

So Ya Wanna Be A Powerlifter?"

An excerpt from "Oxxology The Science of Strength" By Ox Mason

For EliteFTS.com

Do you really have what it takes to become a powerlifter? Are you ready for bloody shins, a sore back, knees that ache, crack and pop as you go downstairs? Are you ready for shoulders that are so messed up that the only way you can sleep is flat on your back cause lying on your side is too painful. Do you really think you have the heart to train Hurt day in and day out? Hell, if I wake up in the morning and I am not in pain, I think 2 things. 1st, am I dead, and 2nd (now that I have decided that I am alive), I must not be training hard enough. Are you tough enough for that?

Being a true powerlifter takes more than just slappin' on a bench shirt and givin' it a ride. You gotta live, breath, sleep and eat liftin'. You should spend every free second you have trying to figure out "how can I get stronger?" "what are those other guys doing that I am not?"

Well, if I have not scared you off yet, you may have what it takes.... The routine I am about to give you is for folks that are not currently training as a Powerlifter. Now, I don't care if you are a bodybuilder, x-football player, or you used-to-be a powerlifter. This is for all new powerlifters. This routine will give you the base you need to achieve greatness. If you are currently weight training, stay on this routine for a minimum of 12 wks. If you are a newbie, follow the whole routine, No short cuts!

Do this for 3 weeks

Monday			Wednesday			Friday		
DAY 1	exercise	SxR	DAY3			DAY5		
	squats	5x5		deadlift	5x5		flat bench	5x5
	pullovers	4x10		incline db	4x10		1 arm row	5x5
	leg curl	5x5		rev. g. row	4x10		front squat	4x10
	close g.bench	5x5		military press	5x5		dips	4x10
	hammar curl	5x5		shrugs	5x5		standing curl	4x10
							rear delts	4x10

DAY 3	sxr	10x2	5x6	5x4	5x2	10x2	5x5	5x3	5x1	10x2	5x6	5x3	5x1	10x2	5x6	5x4	5x2	10x2
	%	60%	70%	80%	90%	60%	75%	85%	95%	60%	70%	85%	105E%	60%	70%	80%	90%	60%
flat bench																		
cable r. delts	4x8																	
bent db row	4x8																	
db military	4x8																	
db shrugs	5x5																	
DAY 5	sxr	5X4	5X2	10X2	5X5	5X3	5X1	10X2	5X6	5X4	5X2	10X2	5X5	5X2	5X1	10X2	5X6	5X4
	%	80%	90	60	75	85	95	60	70	80	90	60	75	90	105R	60	70	80
dead lift																		
decline db	4x8																	
rev. g. row	4x8																	
front squat	4x8																	
skull crusher	4x8																	
incline curl	4x8																	

LEGEND: *E= ECCENTRICS ONLY
 *R= RACK PULLS 2 INCHES ABOVE THE KNEES
 * ASSUME A 10LB INCREASE ON EACH OF THE %AGES LIFTS EVERY 4 WKS
 * EVERY 4 WKS, ROTATE ALL 8'S TO 10'S AND THEN TO 12'S THEN BACK TO 8'S ETC.
 * EVERY 4 WKS, ROTATE ALL 5'S TO 3'S AND THEN BACK AGAIN
 * PROGRAM #7 IS THE SAME AS #3 AFTER COMPLETING #7 RESTART 4,5,6
 BUT, ROTATE ASSISTANCE EXERCISES REPLACE R.G. BENCH W/ C.G. BENCH,

DB SHRUG W/ BB SHRUG, DC DB W/INC DB ETC. GOOD LUCK!!!!

Now, you folks that are married, this is gonna be a bumpy ride, training your spouse to allow you the time it takes to train. There's no tellin how many birthdays, anniversaries, mothers day, fathers days etc, I have had to cut short or show up late for. You single folks, tell the people you date from day one, The gym and training comes first. If they can get past that, the rest will fall into place.. Find an experienced lifter in your gym that can help you with technique, it can mean the difference between hurt, and injured. Good technique and great technique is also what separates winners from losers.

Stay strong,

Ox

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