

Powerlifting Station Level 2

Welcome to the Eleiko Powerlifting Station Level 2 program. This is a 4-week, 3-day per week program. Each training session has 3 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	Hollow Holds (5 sec hold)	2	8,10,12	0
	Good Mornings (w/ bar)	2	8,10,12	0
	V-sit w/ rotation	2	10,15,20	:60
Rest 3-5 Minutes				
2	Squats	3,4,5,4	5,4,3,3	3-5 min
	Bench Press	3,4,4,3	6,4,4,4	2-3 min
Rest 2-3 Minutes				
3	Deadlifts (conventional)	3,4,4,3	8,6,4,6	2-3 min
	Overhead Press (standing / strict)	3,4,4,3	8,6,4,6	2-3 min
	Bent Over Row	3,4,4,3	8,6,4,6	2-3 min

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Good Mornings (w/ bar)	2	8,10,12	0
	Supermans (1 sec holds)	2	8,10,12	0
	Air Squats	2	20,25,30	:60
Rest 3-5 Minutes				
2	Deadlifts (conventional)	3,4,5,4	5,4,3,3	3-5 min
	Bench Press	3,4,4,3	8,8,6,8	2-3 min
Rest 2-3 Minutes				
3	Squats	3,4,4,3	8,8,6,8	2-3 min
	Overhead Press (seated)	3,4,4,3	8,8,6,8	2-3 min
	Bent Over Row	3,4,4,3	8,8,6,8	2-3 min

Training Session 3				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Push ups	2	20,25,30	0
	Good Mornings (w/ bar)	2	8,10,12	0
	V-sit w/ rotation (ea way)	2	10,15,20	:60
Rest 3-5 Minutes				
2	Bench Press	3,4,5,4	5,4,3,3	3-5 min
	Squats	3,4,4,3	6,4,4,4	2-3 min
Rest 2-3 Minutes				
3	Deadlifts (Sumo)	3,4,4,3	8,6,4,6	2-3 min
	Overhead Press (standing / strict)	3,4,4,3	8,6,4,6	2-3 min

	Bent Over Row	3,4,4,3	8,6,4,6	2-3 min
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