

# KONSTANTINOV'S

## DEADLIFT PROGRAM



### DEADLIFT VARIATIONS

- Deadlift A
  - any elevated height
  - 7-23cm from knee
  - Top 3 or 8-10
- Deadlift B
  - floor or deficit
  - Top 2-3
  - backoff 6-8
- Speed Deadlifts
  - 130kg band tension
  - 8 explosive singles

### FULL BODY

KK's training involved high frequency squatting, benching and deadlifting, which was common in Soviet inspired training programs that were largely derived from Olympic lifting. He would train on a 4 day split with squats and benches featured on each day. Two of the days were deadlift focused, alternating between heavy days and light accessory days

DAY 1	DAY 2	DAY 3	DAY 4
Light Squat	Med Squat	Light Squat	repeat day 2
<b>Deadlift A</b>	Heavy Bench	Medium Bench	
Bench	Cardio	<b>Speed Deadlift</b>	
<b>Deadlift B</b>		<b>Dead Accessory</b>	
Box Squat			

### ACCESSORY

Konstantinov's physique is almost as famous as his technique. He had a large upper back with overgrown abdominals, both of which were necessary to yank 900lbs plus without a belt. According to him, his technique put extra strain on the muscles of the torso so they had to be very strong.

His protocol was simple: 6 working sets with an emphasis on strength... meaning sets of 6-8 rather than 15+.

#### BACK

- KK preferred weighted pullups done explosively

#### ABDOMINALS

- Weighted Ab Rollouts
- Standing Rope Crunch

#### GLUTES/HAMS

- Glute Ham Raise
- Weighted Hyperextension
- Hamstring Curl

