

ICON Performance Professional Sports & Fitness Consultants
Strength Lifts Strength and Conditioning

***Deadlift Routine**

Cycle 1

*ALL sets indicated are to be done for FIVE reps.

*These are bent-legged deadlifts standing on a 12" box.

<u>Workout A</u>	5x5	<u>Workout B</u>	5x5
		<u>Week 1</u>	
1x5 - 44%	_____	1x5 - 44%	_____
1x5 - 50%	_____	1x5 - 52%	_____
3x5 - 55%	_____	1x5 - 60%	_____
		1x5 - 66%	_____
		1x5 - 44%	_____
		<u>Week 2</u>	
1x5 - 44%	_____	1x5 - 44%	_____
1x5 - 50%	_____	1x5 - 55%	_____
3x5 - 55%	_____	1x5 - 64%	_____
		1x5 - 70%	_____
		1x5 - 44%	_____
		<u>Week 3</u>	
1x5 - 44%	_____	1x5 - 44%	_____
4x5 - 55%	_____	1x5 - 55%	_____
		1x5 - 64%	_____
		1x5 - 70%	_____
		1x5 - 44%	_____
		<u>Week 4</u>	
1x5 - 44%	_____	1x5 - 49%	_____
4x5 - 44%	_____	1x5 - 66%	_____
		1x5 - 75%	_____
		2x5 - 49%	_____
		<u>Week 5</u>	
1x5 - 49%	_____	1x5 - 49%	_____
3x5 - 55%	_____	1x5 - 66%	_____
1x5 - 49%	_____	1x5 - 77%	_____
		1x5 - 71%	_____
		1x5 - 49%	_____
		<u>Week 6</u>	
1x5 - 49%	_____	1x5 - 49%	_____
4x5 - 57%	_____	1x5 - 68%	_____
		1x5 - 80%	_____
		1x5 - 55%	_____
		1x5 - 49%	_____

Core Lifts Strength and Conditioning

Cycle 2

*ALL sets indicated use fives, triples, doubles, and singles.

*These deadlifts are to be done in competition style with no block.

Workout A

1x5 - 44% _____
 1x3 - 60% _____
 3x3 - 70% _____

1x5 - 44% _____
 1x3 - 60% _____
 3x3 - 70% _____

1x5 - 44% _____
 1x3 - 60% _____
 3x3 - 74% _____

1x5 - 44% _____
 1x3 - 60% _____
 3x3 - 74% _____

1x5 - 40% _____
 4x3 - 76% _____

1x5 - 44% _____
 4x3 - 80% _____

Workout B

Week 1

1x5 - 44% _____
 1x3 - 60% _____
 1x2 - 70% _____
 1x1 - 80% _____
 1x1 - 90% _____
 1x3 - 82% _____

Week 2

1x5 - 44% _____
 1x3 - 60% _____
 1x2 - 70% _____
 1x1 - 84% _____
 1x1 - 94% _____
 1x3 - 86% _____

Week 3

1x5 - 44% _____
 1x3 - 60% _____
 1x2 - 74% _____
 1x1 - 90% _____
 1x1 - 94% _____
 1x3 - 90% _____

Week 4

1x5 - 44% _____
 1x3 - 64% _____
 1x2 - 80% _____
 1x1 - 92% _____
 1x1 - 101% _____
 1x3 - 93% _____

Week 5

1x5 - 44% _____
 1x3 - 70% _____
 1x2 - 84% _____
 1x1 - 94% _____
 1x1 - 104% _____
 1x3 - 96% _____

Week 6

1x5 - 44% _____
 1x3 - 70% _____
 1x2 - 84% _____
 1x1 - 96% _____
 1x1 - 107% _____ !!!

Deadlift Assistance Work:

Workout A (light day)

BB Shrugs - Heavy!	4-5x10 (20% above heavy deadlift day weight)
BB Partial Deadlift Lockouts	3x5-10 (20% above heavy shrug weight)
BTN Pulldowns	5x8-10
Reverse Grip BB Rows	5x8-10
Cable Pullovers	3x12

Workout B (heavy day)

Close Grip Chins	50 reps with bodyweight
Machine Rows	5x8-10
Parallel Grip Pulldowns	3x8-10
Cable Pullovers	3x10
BB Behind the Back Shrugs	5x8-10

If one's deadlift stalls out on the bottom part of the deadlift, i.e. the lifter tries to "stiff-leg" the weight, then this is a weakness in the lower thighs and the hips. To remedy this particular dilemma, add Hack Squats/Front Squats to the leg regimen and Behind the Back Deadlifts, a.k.a. BB Hack Squats need to substitute for the BB Partial Deadlift Lockouts.