

# 70S POWERLIFTER

4 Days

Upper/Lower/Upper/Lower (1 lift each day)

3 - 3 Week Volumizing Waves

3 - 3 Week Intensifying Waves

Leans on both Variations of Main Lift and Bodybuilding Work

Monday	Tuesday	Thursday	Friday
Bench Press	Squat	Overhead Press	Deadlift
Variation 1	Variation 1	Variation 1	Variation 1
Variation 2	Variation 2	Variation 2	Variation 2
BB Accessory	BB Accessory	BB Accessory	BB Accessory

There's a heavy influence of the prototypical 70's lifter here. Many of the accounts of some of the monsters that populated meets at that time, such as Doug Young and Bill Kazmaier, cited high volume approaches with many compound variations and plenty of bodybuilding movements to top it off.

There was also an apparent lack of creativity in the progressions, something I see as a positive. If the main lift was done for 5 sets of 10, often times, so were the second and third. Turns out they all progressed just as well as if they had been done for 8s, 6s, 12s, or anything in between. Each lift doesn't, in fact, need its own

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unique progression scheme. Just set a baseline of work for each lift and progress forward.

### BASE PHASE

### MAIN MOVEMENT PROGRESSION

	Wave 1	Wave 2	Wave 3
<b>Wk. 1</b>	3x10 60%	3x8 65%	3x5 70%
<b>Wk. 2</b>	4x10 60-65%	4x8 65-70%	4x5 70-75%
<b>Wk. 3</b>	5x10 60-65-70%	5x8 65-70-75%	5x5 70-75-80%

The range in percentages is to give you flexibility depending on how you recover each week. If the weight moves well, do most of your sets at the top range. If you feel under-recovered, do all of them at the low end. Increases in weight is second priority; the important thing is that weight doesn't go down as you add a set each week.

### VARIATION EXERCISES AND PROGRESSION

Wide Bench	Wide Squat	Wide Grip Press	Romanian Deadlift
Incline Bench	Front Squat	Behind the Neck	Good Morning

	Wave 1	Wave 2	Wave 3
<b>Wk. 1</b>	2x10	2x8	3x6
<b>Wk. 2</b>	3x10	3x8	4x6
<b>Wk. 3</b>	4x10	4x8	5x6

Week 1 of each wave starts at an RPE 6-7 with the variations. Weight doesn't have to go up each week (and shouldn't if it risks missed or sloppy reps), but the important thing is that it **doesn't go down**.

## BASE STRENGTH

# BODYBUILDING EXERCISES AND PROGRESSION (SWAP AS NEEDED)

Lat Pulldown	Leg Ext.	Lateral Raise	Bent Row
T-Bar/Seal Row	Lunges	Skull Crusher	Hamstring Curl
Barbell Curl	Situps	Rope Pressdown	Leg Raises

	Wave 1	Wave 2	Wave 3
Week 1	3x15	3x12	3x10
Week 2	4x15	4x12	4x10
Week 3	5x15	5x12	5x10

## PEAK PHASE

# MAIN MOVEMENT PROGRESSION

	Wave 1	Wave 2	Wave 3
Wk. 1	5x3 80%	5x2+ 85%	5x1 90%
Wk. 2	3x3+ 85%	3x2+ 90%	3x1 95%
Wk. 3	Max 3	Max 2	Max 1

# VARIATION EXERCISES AND PROGRESSION

	Wave 1	Wave 2	Wave 3
Wk. 1	5x5 70%	5x4 75%	5x3 80%
Wk. 2	4x5 75%	4x4 80%	4x3 85%
Wk. 3	3x5 80%	3x4 85%	3x3 90%

Pause Bench	Pause Squat	Push Press	Block Deadlift
Floor Bench	High Box Squat	Standing Pin Press	Sumo Deadlift

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These paused and partial movements replace the disadvantaged variations from the last block. They are selected for their strength-specificity, since they better condition the nervous system to explosive efforts and heavier loads.

### **BODYBUILDING EXERCISES AND PROGRESSION (SWAP AS NEEDED)**

V Handle	Leg Press	Upright Row	Pendlay Row
Pulldown			
Kroc Row	Side Bends	JM Press	Ab Rollout
Hammer Curl		French Press	

	<b>Wave 1</b>	<b>Wave 2</b>	<b>Wave 3</b>
<b>Week 1</b>	5x9	5x7	5x5
<b>Week 2</b>	4x9	4x7	4x5
<b>Week 3</b>	2x9	2x7	2x5

This is a full 18 week cycle (more, if you throw in some likely needed deload weeks) that should leave you in a different solar system than when you started. BE WARNED: this is an abnormal amount of work. The point of programming is to adapt to amounts of work that you are not used to. If you commit to this, understand that success hinges on reasonable weight selection. You will be more and more fatigued for each successive compound movement, so be prepared to adjust the weights way down. If any set in the Base phase was within 3 reps of failure, it was too heavy.