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Westside Barbell Program - Single Powerlifting Template

Westside Barbell Program
Sample Powerlifting Template

Blog » Program

is the branch of powerlifter and strength coach **Louis Simmons**. The program's principles are borrowing from Soviet and Bulgarian weightlifting training techniques and ingeniously adapted to powerlifting. The Westside Barbell philosophy challenges popular beliefs about the way we think, how a strength training program should be structured and implemented.

The efficacy of the program is validated by the success and continued progress of the athletes training under Coach Simmons. Westside Barbell in Columbus, Ohio is the only gym in the world to have two powerlifter with over 2700 pound totals, five over 2000 pounds, and one who has the biggest total of all time at 3005 lbs.

Dave Tate continues to be Westside's most well known and outspoken disciple, although he now operates his own training facility. Tate was an established elite powerlifter and who studied Exercise Physiology in college. He was initially skeptic to the Westside Barbell program, as so many are - until his totals went up 300 pounds, his squat went from 750 pounds to 900 pounds.

"That's when I realized that the last 15 years of my training and education were bullshit. All the classes I took, the seminars I attended, the coaches I spoke to, and my time in the gym made me educated, but it didn't make me the expert I thought I was. What I did do was put me in a position to really learn my trade. My education was about to begin."

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Overview

The Westside method incorporates 4 workouts per week, training

- **Upper body and bench press related exercises in one day**
- **Lower body, including squat and deadlift related exercises the another day**



Workloads

Workloads incorporate:

<http://www.westsidegym.com/powerlifting/westside.html>

18

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