



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



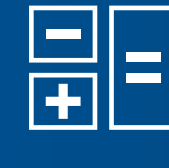
Diet Plans



Expert Guides



Videos



Tools

## THE CONJUGATE SYSTEM: PHASE 1 OF THE BEGINNER POWERLIFTING WORKOUT

Have you been thinking about competing in a powerlifting competition? The conjugate system is a proven way to boost your strength. Start with this program!

Link to Workout: <https://www.muscleanstrength.com/workouts/conjugate-system-beginner-powerlifting-workout-phase-1>

**Main Goal:** Increase Strength

**Training Level:** Beginner

**Program Duration:** 4 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 60-90 Mins

**Equipment:** Bands, Barbell, Bodyweight, Cables, Dumbbells

**Author:** Nick Showman

### Week 1

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
<a href="#">10 Inch Box Squat</a>	1	3 Rep Max (RM)	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 14	-
<b>Triset</b>			
Glute Ham Raise	3	15	Bodyweight
<a href="#">Back Extension</a>	3	15	Bodyweight
<a href="#">Lat Pulldown</a>	3	20	-
<b>Triset</b>			
<a href="#">Sit Up</a>	3	10	Bodyweight
<a href="#">Side Crunch</a>	3	10	Bodyweight
<a href="#">Plank</a>	3	1 Min	Bodyweight
<b>Wednesday: Max Effort Upper</b>			
<a href="#">Close Grip Bench Press</a>	1	3 RM	Max
<a href="#">Close Grip Bench Press</a>	3	15	-
<b>Triset</b>			
<a href="#">Dumbbell Flat Bench Press</a>	3	20	-
Band Pushdown	3	20	-
Band Pull Apart	3	20	-
<b>Triset</b>			
<a href="#">Dumbbell Side Raise</a>	3	20	-
<a href="#">Dumbbell Bent Over Side Raise</a>	3	20	-
Dumbbell Serrano Press	3	20	-
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Box Squat</a>	10	2	75% of Max
<a href="#">Deadlift</a>	10	1	75% of Max
<b>Triset</b>			
Banded Good Morning	3	20	-
<a href="#">Seated Row</a>	3	20	-
Banded Leg Curl	3	20	-
<b>Triset</b>			
V Up	3	10	10 lbs
Wide Straight Leg Sit Up	3	10	10 lbs
<a href="#">Russian Twist</a>	3	20	10 lbs
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a> *	9	3	75% of Max
Chin Extension Press	5	8	Heavy
<b>Triset</b>			
<a href="#">Dumbbell Incline Bench Press</a>	3	20	-
<a href="#">Elbows Out Dumbbell Extension</a>	3	15	-
Underhand Pull Apart	3	20	-
<b>Triset</b>			
<a href="#">One Arm Dumbbell Row</a>	3	15	-
<a href="#">Dumbbell Front Raise</a>	3	15	-
Band Pushdown	3	30	-

\*Utilize all 3 grips during your sets.

# Week 2

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
<a href="#">Good Morning</a>	1	3 RM	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 12	-
Sumo RDL	3	15	-
<b>Triset</b>			
<a href="#">Lat Pull Down</a>	3	20	-
Incline Dumbbell Shrug	3	20	-
<a href="#">Standing Cable Twist</a>	3	20	-
<b>Wednesday: Max Effort Upper</b>			
3 Board Close Grip Bench Press	1	3 RM	-
JM Press	5	8	Heavy
<b>Triset</b>			
<a href="#">Dumbbell Shoulder Press</a>	3	12	-
<a href="#">Barbell Bent Over Row</a>	3	10	-
<a href="#">Seated Dumbbell Shrug</a>	3	20	-
Vogelpohl Sit Up	3	10	-
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Box Squat</a>	10	2	80% of Max
<a href="#">Deadlift</a>	10	1	80% of Max
<b>Giant Set</b>			
Glute Ham Raise	3	10	-
<a href="#">45 Degree Back Extension</a>	3	10	-
Reverse Hyper	3	20	-
<a href="#">Decline Sit Up</a>	3	20	-
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a> *	9	3	75% of Max
<a href="#">Close Grip Bench Press</a>	4	8 - 12	Heavy
<b>Giant Set</b>			
<a href="#">Seated Cable Row</a>	4	20	-
<a href="#">Lat Pull Down</a>	4	20	-
<a href="#">Rope Face Pull</a>	4	20	-
Band Pushdown	4	20	-

\*Utilize all 3 grips during your sets.

# Week 3

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
2.5 Inch Deficit Deadlift	1	3 RM	Max
<a href="#">10 Inch Box Squat</a>	3	10	-
<a href="#">Barbell RDL</a>	3	10	-
<b>Triset</b>			
<a href="#">Sit Up</a>	3	10	25
Wide Leg Sit Up	3	10	25
<a href="#">Side Crunch</a>	3	10	25
<b>Wednesday: Max Effort Upper</b>			
2 Board Close Grip Bench Press	1	3 RM	Max
<b>Giant Set</b>			
<a href="#">Incline Dumbbell Bench Press</a>	3	15	-
<a href="#">Bent Over Dumbbell Side Raise</a>	3	15	-
Overhead Band Tricep Extension	3	20	-
Standing Band Crunch	3	20	-
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Box Squat*</a>	8	2	70% / 75% / 80% / 85% of Max
<a href="#">Deadlift</a>	6	1	75% of Max
<b>Triset</b>			
Banded Good Morning	3	15	-
Lying Single Leg Band Curl	3	20	-
Reverse Hyper	3	20	-
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a>	9	3	80% of Max
<b>Giant Set</b>			
<a href="#">Neutral Grip Dumbbell Bench Press</a>	3	15	-
<a href="#">One Arm Dumbbell Row</a>	3	15	-
Lat Bar Face Pull	3	20	-
Band Pushdown	3	30	-
*Do 2 sets at each weight.			

# Week 4

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
Front Box Squat	1	3 RM	Max
<a href="#">Good Morning</a>	5	10	Moderate
<b>Giant Set</b>			
<a href="#">45 Degree Back Extension</a>	4	10	-
Glute Ham Raise	4	10	-
<a href="#">Lat Pull Down</a>	4	20	-
Standing Band Punch	4	20	-
<b>Wednesday: Max Effort Upper</b>			
<a href="#">Floor Press</a>	1	3 RM	Max
Close Grip Floor Press	3	10	-
<b>Giant Set</b>			
<a href="#">Elbows Out Dumbbell Extension</a>	3	12	-
<a href="#">Chest Supported Row</a>	3	15	-
Band Front Raise	3	20	-
<a href="#">Hanging Knee Raise</a>	3	10	Bodyweight
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Squat</a>	10	2	75%
<a href="#">Sumo Deadlift</a>	10	1	75%
<b>Triset</b>			
<a href="#">Barbell RDL</a>	3	10	-
Seated Band Leg Curl	3	20	-
Standing V Bar Row to Chest	3	20	-
Push Up Plank	3	1 Min	Bodyweight
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a>	9	3	75% of Max
Close Grip 3 Board Press	3	15	-
<b>Giant Set</b>			
<a href="#">Underhand Barbell Row</a>	4	10	-
<a href="#">Pull Up</a>	4	10	-
<a href="#">Dumbbell Shrug</a>	4	20	-
Band Pushdown	4	25	-