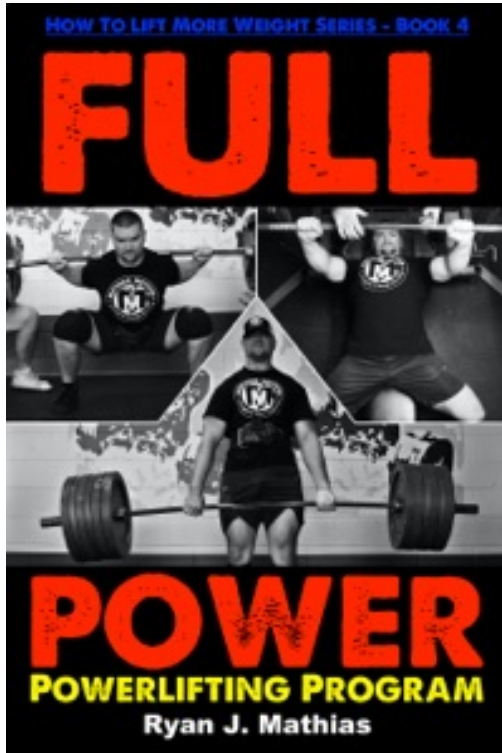


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FULL POWER is the ultimate Powerlifting Program for building maximum strength! It is a combination of our highly successful squat, bench press, and deadlift strength programs into one; and is designed for you to build maximum strength in all 3 lifts simultaneously! That makes it the perfect peaking program for your next powerlifting meet, or just to hit your best lifts ever!

Guaranteed to increase your Max Strength!

This program is proven to work for men, women, and teens of varying experience levels! So, whether you are a total beginner or an advanced powerlifter, this Full Power Powerlifting Program will peak your strength in just 4-16 weeks! (Program length is variable to fit your needs.)

To put it simply, this is the most effective RAW Powerlifting Program you will ever do! Just watch as your strength jumps-up week-after-week until you reach your FULL POWER! Plus, learn Meet/Max Day strategy so you can get the most out of

every lift!

Are you ready to reach your FULL POWER? Then get this program today and start maximizing your strength!

IMPORTANT NOTE:

To get the most out of this program, it is HIGHLY-RECOMMENDED that you get my How To Squat, Bench Press, and Deadlift Books too. As this is an addition to those, NOT A REPLACEMENT! This is a Powerlifting Program ONLY, not a detailed guide on how to perfect your lifting technique or correct weaknesses. And, trust me, you don't want to be limited by any technique flaws when you get this program going!

PROGRAM DETAILS:

This is the exact Powerlifting Program I (the author) and my team of Strength Warriors (men, women and teen powerlifters) have used for years to prepare for every Powerlifting Meet! It has worked really well and given us a lot of success. So we know it will do the same for you!

This is a 4-day per week, 16-Week Full Power Powerlifting Program that is designed to increasing your Squat, Bench Press and Deadlift strength all at once. In it, I will guide you through the exact work you need to do in order to reach your new Max Strength in all 3 lifts!

In this program, there is no crazy new powerlifting technique being tested out. We only use what actually works and has worked successfully for many years. That means smart programming with constant regulated progression, using only the most effective exercises.

Each Main Lift (Squat, Bench Press, Deadlift) will be trained twice weekly, with squats and deadlifts

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Plus, all of your sets, reps, and accessory exercises are already programmed for you based on your current 1 Rep Maxes (with room for adjustment as needed).

This Program has 3 Phases:

- 1 - Volume Phase (4-weeks)
- 2 - Strength Phase (8-weeks)
- 3 - Max Phase (4-weeks)

If needed, you can trim off some of the Volume Phase, and even a few weeks of the Strength Phase, to accommodate specific Powerlifting Meet dates. But the more of the program that you do, the better your results.

Also, this program is meant to be used repeatedly, as you continuously improve your lifts over and over again. After you finish one 16-week cycle, simply take a week to recover, if needed, then begin again!

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