

Extended Russian Power Routine

1RM	
Squat	100
Bench	125
Deadlift	210

Smallest increment	5
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Monday		
Week 1	Squat	6x2x80
	Bench	6x3x100
Week 2	Squat	6x2x80
	Bench	6x4x100
Week 3	Squat	6x2x80
	Bench	6x5x100
Week 4	Squat	6x2x80
	Bench	6x6x100
Week 5	Squat	6x2x80
	Bench	5x5x105
Week 6	Squat	6x2x80
	Bench	4x4x115
Week 7	Squat	6x2x80
	Bench	3x3x120
Week 8	Squat	6x2x80
	Bench	2x2x125
Week 9	Squat	6x2x80
	Bench	1x1x130

Wednesday		
Week 1	Deadlift	6x3x170
Week 2	Deadlift	6x4x170
Week 3	Deadlift	6x5x170
Week 4	Deadlift	6x6x170
Week 5	Deadlift	5x5x180
Week 6	Deadlift	4x4x190
Week 7	Deadlift	3x3x200
Week 8	Deadlift	2x2x210
Week 9	Deadlift	1x1x220

Friday		
Week 1	Squat	6x3x80
	Bench	6x2x100
Week 2	Squat	6x4x80
	Bench	6x2x100
Week 3	Squat	6x5x80
	Bench	6x2x100
Week 4	Squat	6x6x80
	Bench	6x2x100
Week 5	Squat	5x5x85
	Bench	6x2x100
Week 6	Squat	4x4x90
	Bench	6x2x100
Week 7	Squat	3x3x95
	Bench	6x2x100
Week 8	Squat	2x2x100
	Bench	6x2x100
Week 9	Squat	1x1x105
	Bench	6x2x100