

Powerlifting Station Level 1

Welcome to the Eleiko Powerlifting Station Level 1 program. This is a 4-week, 3-day per week program. Each training session has 2 blocks of training that focus on different movements. The entire program can be done on the Eleiko Powerlifting Station. Choose the appropriate weight to perform the desired sets and reps. Prior to and following each training session, warm-up and cool down for 5-10 minutes.

Training Session 1				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Squats	2,3,4,3	6,5,4,4	2-3 min
	Bench Press	2,3,3,2	10,8,6,6	2-3 min
	Deadlifts (conventional)	2,3,3,2	10,8,6,6	2-3 min
Rest 3-5 Minutes				
2	Overhead Press (standing / strict)	1,2,3,2	10,10,8,8	0
	Bent Over Row	1,2,3,2	10,10,8,8	0
	Hollow Holds (2 sec holds)	1,2,3,2	10,10,8,8	1-2 Min

Training Session 2				
Training Block	Sets	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Bench Press	2,3,4,3	6,5,4,4	2-3 min
	Squats	2,3,3,2	10,8,6,6	2-3 min
	Deadlifts	2,3,3,2	10,8,6,6	2-3 min
Rest 3-5 Minutes				
2	Overhead Press (seated)	1,2,3,2	10,10,8,8	0
	Bent Over Row	1,2,3,2	10,10,8,8	0
	Side Planks (2 sec holds)	1,2,3,2	5 ea side	1-2 min

Training Session 3				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Deadlifts (conventional)	2,3,4,3	6,5,4,4	2-3 min
	Bench Press	2,3,3,2	10,8,6,6	2-3 min
	Squats	2,3,3,2	10,8,6,6	2-3 min
Rest 3-5 Minutes				
2	Bent Over Row	1,2,3,2	10,10,8,8	0
	Overhead Press (standing / strict)	1,2,3,2	10,10,8,8	0
	Planks (3 sec hold)	1,2,3,2	10,10,8,8	1-2 min