

## Powerlifting Training Program for 2008 Canadian Championships April 13th

Strongman

<b>W E E K 1</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Good Mornings Bi's & Tri's Core	<b>Day 2-Gym</b> Front Squats Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (suit) Dumbbell Presses Bent over rows	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (rack) Shirted Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push
<b>W E E K 2</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Straight Leg DL Bi's & Tri's Core	<b>Day 2-Gym</b> Leg Press Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (heavy) Smith Presses Pullups	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (suit) Shirted Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push
<b>W E E K 3</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Good Mornings Bi's & Tri's Core	<b>Day 2-Gym</b> Squat Day 1 (light belt) Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (rack) Powerclean + press Cable Rows	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (heavy belt only) Speed Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push
<b>W E E K 4</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Good Mornings Bi's & Tri's Core	<b>Day 2-Gym</b> Front Squats Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (suit) Dumbbell Presses Bent over rows	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (rack) Shirted Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push
<b>W E E K 5</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Straight Leg DL Bi's & Tri's Core	<b>Day 2-Gym</b> Leg Press Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (heavy) Smith Presses Pullups	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (suit) Shirted Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push
<b>W E E K 6</b>	<b>Rest</b>	<b>Day 1-Gym</b> 2 Board Presses & Lockout Good Mornings Bi's & Tri's Core	<b>Day 2-Gym</b> Squat Day 1 (light belt) Legs Shoulders	<b>Day 3-Gym</b> Deadlift Day 2 (rack) Powerclean + press Cable Rows	<b>Rest</b>	<b>Day 4-Gym</b> Squat Day 2 (heavy belt only) Speed Bench +3 Boad Presses Rotators	<b>Day 5-Events</b> Tire Flips/FW Log Press/Sandbag Lifting Atlas Stones/Stone Carry Car Pull/Push