

Beyond Strength Performance

12 Week Deadlift Program

By: Todd Bumgardner, MS, CSCS

DISCLAIMER

Strength training for all sports involves a potential risk for serious injury. The techniques discussed and utilized in this manual are being demonstrated by highly trained professionals. No one should attempt any of these techniques without proper personal instruction from trained instructors. Anyone who attempts any of these techniques, under supervision or not, assumes all risks. Todd Bumgardner, Chris Merritt, Beyond Strength Performance, LLC, or any partners of Todd Bumgardner, Chris Merritt, Beyond Strength Performance, LLC shall not be liable to anyone for use of any of these exercises, drills or instructions.

WAIVER AND RELEASE OF LIABILITY:

(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE RISKS INVOLVED IN PARTICIPATING

IN ANY EXERCISE PROGRAM AND / OR ANY EXERCISES CONTAINED WITHIN THIS MANUAL

IN CONSIDERATION FOR BEING ALLOWED TO UTILIZE THE INFORMATION IN THIS MANUAL, I

AGREE THAT I WILL ASSUME THE RISK AND FULL RESPONSIBILITY FOR DETERMINING THE

NEED FOR MEDICAL CLEARANCE FROM MY PHYSICIAN AND OBTAINING SUCH CLEARANCE, THE SAFETY AND/OR EFFICACY OF ANY EXERCISE PROGRAM RECOMMENDED TO ME, AND ANY AND ALL INJURIES, LOSSES, OR DAMAGES, WHICH

MIGHT OCCUR TO ME AND / OR TO MY FAMILY WHILE UTILIZING THE INFORMATION IN

THIS MANUAL AND TO THE MAXIMUM EXTENT ALLOWED BY LAW I AGREE TO WAIVE AND

RELEASE ANY AND ALL CLAIMS, SUITS, OR RELATED CAUSES OF ACTION AGAINST BEYOND STRENGTH PERFORMANCE, LLC, TODD BUMGARDNER AND CHRIS MERRITT, THEIR EMPLOYEES, OR AFFILIATES, FOR INJURY, LOSS, DEATH, COSTS OR OTHER

DAMAGES TO ME, MY HEIRS OR ASSIGNS, WHILE UTILIZING ALL THE INFORMATION OR

PARTAKING IN THE EXERCISES CONTAINED WITHIN THIS MANUAL. I FURTHER AGREE TO

RELEASE, INDEMNIFY AND HOLD BEYOND STRENGTH PERFORMANCE, LLC FROM ANY LIABILITY WHATSOEVER FOR FUTURE CLAIMS PRESENTED BY MY CHILDREN FOR ANY INJURIES, LOSSES OR DAMAGES.

TERMS & CONDITIONS

1. I am aware that Beyond Strength Performance, LLC, Todd Bumgardner and Chris Merritt are not medical doctors and are not qualified to determine a participant's physical capability to engage in strenuous exercise.
2. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of the exercises contained within this manual.

Phase 1: Speed and Skill Building

Week 1

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Concentric Box Jumps: 4 x 3 A2) Reverse Crunches: 3 x 12-15</p> <p>B1) Dynamic Effort Deadlift: 6 x 2 @ 45% B2) Quad. Thoracic Extension Rotations: 4 x 5 each way</p> <p>C1) Romanian Deadlifts: 3 x 5 @ 8 C2) Pull-ups: 30 total bodyweight reps. Stop each set before fatigue.</p> <p>D) Barbell Rollouts: 2-3 x 6-8 (load with weight on back if possible)</p>	<p>A1) Goblet Bulgarian Split Squats: 3 x 6-8 @ 8 A2) Pull-ups: 30 total bodyweight reps. Stop each set before fatigue</p> <p>B1) Glute Ham Raises: 3 x 6-8 @ 8 B2) Farmer's Walks: 3 x :30 seconds</p> <p>C1) Side Planks: 3 x :20 each side C2) Thoracic Extension Rotations: 3 x 5 each way</p>

Phase 1: Speed and Skill Building

Week 2

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Concentric Box Jumps: 3 x 3 A2) Reverse Crunches: 3 x 12-15</p> <p>B1) Dynamic Effort Deadlift: 5 x 2 @ 50% B2) Quad. Thoracic Extension Rotations: 4 x 5 each way</p> <p>C1) Romanian Deadlifts: 3 x 5 @ 7 C2) Pull-ups: 30 total bodyweight reps. Stop each set before fatigue.</p> <p>D) Barbell Rollouts: 2-3 x 6-8 (load with weight on back if possible)</p>	<p>A1) Goblet Bulgarian Split Squats: 3 x 6-8 @ 8 A2) Pull-ups: 30 total bodyweight reps. Stop each set before fatigue</p> <p>B1) Glute Ham Raises: 3 x 6-8 @ 8 B2) Farmer's Walks: 3 x :30 seconds</p> <p>C1) Side Planks: 3 x :20 each side C2) Thoracic Extension Rotations: 3 x 5 each way</p>

Phase 1: Speed and Skill Building

Week 3

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Concentric Box Jumps: 4 x 4 A2) Reverse Crunches: 3 x 12-15</p> <p>B1) Dynamic Effort Deadlift: 6 x 2 @ 50% B2) Quad. Thoracic Extension Rotations: 4 x 5 each way</p> <p>C1) Romanian Deadlifts: 3 x 8 @ 7-8 C2) Pull-ups: 35 total bodyweight reps. Stop each set before fatigue.</p> <p>D) Barbell Rollouts: 2-3 x 6-8 (load with weight on back if possible)</p>	<p>A1) Goblet Bulgarian Split Squats: 4 x 6-8 @ 8 A2) Pull-ups: 30 total bodyweight reps. Stop each set before fatigue</p> <p>B1) Glute Ham Raises: 4 x 6-8 @ 8 B2) Farmer's Walks: 4 x :30 seconds</p> <p>C1) Side Planks: 4 x :20 each side C2) Thoracic Extension Rotations: 4 x 5 each way</p>

Phase 1: Speed and Skill Building

Week 4

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Dumbbell Concentric Box Jumps: 3 x 3</p> <p>A2) Reverse Crunches: 3 x 12-15</p> <p>B1) Dynamic Effort Deadlift: 6 x 1 @ 55%</p> <p>B2) Quad. Thoracic Extension Rotations: 4 x 5 each way</p> <p>C1) Romanian Deadlifts: 2 x 5 @ 7</p> <p>C2) Pull-ups: 25 total bodyweight reps. Stop each set before fatigue.</p> <p>D) Barbell Rollouts: 2-3 x 6-8 (load with weight on back if possible)</p>	<p>A1) Goblet Bulgarian Split Squats: 2 x 6-8 @ 8</p> <p>A2) Pull-ups: 20 total bodyweight reps. Stop each set before fatigue</p> <p>B1) Glute Ham Raises: 2 x 6-8 @ 8</p> <p>B2) Farmer's Walks: 2 x :40 seconds</p> <p>C1) Side Planks: 2 x :30 each side</p> <p>C2) Thoracic Extension Rotations: 3 x 5 each way</p>

Phase 2: Systemic Strength

Week 5

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Anderson Half Squats: 7 x 1 @ 8 A2) Tall-kneeling Anti-Rotation Hold: 4 x :20 each side</p> <p>B1) Barbell Glute Bridges: 3 x 5 @ 8 B2) 1 Arm Dumbbell Row: 3 x 8 @ 8</p> <p>C1) Glute Ham Raises: 3 x 8 @ 8 C2) Barbell Suitcase Holds: 3 x :25</p>	<p>A1) Dumbbell Concentric Box Jumps: 4 x 3 (load with around 10% of deadlift 1RM) A2) RKC Plank: 4 x [5 x 5 sec intense squeeze]</p> <p>B1) Dynamic Isometric Romanian Deadlifts: 3 x 5 w/ 3 sec pause in 3 positions @ 7 B2) Side Plank with Abduction: 3 x :15 each side</p> <p>C1) Single Leg Romanian Deadlifts: 3 x 8 @8 C2) Pull-ups: 35 total bodyweight reps. Stop each set before fatigue</p>

Phase 2: Systemic Strength

Week 6

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Anderson Front Squats: 5 x 1 @ 8 A2) Tall-kneeling Anti-Rotation Hold: 4 x :25 each side</p> <p>B1) Barbell Glute Bridges: 3 x 5 @ 8 B2) 1 Arm Dumbbell Row: 2 x 8 @ 8</p> <p>C1) Glute Ham Raises: 2 x 8 @ 8 C2) Barbell Suitcase Holds: 2 x :30</p>	<p>A1) Dumbbell Concentric Box Jumps: 3 x 3 (load with around 10% of deadlift 1RM) A2) RKC Plank: 4 x [5 x 5 sec intense squeeze]</p> <p>B1) Dynamic Isometric Romanian Deadlifts: 4 x 3 w/ 3 sec pause in 3 positions @ 7 B2) Side Plank with Abduction: 3 x :15 each side</p> <p>C1) Single Leg Romanian Deadlifts: 2 x 8 @8 C2) Pull-ups: 35 total bodyweight reps. Stop each set before fatigue</p>

Phase 2: Systemic Strength

Week 7

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Mid-shin Rack Pulls: 7 x 1 @ 9 A2) Tall-kneeling Anti-Rotation Hold: 4 x :30 each side</p> <p>B1) Barbell Glute Bridges: 4 x 5 @ 8 B2) 1 Arm Dumbbell Row: 3 x 8 @ 8</p> <p>C1) Glute Ham Raises: 4 x 8 @ 8 C2) Barbell Suitcase Holds: 3 x :30</p>	<p>A1) Dumbbell Concentric Box Jumps: 4 x 3 (load with around 12% of deadlift 1RM) A2) RKC Plank: 4 x [5 x 5 sec intense squeeze]</p> <p>B1) Dynamic Isometric Romanian Deadlifts: 4 x 5 w/ 5 sec pause in 3 positions @ 7 B2) Side Plank with Abduction: 3 x :20 each side</p> <p>C1) Single Leg Romanian Deadlifts: 3 x 8 @8 C2) Pull-ups: 35 total bodyweight reps. Stop each set before fatigue</p>

Phase 2: Systemic Strength

Week 8

Day 1 (first day of training week)	Day 2 (third day of training week)
A1) Mid-shin Rack Pulls: 4 x 1 @ 8 A2) Tall-kneeling Anti-Rotation Hold: 4 x :30 each side B) 1 Arm Dumbbell Row: 2 x 8 @ 8 C1) Glute Ham Raises: 2 x 8 @ 8 C2) Barbell Suitcase Holds: 2 x :30	A1) Dumbbell Concentric Box Jumps: 4 x 3 (load with around 12% of deadlift 1RM) A2) RKC Plank: 4 x [5 x 5 sec intense squeeze] B1) Dynamic Isometric Romanian Deadlifts: 3 x 3 w/ 5 sec pause in 3 positions @ 7 B2) Side Plank with Abduction: 3 x :20 each side C) Pull-ups: 20 total bodyweight reps. Stop each set before fatigue

Phase 3: Skill and Peak

Week 9

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Seated Box Jumps: 2 x 3 A2) Active Hip Flexor Mobilization: 2 x 5 each</p> <p>B1) Dumbbell Concentric Box Jumps: 2 x 3 (load with 12% of your deadlift 1RM) B2) Standing Anti-Rotation Hold: 3 x :30</p> <p>C1) 20 Minutes of Deadlift Singles @ 60% (goal is at least 20 singles) C2) Quad Thoracic Extension Rotations: a few sets mixed in rest periods</p> <p>D1) Glute Ham Raises: 4 x 6 @ 8 D2) Barbell Rollouts: 3 x 8 (load with weight on your back if possible)</p>	<p>A1) Front Squat: 3 x 8 @ 7 A2) Bench Thoracic Extensions: 3 x 8</p> <p>B1) Barbell Pendlay Row: 3 x 8 @ 8 B2) Reverse Crunches: 3 x 12-15</p> <p>C1) Single Leg Romanian Deadlifts: 3 x 10 @ 7 C2) Side Plank with Abduction: 3 x :20 each side</p>

Phase 3: Skill and Peak

Week 10

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Seated Box Jumps: 2 x 3 A2) Active Hip Flexor Mobilization: 2 x 5 each</p> <p>B1) Dumbbell Concentric Box Jumps: 2 x 3 (load with 12% of your deadlift 1RM) B2) Standing Anti-Rotation Hold: 3 x :30</p> <p>C1) 20 Minutes of Deadlift Singles @ 55% (goal is at least as many singles as previous week) C2) Quad Thoracic Extension Rotations: a few sets mixed in rest periods</p> <p>D1) Glute Ham Raises: 3 x 6 @ 8 D2) Barbell Rollouts: 2 x 8 (load with weight on your back if possible)</p>	<p>A1) Front Squat: 3 x 6 @ 7 A2) Bench Thoracic Extensions: 3 x 8</p> <p>B1) Barbell Pendlay Row: 3 x 6 @ 8 B2) Reverse Crunches: 3 x 12-15</p> <p>C1) Single Leg Romanian Deadlifts: 3 x 10 @ 7 C2) Side Plank with Abduction: 3 x :20 each side</p>

Phase 3: Skill and Peak

Week 11

Day 1 (first day of training week)	Day 2 (third day of training week)
<p>A1) Seated Broad Jumps: 3 x 3 A2) Active Hip Flexor Mobilization: 2 x 5 each</p> <p>B1) Dumbbell Concentric Box Jumps: 3 x 3 (load with 12% of your deadlift 1RM) B2) Standing Anti-Rotation Hold: 3 x :35</p> <p>C1) Deadlift Cluster: 2 x [10 x 1] @ 70% (10-15 sec rest between singles) rest 2-3 minutes between clusters C2) Quad Thoracic Extension Rotations: a few sets mixed in rest periods</p> <p>D1) Glute Ham Raises: 4 x 8 @ 8 D2) Barbell Rollouts: 4 x 8 (load with weight on your back if possible)</p>	<p>A1) Front Squat: 4 x 6 @ 7 A2) Bench Thoracic Extensions: 3 x 8</p> <p>B1) Barbell Pendlay Row: 4 x 6 @ 8 B2) Reverse Crunches: 3 x 12-15</p> <p>C1) Single Leg Romanian Deadlifts: 3 x 12 @ 7 C2) Side Plank with Abduction: 3 x :25 each side</p>

Phase 3: Skill and Peak

Week 12

Day 1 (first day of training week)	Day 2 (third day of training week)
A1) Seated Broad Jumps: 2 x 2 A2) Active Hip Flexor Mobilization: 2 x 5 each B1) Dumbbell Concentric Box Jumps: 2 x 2 (load with 12% of your deadlift 1RM) B2) Standing Anti-Rotation Hold: 3 x :35 C) Deadlift Cluster: 1 x [10 x 1] @ 75% (10-15 sec rest between singles)	A1) Front Squat: 2 x 6 @ 6 A2) Bench Thoracic Extensions: 3 x 8 B1) Barbell Pendlay Row: 2 x 6 @ 6 B2) Reverse Crunches: 3 x 12-15 C1) Single Leg Romanian Deadlifts: 2 x 12 @ 6 C2) Side Plank with Abduction: 1 x :25 each side

Week 13

TEST!

Record your PR _____

Now get excited and celebrate! I'll give you a few ideas:

- **Go to Sea World, take your pants off**
- **Start a fire in someone's kitchen**
- **Recruit 15 midges and start a Vespa Scooter gang**
- **Call Ozzie Smith and have him do a back flip for you**

Program Notes

Ok, so here are some of the notes I took while on the program. Use them to guide you through your 12 week journey. These will be random—they are literally transcribed from my training notebook. If they aren't enough—shoot me an email and I'll answer your questions. Todd@beyondstrengthperformance.com

Rest Periods

For dynamic effort training keep rest periods between 45 seconds and a minute

The same goes for power work (jumping, etc)

For max effort training—the main exercise on day 1 during Phase 2—take 3 minutes or more between sets

During the main exercise during day 2 of all phases, keep rest between 90-120 seconds

For the 20 minutes of singles during Phase 3 rest at least 15 seconds between singles

For assistance work, keep rest periods between 60-90 seconds

RPE Scale

@ 6 bar moves fast without much effort

@ 7 bar moves fast with maximal effort

@ 8 could have gotten 2-3 more reps

@ 9 could have gotten 1 more rep

@ 10 could have gotten no more reps—maximum effort

Phase 1 Notes

The RDL/Pull-up combo is brutal on the grip—straps are OK for the RDLs to get the work in. Lats are smoked, too!

Reverse crunch/concentric box jump combo really solidified the hips for the work to come.

Bracing before the concentric jumps helps a lot and replicates the feeling of coming out of the bottom with a pull.

Keep tight during the DE pulls! If you aren't tight, you aren't fast!

Don't go crazy with the volume on day 2—and don't be afraid to cut things out if need be.

Roll your lats! Or the pull-ups and pulling will kill you!

Phase 2 Notes

Key is tension on the half-squats! Build tension into the bar before you squeeze it off of the rack!

Day 1 was amazing—but deeply sore on the back side of my body! Lots of rest and recovery—ice baths!

Intense RKC planks are God's gift to awesome! So much co-contraction—nervous system became electric!

Dynamic-Iso RDLs need lat tightness! Without lat tightness they are worthless! Concentrate on squeezing the lats at all times

If you cut volume—cut it on the GHRs—they seem to be catching up with you, old man

Squeeze opposite lat hard on SL RDLs! Well, squeeze both lats hard—but especially the opposite one!

Phase 3 Notes

Form, Form Form, Form! This phase is about making every rep the same as the last one!

Make sure you slow down between singles if the bar speed slows! Don't be a meathead!

Deadlift clusters are amazing! Great training effect without destroying your body. Builds strength in the pattern, but doesn't over tax the CNS.

Keep the front squats clean—don't get overzealous. Going to heavy on those is a great way to ruin your cycle. Hit the weights you need to get an effect but don't destroy yourself.

Squeeze the Pendlay row at the top! Chest out!

Exercise Substitutions

Not everyone gets to train with the same equipment that I have access to—so I wanted to offer some options for the exercises that require specific equipment. Here goes:

- GHRs: you can substitute in natural GHRs or Russian Leg Curls. Lying leg curls are a sub-standard substitute, but they will do if that's all you have access to.
- If you don't have boxes to jump onto, you can do vertical jumps, boxes are just great for gauging progress and they are self-limiting.
- If your grip needs work—you can use a dumbbell for the suitcase holds if you can't hack it with the barbell. But you better try the barbell first—don't sandbag!

Exercise Questions

If you have questions on specific exercises, email me.

Todd@beyondstrengthperformance.com

Thanks and Gratitude

As always, there are people that inspired me—and directly helped me—develop and complete this program. I'd be remiss if I didn't mention them.

Thanks to:

- My brother, Terry. If it weren't for him I wouldn't be a strength coach.
- My girlfriend, Annie. For keeping me in check and reminding me to not be a meathead 😊
- Chris Merritt—for going along with my crazy ideas.
- Justin Assadinia—the coolest intern, and friend, a dude could ask for

Inspiration Drawn from:

- Charles Staley
- Rich Sadiv
- Martin Rooney
- Bret Contreras
- John Gaglione
- [Supreme Strength](#)
- Tony Gentilcore
- James Smith

A Reminder

I'm here to help. Please don't hesitate to contact me. We're all in this together.

Train to be strong, train to be fast. Build armor. Train to outlast everyone.

Get Stronger,

Todd

