

# Strength Training By Ross Low

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The Tips you need to begin  
powerlifting with insight into  
techniques for selective exercises



## **Strength training Deadlifts**

Over the coming 6 weeks you will repeat your deadlift improving technique and increasing weight due to muscular hypertrophy.

**Goals:** To improve body composition by gaining muscle mass in addition to promoting good technique and increasing 1RM

### **Weight:**

This will be increasing over the coming weeks you are going to want to start at 70% 1RM (percentage of your estimated maximum repetition)

Week 2 – 70% 1RM

Week 3 – 75% 1RM

Week 4 – 75% 1RM

Week 5 – 80% 1RM

Week 6 – 85% 1RM

### **Reps and sets :**

Strength training is about high weight low reps this is because the weights are close to maximal exertion meaning more reps would be almost impossible but it is also to assure that activity stays targeted to strength.

Weeks 1 and 2 – 8 reps for 5 sets

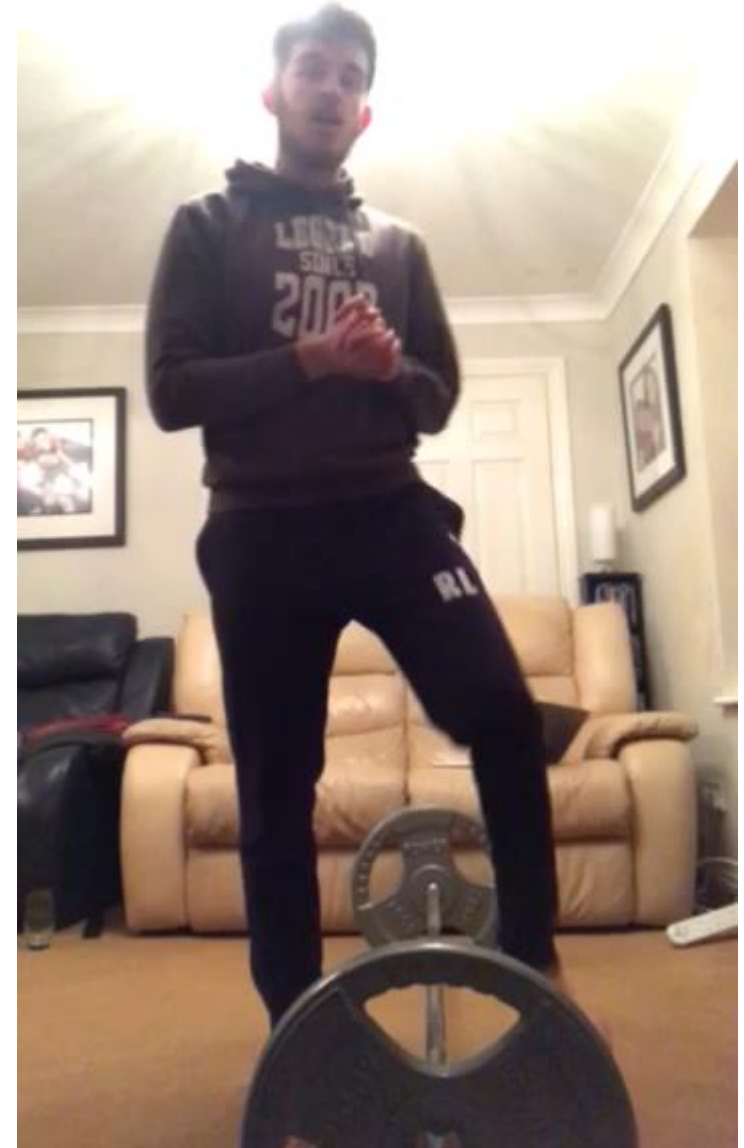
Weeks 3 and 4 – 6 reps for 5 sets

Week 5 – 4 reps for 5 sets

Week 6 – 4 reps for 4 sets

**Long rests:** rests in strength training are large and regular. This is to assure that your strength system comprised by the fast glycolytic fibres are active in addition to inhibiting the endurance systems activating due to the extensive work period by rests breaking up exercises allowing periods for recovery.

Rests between sets – 3 minutes



## Training skull crushers

**Objectives:** learn how to successfully complete a skull crusher as well as implement them into training to reduce imbalances between agonist and antagonists as posterior muscles are regularly forgotten , undertraining and weak.

### **Weight:**

For skull crushers adaptations come from reps being increased more so than weight being gradually drawn up. The weight you should be using is 8RPE which is rate of perceived exertion. This means you need to rate the rate from 1 to 10 training to find the weight perceived to be at 8.

For beginners this will be between 4-8kg. Throughout the six weeks you can adjust this weight as long as your perceived exertion is 8

### **Reps and sets**

The reps for skull crushers is higher than the reps for deadlift and this is because skull crushers are accessories to the major lifts (deadlift , squats and bench press). This meanings that this part of training is about activating muscles you may not get to in major lifts and improving muscle mass.

Weeks 1 – 10 reps for 3 sets

Week 2 – 10 reps for 3 sets

Week 3 – 12 reps for 3 sets

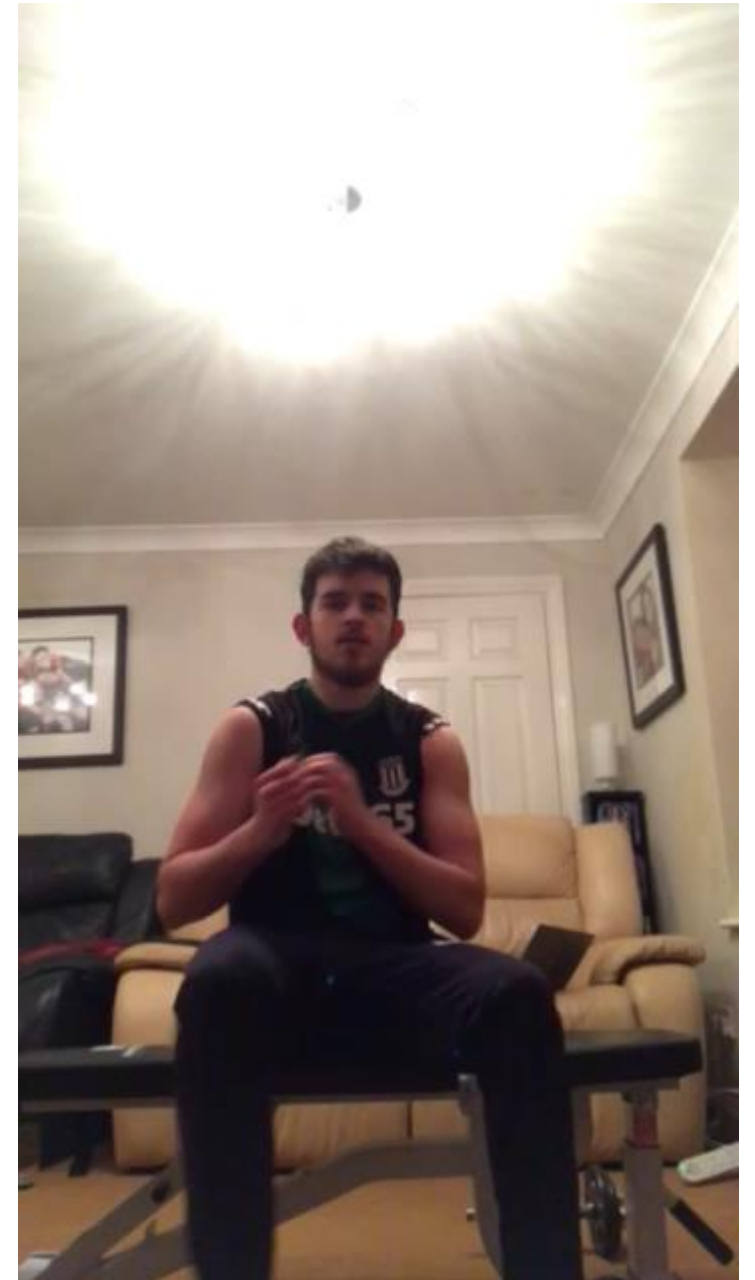
Week 4 – 12 reps for 3 sets

Week 5 – 12 reps for 4 sets

Week 6 – 12 reps for 4 sets

### **Rests:**

1 – 2 minutes between sets this is constant throughout sessions



## Training single arm rows

**Objectives:** learn how to successfully complete a single arm row as well as implement them into training to reduce imbalances between agonist and antagonists as posterior muscles are regularly forgotten , undertraining and weak.

**Weight:** This will be increasing over the coming weeks you are going to want to start at 60% 1RM

Week 2 – 60% 1RM

Week 3 – 65% 1RM

Week 4 – 65% 1RM

Week 5 – 70% 1RM

Week 6 – 75% 1RM

### **Reps and sets:**

Week 1 – 8 reps 4 sets

Week 2 – 8 reps 4 sets

Week 3 – 10 reps 3 sets

Week 4 – 10 reps 3 sets

Week 5 – 8 reps 3 sets

Week 6 – 8 reps 3 sets

### **Rests**

2 – 3 minutes between sets continuing throughout the training sessions

