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POWERLIFTING 101

PROGRAMMING
Strength Sport
Bodybuilding
Fat Loss & Reduction

WHATS THE DIFFERENCE?

STRENGTH VERSUS HYPERTROPHY

COMPARING THE 2 TYPES OF TRAINING

www.barbellinthekitchen.com



2-3 exercises per muscle group for 3-5 sets

Work with 60-80% of 1 rep max

Rest periods are typically 2-3 mins

Neural Response resulting in an increase in muscular firing rate, synchronicity & # muscle fibers recruited



3-5 exercises per muscle group for 6-12 sets

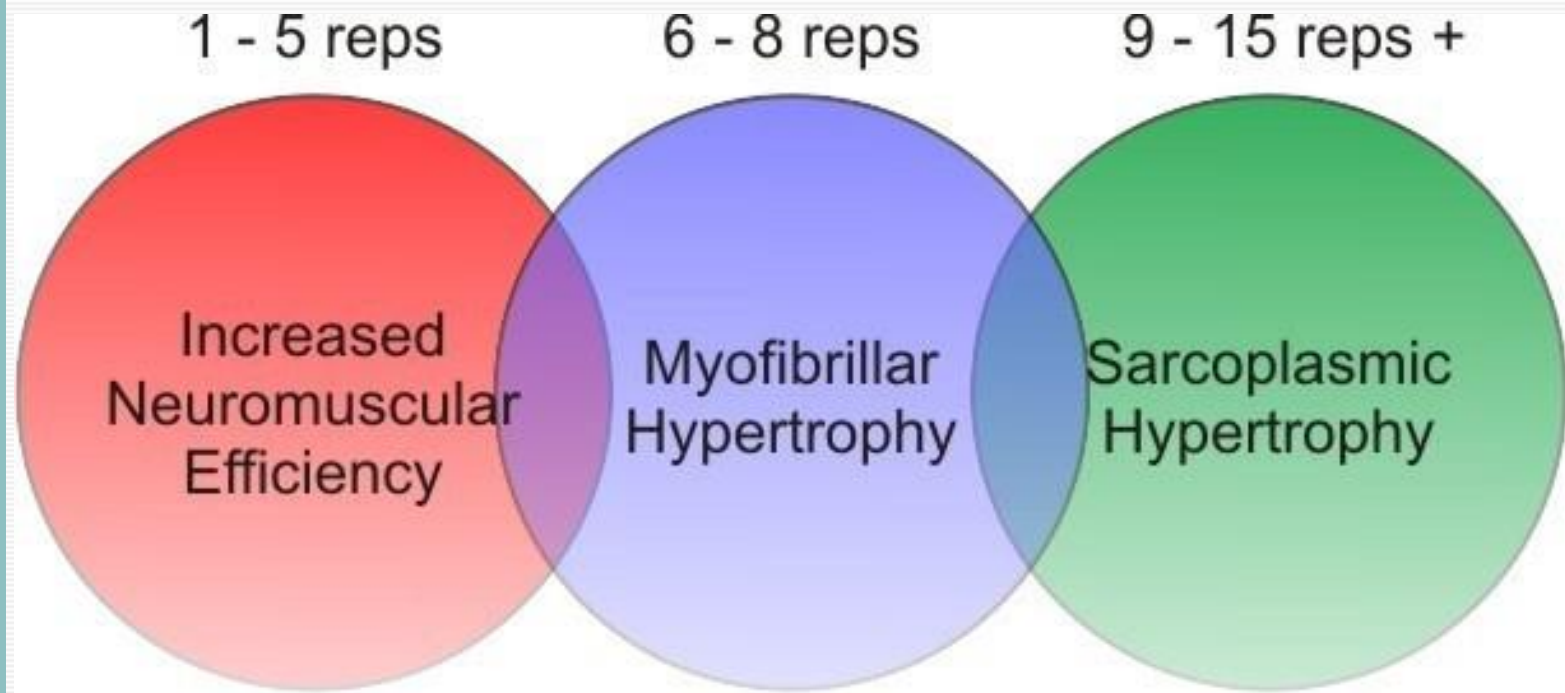
Use 50-75% of 1 rep max

Rest periods are typically 1-2 mins

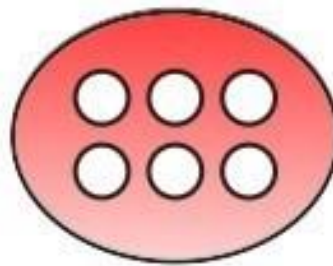
Muscular Response resulting in an increase in mass & endurance due to muscular rebuilding and metabolic stress recovery.

WHAT HAPPENS?

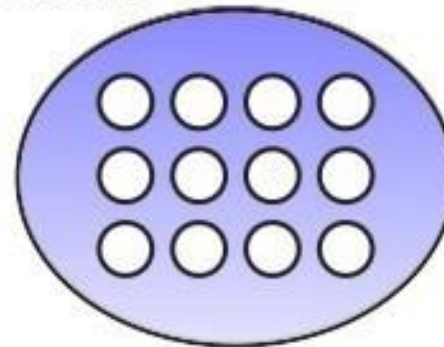
- INTENSITY
- REPETITIONS
- SETS
- REST PERIODS



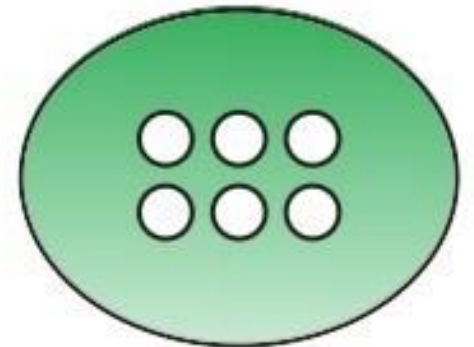
Muscle Fibre Adaptation



NO increase in size
as fibre contraction
force increases



Increase size as
fibre gains myofibrils
& contraction
force increases



Increase size as
fibre gains sarcoplasm
with NO contraction
force increase

TRAIN LIKE AN
ATHLETE?



BREAKING DOWN INTENSITY

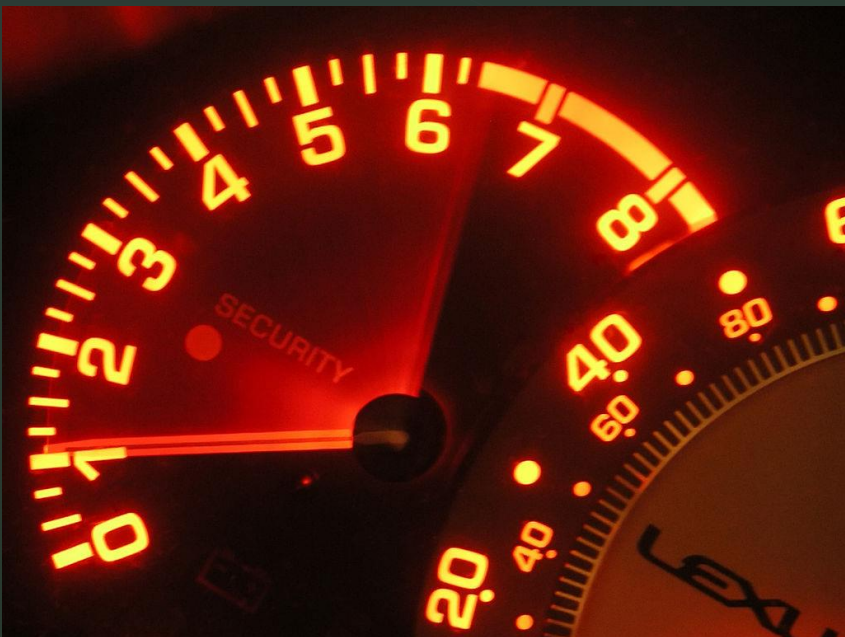
	Absolute	Hypertrophy	Endurance	Speed
Reps	3-5	6-8	9-25	2-3
Sets	2-5	3-6	3-5	8-12
Tempo	0:0	2:2	1:1	0:0
Rest Period	3-5min	2-3min	1min	30sec

Tools: RPE- RATE OF PERCEIVED EXERTION

10 SCALE

10	MAXIMUM EFFORT, MAXIMUM EXERTION
9	YOU HAVE 1 REPETITION IN THE TANK
8	YOU HAVE 2 REPETITIONS IN THE TANK
7	YOU HAVE 3 REPETITIONS IN THE TANK
6	YOU HAVE 4 REPETITIONS IN THE TANK
5	YOU HAVE 5 REPETITIONS IN THE TANK

Tools: 1 Rep Max Estimate



2	95%
3	93%
4	90%
5	87%
6	85%
7	83%
8	80%
9	77%
10	75%
12	70%
15	65%

EXAMPLE

$$400 / 5 \text{ Reps}(87\%) = 459.7$$

Goal is 500lbs

$$3 \text{ rep- } 500 \times .93 = 465$$

$$5 \text{ rep- } 500 \times .87 = 435$$

$$8 \text{ rep- } 500 \times .80 = 400$$

$$12 \text{ rep- } 500 \times .70 = 350$$

Tools: Exercises



What are you conditioned for?

Compound Exercises Beneficial?

Heavier Loads= More?

What is your PRIMARY GOAL?

Increase Strength First?

Where do I start?

Primary Goal

INTENSITY

- 1-Absolute Strength
- 2-Hypertrophy
- 3-Speed Strength
- 4-Endurance Strength

STRENGTH PERFORMANCE
1234

BODYBUILDING
2143

FAT LOSS & REDUCTION
4123

STARTING GOALS

COMPOUND EXERCISES
ACCESSORY EXERCISES

INTENSITY

- 1-Absolute Strength
- 2-Hypertrophy
- 3-Speed Strength
- 4-Endurance Strength

INTENSITY

	COMP X	ACCESS	OUTCOME
WK-1	4	2	Sweat Day
WEEK-2	1	3	Strength & Power
WEEK-3	2	1	Pump & Strength
WEEK-4	3	4	Endurance & Power
Equipment	2-3	4-8	