



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



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

## THE CONJUGATE SYSTEM: PHASE 2 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-2>

**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 5

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
10 Inch <a href="#">Box Squat</a>	1	2 Rep Max (RM)	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 12	-
Close Stance <a href="#">Goodmorning</a>	3	10	-
<b>Giant Set</b>			
Glute Ham Raise	3	10	Bodyweight
Lying Banded Leg Curl	3	20	-
Reverse Hyperextension	3	20	-
<a href="#">Wide Leg Sit Up</a>	3	15	25
<b>Wednesday: Max Effort Upper</b>			
2 Board Bench Press	1	2 RM	Max
Chin Extension	5	5 - 8	Heavy
<b>Giant Set</b>			
<a href="#">Facepull</a>	3	20	Mini Band
Underhand Pull Apart	3	20	Mini Band
Standing Band Fly	3	20	Mini Band
Standing Band Reverse Fly	3	20	Mini Band
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Squat</a>	8	2	80% Max
<a href="#">Sumo Deadlift</a>	8	1	80% Max
<b>Triset</b>			
<a href="#">T - Bar Row</a>	3	15	-
<a href="#">Pull Up</a>	3	10	-
Reverse Hyperextension	3	20	-
Sled Drag	-	10 Mins	-
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a>	9	3	75% of Max
<b>Triset</b>			
<a href="#">Dumbbell Incline Bench Press</a>	3	15	-
<a href="#">Inverted Row</a>	3	15	-
<a href="#">Banded Face Pull</a>	3	20	Mini Band
<b>Triset</b>			
1 Arm Band Pushdown	3	20	-
<a href="#">Dumbbell Hammer Curl</a>	3	15	-
<a href="#">Side Plank</a>	3	1 Min	-

# Week 6

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
<a href="#">Good Morning</a>	1	2 RM	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 12	-
<b>Giant Set</b>			
<a href="#">Dead Stop Barbell Row</a>	4	10	-
Reverse Hyperextension	4	25	-
Incline Dumbbell Shrug	4	20	-
<a href="#">Swiss Ball Plank</a>	4	1 Min	-
<b>Wednesday: Max Effort Upper</b>			
1 Board Bench Press	1	2 RM	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 12	-
<b>Triset</b>			
Bayles Extension	3	12	-
Dumbbell Rollback	3	12	-
<a href="#">Band Pushdown</a>	3	20	-
<b>Superset</b>			
<a href="#">Side Crunch</a>	3	20	10
V Up	3	10	10
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Squat</a>	-	Max	-
<a href="#">Sumo Deadlift</a>	8	1	80% of Max
<b>Giant Set</b>			
Reverse Hyperextension	4	20	-
Seated Band Leg Curl	4	20	-
Standing Lat Row	4	15	-
<a href="#">Dumbbell Side Bend</a>	4	15	-
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a> *	9	3	80% of Max
<b>Triset</b>			
<a href="#">Dumbbell Floor Press</a>	3	15	Fast
<a href="#">Tate Press</a>	3	15	-
<a href="#">Lat Pulldown</a>	3	20	-
<b>Triset</b>			
<a href="#">Dumbbell Side Raise</a>	3	15	-
<a href="#">Dumbbell Bent Over Side Raise</a>	3	15	-
<a href="#">Dumbbell Upright Row</a>	3	1 Min	-

\* Utilize all 3 grips during your sets.

# Week 7

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
Pin Deadlift	-	Max	-
10 Inch <a href="#">Box Squat</a> (Close Stance)	3	10	-
<b>Triset</b>			
V Bar Pull Down	3	15	-
<a href="#">Seated Lat Row</a>	3	15	-
<a href="#">Face Pull</a>	3	15	-
<b>Triset</b>			
Med Ball Sit Up	3	10	-
Med Ball V Up	3	10	-
Med Ball Leg Raise	3	10	-
<b>Wednesday: Max Effort Upper</b>			
<a href="#">Bench Press</a>	1	2 RM	Max
Floor Press	5	5	Heavy
<b>Triset</b>			
Dumbbell Rollback	3	20	-
<a href="#">Dumbbell Fly</a>	3	20	-
<a href="#">Dumbbell Bench Press</a>	3	20	-
<b>Triset</b>			
<a href="#">Push Up</a>	3	30 Secs	Mini Band
<a href="#">Band Pushdown</a>	3	30 Secs	Mini Band
Banded Hammer Curl	3	30 Secs	Band
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Box Squat</a>	10	2	70% Max
<a href="#">Deadlift</a> (Standing on 2 Mats)	10	1	70% Max
<b>Superset</b>			
<a href="#">Romanian Deadlift</a>	5	12	Heavy
Lying Band Leg Curl	5	20	-
<b>Triset</b>			
<a href="#">Wide Leg Sit Up</a>	3	10	25
Straight Leg Sit Up	3	10	25
Vogelpohl Sit Up	3	10	Bodyweight
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a>	9	3	75% of Max
JM Press	4	8	Heavy
<b>Triset</b>			
<a href="#">Dumbbell Incline Row</a>	4	10	-
Dumbbell Incline Side Raise	4	15	-
Dumbbell Incline Serrano	4	20	-
<a href="#">Band Pushdown</a>	2	50	-

# Week 8

Exercise	Sets	Reps	Weight
<b>Monday: Max Effort Lower</b>			
<a href="#">Front Squat</a>	1	2 RM	Max
Drop Weight by 15%	1	5 - 8	-
Drop Weight by 15%	1	8 - 12	-
<a href="#">Good Morning</a>	4	10	Moderate
<b>Giant Set</b>			
Lying Band Leg Curl	4	20	-
Standing Band Crunch	4	20	-
Standing Band Punch	4	20	-
<a href="#">Plank</a>	4	90 Secs	-
<b>Wednesday: Max Effort Upper</b>			
Floor Press	-	2 RM	Max
<b>Superset</b>			
Barbell Tricep Extension on Floor	5	8	Heavy
<a href="#">Band Pushdown</a>	5	20	-
<b>Triset</b>			
<a href="#">Dumbbell Military Press</a>	3	12	Heavy
<a href="#">Chin Up</a>	3	15	-
<a href="#">Face Pull</a>	3	20	Mini Band
<b>Superset</b>			
<a href="#">Hanging Knee Raise</a>	3	15	Bodyweight
V Up	3	15	Bodyweight
<b>Friday: Dynamic Effort Lower</b>			
<a href="#">Box Squat</a>	8	2	80% Max
<a href="#">Deadlift</a> (Standing on 1 Mat)	8	1	80% Max
<b>Superset</b>			
GHR	3	10	Bodyweight
<a href="#">Back Extension</a>	3	15	Bodyweight
<b>Superset</b>			
Standing Band Crunch	3	15	-
Standing Band Rotation	3	15	-
Standing Band Half Crunch	3	15	-
<b>Saturday: Dynamic Effort Upper</b>			
<a href="#">Bench Press</a>	9	3	75% Max
<b>Triset</b>			
<a href="#">Incline Bench Press</a>	4	5	Heavy
<a href="#">Pull Up</a>	4	10	-
<a href="#">Banded Face Pull</a>	4	20	Mini Band
<b>Giant Set</b>			
<a href="#">Barbell Front Raise</a>	3	10	-
<a href="#">Barbell Upright Row</a>	3	10	-
Barbell Snatch Grip Upright Row	3	10	-
<a href="#">Barbell Overhead Shrug</a>	3	10	-