the same, then go to the next lightest set and go to failure.

\*\*If you don't have access to a Back Attack, [do these](#).





**TPSMPL GPP: Choose at least one per week**

| <b>Week 1 Day 1</b>   | <b>Week 1 Day 2</b>   |
|---|---|
| 1. Sled Drag 20 minutes<br><a href="#">Forward/Backward/Row/Press</a> | 1. Circuit: All x 15 reps x 3 sets- No rest<br><a href="#">Banded Face Pull</a> + <a href="#">Lying Pullapart</a> + <a href="#">Pushdown</a> + <a href="#">Lateral Raise</a> + <a href="#">Curl</a> + <a href="#">Twist</a> |
| <b>Week 2 Day 1</b>   | <b>Week 2 Day 2</b>   |
| 1. Sled Drag 25 minutes<br><a href="#">Forward/Backward/Row/Press</a> | 1. Circuit: All x 20 reps x 3 sets- No rest<br><a href="#">Banded Face Pull</a> + <a href="#">Lying Pullapart</a> + <a href="#">Pushdown</a> + <a href="#">Lateral Raise</a> + <a href="#">Curl</a> + <a href="#">Twist</a> |



**TPSMPL GPP: TPSMPL GPP: Choose at least one per week**

| <b>Week 3 Day 1</b>  | <b>Week 3 Day 2</b>  |
|--|--|
| 1. <a href="#">Prowler Stride</a> x 50 feet +<br><a href="#">Prowler Push</a> x 50 feet x 15 minutes | 1. Circuit: All x 12 reps x 3 no rest<br><a href="#">Banded Front Raise</a> + <a href="#">Banded Lateral Raise</a> + <a href="#">Banded Side Bend</a> +<br><a href="#">Lying Pullover</a> + <a href="#">Seated Banded Row</a> + <a href="#">Glute Squeezes</a> |
| <b>Week 4 Day 1</b>  | <b>Week 4 Day 2</b>  |
| 1. <a href="#">Prowler Stride</a> x 50 feet +<br><a href="#">Prowler Push</a> x 50 feet x 20 minutes | 1. Circuit: All x 15 reps x 3 no rest<br><a href="#">Banded Front Raise</a> + <a href="#">Banded Lateral Raise</a> + <a href="#">Banded Side Bend</a> +<br><a href="#">Lying Pullover</a> + <a href="#">Seated Banded Row</a> + <a href="#">Glute Squeezes</a> |



## TPS Method for Powerlifting Notes and Abbreviations

|   |  |
|---|--|
| <p><b>AMRAP:</b> as many reps as possible</p> <p><b>ALAP:</b> as long as possible</p> <p><b>AHAP:</b> as heavy as possible</p> <p><b>HAF:</b> heavy as f*ck</p> <p><b>RPE:</b> rate of perceived exertion</p> <p><b>KB:</b> kettlebell</p> <p><b>DB:</b> dumbbell</p> <p><b>BB:</b> barbell</p> <p><b>SLSU:</b> straight let sit up</p> <p><b>TGU:</b> Turkish Get Up</p> <p><b>GHR:</b> Glute/Ham Raise</p> <p><b>R/H:</b> Reverse Hyper</p> <p><b>SWOLE:</b> Do a shitload of reps and get a huge pump. Flex and squeeze your muscles hard.</p> <p><b>SSB:</b> Safety Squat Bar</p> | <p>-When a number is given for an exercise, EG: 50 pullups; perform a set of as many as you can and stop with 1 or 2 reps left “in the tank”.</p> <p>Don’t go to failure. Rest a minute or so and continue until the listed number of total reps is complete.</p> <p>EG: 50 reps listed and you do a set of 12. Write it down. Do another set and you get 10. Add it. You now have 22 done out of 50.</p> <p>-When a variable of reps is listed, EG: 8-12; choose a weight that makes the 12<sup>th</sup> rep difficult on the 1<sup>st</sup> set and pyramid up in weight each set to a weight that limits you to the lower number on the last set.</p> <p>-Rest periods between set are generally not listed. Rest as long you need to.</p> <p>On your heaviest sets, up to 5 minutes may be advised. 2-3 minutes is usually more than enough for most work.</p> |
|---|--|



\*Down the Rack-Start with a weight you can do for 12-15 and do AS MANY AS YOU CAN, then go to the next lightest pair of dumbbells and do as many as you can, repeat until you are all the way down the rack. This sucks if you can curl 80's.

\*\* Down the stack- this is done on a cable stack-pick a weight you can do about 15-20 reps with and begin there. Do at least 15 reps, drop the pin one slot lighter and continue for amap, drop as many times as it says in the instructions. EG: 4 down the stack =4 drops

\*\*\* Swole-get a huge pump-use a light weight that allows for 20-25 reps and get SWOLE

**When you see a number listed, EG: Pushups 50, do the reps in as few sets as possible.**