

KONSTANTINOV

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

Light Squat
Deadlift A
Bench
Deadlift B
Box Squat

DAY 2

Med Squat
Heavy Bench
Cardio

DAY 3

Light Squat
Medium Bench
Speed Deadlift
Dead Accessory

DAY 4

repeat day 2

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

