



# JAMAL BROWNER'S 2-DAY DEADLIFTING PROGRAM: DEADLIFT 1,000+ LBS

## Workout Summary

**Main Goal:** Increase Strength  
**Training Level:** Intermediate  
**Days Per Week:** 2 Days  
**Program Duration:** 9 Weeks  
[Click here for the full workout!](#)

**Equipment:** Barbell, Machines  
**Target Gender:** Male & Female  
**Author:** Jamal Browner

## Phase 1/Week 1:

### Day 1 (Monday)

Exercise	Sets	Reps		Notes
Paused Deadlift	1	3	75%	Technique - focused
Paused Deadlift	3	6	60%	
Leg Extensions	3	10 - 12	3 RIR	
Hamstring Curls	3	10 - 12	3 RIR	
Core Work	4	See notes		Any of your choice

### Day 2 (Friday)

Exercise	Sets	Reps		Notes
Deadlift	1	2	85%	
Deadlift	2	3	77.5%	
Deadlift	2	4	70%	
Romanian Deadlift	3	8 - 10	3 RIR	
Core Work	3	See notes		Any of your choice

## Phase 2/Week 1:

### Day 1 (Monday)

Exercise	Sets	Reps		Notes
Paused Deadlift	1	2	80%	Technique - focused
Paused Deadlift	3	5	65%	
Leg Extensions	3	8 - 10	3 RIR	
Hamstring Curls	3	8 - 10	3 RIR	
Core Work	4	See notes		Any of your choice

### Day 2 (Friday)

Exercise	Sets	Reps		Notes
Deadlift	1	1	87.5%	
Deadlift	2	2	80%	
Deadlift	2	3	72.5%	
Romanian Deadlift	3	6 - 8	3 RIR	
Core Work	3	See notes		Any of your choice