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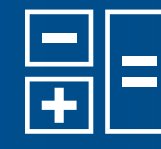
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THE CONJUGATE SYSTEM: PHASE 3 OF THE BEGINNER POWERLIFTING WORKOUT

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-3>

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, Dumbbells

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Week 9

Exercise	Sets	Reps	Weight
Day 1			
1. Good Morning	1	5RM	Max
2. 10 In Box Front Squat	4	10	-
3a. Band Leg Curl	5	20	-
3b. Rope Face Pull	5	20	-
3c. Reverse Hyper	5	20	-
4a. Decline Dumbbell Sit Up	3	20	-
4b. Dumbbell Side Bend	3	20	-
4c. Dumbbell Hanging Knee Raise	3	20	-
Day 2			
1. Close Grip Bench Press	-	1RM	Max
2. JM Press	5	8	-
3a. Dumbbell Incline Bench Press	4	12	-
3b. Barbell Bent Over Row	4	20	Heavy
4a. Incline Bayles Extension	4	10	Heavy
4b. Dumbbell Hammer Curl	4	20	-
4c. Standing Cable Crunch	4	20	-
Day 3			
1. Box Squat	-	MAX	-
2. Deadlift	8	1	70%
3a. Sit Up	3	15	25 lbs
3b. V Up	3	15	25 lbs
3c. Russian Twist	3	20	25 lbs
Day 4			
1. Bench Press *	9	3	80%
2. Close Grip 3 Board Bench Press	3	12	Heavy
3a. Dumbbell Decline Bench Press	3	20	-
3b. Diesel Row	3	20	-
3c. Dumbbell Bent Over Side Raise	5	20	-
4a. Underhand Pull Apart	3	20	Mini Band
4b. 1 Arm Band Pushdown	3	20	-
4c. Barbell Reverse Curls	3	15	-
*Utilize 3 different grips			

Week 10

Exercise	Sets	Reps	Weight
Day 1			
1. Deadlift (weight on 2.5 in mats)	-	Max	-
2. Good Morning	4	10	Moderate
3a. 45 Degree Back Extension	3	10	Moderate
3b. Reverse Hyper	3	20	Heavy
3c. Standing Lat Row	3	20	-
4a. Band Leg Curl	3	20	-
4b. Standing Band Crunch	3	20	-
4c. Standing Band Punch	3	20	-
Day 2			
1. 1 Board Bench Press	-	1RM	Max
2a. Dumbbell Flat Bench Press	3	30 Secs	-
2b. V Bar Pull Down	3	30 Secs	-
2c. Band Push Down	3	30 Secs	-
3a. Inverted Row	3	10	-
3b. 1 Arm Dumbbell Row	3	15	-
3c. Seated Dumbbell Shrug	3	20	-
4a. Overhead Band Tricep Extension	3	25	-
4b. Band Hammer Curl	3	25	-
Day 3			
1. Squat	5	2	80%
2. Deadlift	8	1	80%
3a. GHR	3	15	Bodyweight
3b. Reverse Hyper	3	20	Heavy
3c. GHR Sit Up	3	20	Mini Band
4a. Lat Pull Down	3	20	-
4b. V Up	3	15	25
4c. Side Crunch	3	15	25
Day 4			
1. Bench Press	9	3	65%
2a. Dumbbell Fly	3	20	-
2b. Dumbbell Rollback	3	20	-
2c. Dumbbell Floor Press	3	20	-
3a. Pull Up	3	15	-
3b. Dumbbell Front Raise	3	15	-
3c. Dumbbell Cuban Press	3	15	-

Week 11

Exercise	Sets	Reps	Weight
Day 1			
1. Belt Squat/Leg Press	5	8	-
2a. Romanian Deadlift	4	10	-
2b. V Bar Pull Down	4	20	-
2c. Band Leg Curl	4	20	-
3a. Sit Up	3	10	-
3b. V Up	3	10	25 lbs
3c. Plank	3	1 Min	Bodyweight
Day 2			
1. Floor Press	-	Max	-
Drop 20%	2	10 - 15	-
2a. Neutral Grip Dumbbell Bench Press	3	15	-
2b. Dumbbell Fly	3	15	-
2c. Dumbbell Rollback	3	15	-
3a. Dumbbell Side Raise	3	20	-
3b. Dumbbell Shrug	3	20	-
3c. Sit Up	3	20	25 lbs
Day 3			
1. Squat	4	2	75%
2. Deadlift	6	2	75%
3a. Reverse Hyper	4	20	-
3b. GHR	4	10	Bodyweight
3c. Lat Pull Down	4	20	-
3d. Standing Cable Crunch	4	20	-
4. Sled Drag	-	10 Mins	-
Day 4			
1. Bench Press	9	3	60%
2a. Neutral Grip Incline Bench Press	3	15	-
2b. Neutral Grip Incline Bench Row	3	15	-
2c. Incline Bench Serrano Press	3	15	-
3a. Pull Up	3	10	Bodyweight
3b. Face Pull	3	20	Mini Bands
3c. Band Pushdown	3	20	-
4. Dumbbell Side Bend	3	20	-

Week 12

Exercise	Sets	Reps	Weight
Day 1			
1. Lower Body Sled	5	20 Yards	45 - 90 lbs
2a. Dumbbell Side Bend	3	20	40 lbs
2b. Dumbbell Side Crunch	3	20	20 lbs
2c. Plank	3	1 Min	Bodyweight
Day 2			
1. Upper Body Sled	5	20 Yards	25 - 45 lbs
2a. Sit Up	3	10	Bodyweight
2b. V Up	3	10	Bodyweight
2c. Plank	3	1 Min	Bodyweight
Day 3			
Rest & Recovery Day			
Day 4			
Competition or 1 Rep Max Test Day			