

A man in a red t-shirt is shown from the waist up, performing a deadlift. He is holding a barbell with a large black weight plate marked '45'. The background is a dark, textured wall.

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BARBELL

DEADLIFT

DOMINATED

**UNDERGROUND FINNISH
DEADLIFT PROGRAM**

**AS TOLD TO CRITICALBENCH.COM
BY DENNIS B. WEIS**

LEGAL STUFF

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BARBELL DEADLIFT DOMINATED

Underground Finnish Deadlift Program

As Told To Criticalbench.com
By Dennis B. Weis

THE JASKA PARVIANEN FINNISH DEADLIFT PROGRAM-I

This is a commando tough program designed (by Finland's Jaska Parvianen back in the late '80s. The program was brought to the attention of North America power-bodybuilders through publication in Mike Lamberts PL USA magazine in March 1991.) to increase your rugged muscle back development and strength from five to ten percent.

The program is very adaptable, in that the combination of sets, reps and corresponding percentages of max used within the structure of three back-to-back deadlift cycles can be used on both the conventional bench press and the squat.

The following three-phase program includes the one-on-two-off/one-on-three-off training frequency, and the workouts which use the light and heavy system.

This total-package deadlift program consists of three training cycles each lasting a minimum of six but most generally seven weeks in duration. Traditional assistance or supplemental exercises include one training session a



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week after the deadlifts, so as not to interfere with vital mental focus needed for that exercise.

Only two or three exercises are selected for this purpose. Each will be performed for no more than three sets, using slightly higher reps than those used in a particular deadlift cycle. Keeping the exercise and sets to a minimum will keep you from cutting into valuable total-recovery time, and the slightly higher rep scheme will keep you fresh and mentally focused on the deadlift itself.

Certain assistance exercises will be suggested with each cycle, but they are not to be considered absolutes. Muscular strengths and weaknesses may change and so might the proper selection and usage of the traditional supplemental exercises. The heart of this program is to base all your poundage's against a current best maximum single effort (MSE) conventional deadlift, prior to undertaking the program.

Here are percentages of that maximum that you will need to use to find your correct poundage for each set. Let's begin.

Deadlift Dominated -

Cycle One - Seven Weeks: All of the sets in each two

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weekly workouts are done for 10 consecutive reps. The deadlift is performed in stifflegged style while standing on a wooden platform that is 3 feet long by 2 feet wide by 6 inches high.

Depending on the diameter of the barbell plates used, the bar should be touching the instep of your feet, but no lower. After pulling the first rep of a set, lower the barbell to within 1 inch of the floor. From that point onward, during a particular set do not touch the floor with the barbell until the completion of the set.

Note: % means percentage of your best maximum single effort (MSE). For example: 70% of a best maximum single effort of 400 pounds would be 280 pounds, etc.

WEEK 1

Workout 1: 1 X 27%, 1 x 31%, 2 x 27%

Workout 2: 1 x 27%, 1 x 33%, 1 x 40%, 2 x 27%

WEEK 2

Workout 1: 1 x 27%, 4 x 33%

Workout 2: 1 x 27%, 1 x 37%, 1 x 44%, 2 x 35%

WEEK 3

Workout 1: 1 x 27%, 4 x 33%

Workout 2: 1 x 33%, 1 x 40%, 1 x 47%, 2 x 35%

WEEK 4

Workout 1: 5 x 33%

Workout 2: 1 x 33%, 1 x 44%, 1 x 49%, 2 x 35%

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WEEK 5

Workout 1: 5 x 33%

Workout 2: 1 x 33%, 1 x 44%, 1 x 51%, 2 x 37%

WEEK 6

Workout 1: 1 x 33%, 4 x 37%

Workout 2: 1 x 35%, 1 x 49%, 1 x 53%, 2 x 40%

WEEK 7

Workout 1: 1 x 33%, 4 x 40%

Workout 2: 1 x 35%, 1 x 49%, 1 x 55%, 2 x 40%

Assistance exercises during the seven-week cycle could include power cleans, weighted pullups and incline barbell rowing. This concludes cycle number one.

Deadlift Dominated -

Cycle Two - Seven Weeks: All the sets in each of the two weekly workouts are done for five consecutive reps. The deadlift procedure is exactly the same as in the previous number one cycle. There is one variant, however. The deadlift is to be performed in the conventional bent-knee style, as opposed to the stiff-legged variety.

WEEK 1

Workout 1: 1 x 44%, 1 x 50%, 3 x 55%

Workout 2: 1 x 44%, 1 x 52%, 1 x 60%, 1 x 44%

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WEEK 2

Workout 1: 1 x 44%, 1 x 50%, 3 x 55%

Workout 2: 1 x 44%, 1 x 55%, 1 x 64%, 1 x 70%, 1 x 44%

WEEK 3

Workout 1: 1 x 44%, 4 x 55%

Workout 2: 1 x 44%, 1 x 55%, 1 x 64%, 1 x 70%, 1 x 44%

WEEK 4

Workout 1: 1 x 44%, 4 x 55%

Workout 2: 1 x 49%, 1 x 66%, 1 x 75%, 2 x 49%

WEEK 5

Workout 1: 1 x 49%, 3 x 57%, 1 x 49%

Workout 2: 1 x 49%, 1 x 66%, 1 x 77%, 1 x 71%, 1 x 49%

WEEK 6

Workout 1: 1 x 49%, 3 x 57%, 1 x 49%

Workout 2: 1 x 49%, 1 x 68%, 1 x 79%, 1 x 55%, 1 x 49%

WEEK 7

Workout 1: 1 x 49%, 4 x 57%

Workout 2: 1 x 49%, 1 x 68%, 1 x 80%, 1 x 55%, 1 x 49%

The supplemental or assistance exercises in this cycle include power cleans, lat machine pulldowns (using a dorsi-bar) and barbell shrugs. Your set-and-rep scheme for these exercises could follow the guidelines of the **DeLorme-Watkins**

three sets of ten.

This particular training methodology is known as the **DeLorme-Watkins** involves doing three sets of ten reps per exercise. The first set is performed with poundage which is 50% of a current un-fatigued ten rep maximum single effort (MSE). A brief rest-pause of 1.0 minutes is taken and a second set with poundage equal to 75% of a ten rep maximum single effort is performed.

Another brief rest-pause of 1.0 minutes is taken and the third set with poundage equal to 100% of a ten rep maximum single effort is performed.

DELORME-WATKINS TRAINING

1st Set w/50% 10RM x 10 Reps

2nd Set w/75% 10RM x 10 Reps

3rd Set w/100% 10RM x 10 Reps

Deadlift Dominated -

Cycle Three - Six Weeks: Within the bi-weekly workouts in this third and final cycle of six weeks, fives, triples, doubles and single reps will be utilized with varying numbers of set progressions. The training technique for the deadlift will change somewhat, in that you will not be using the raised wooden platform from which to pull the bar, nor will you be doing them stiff-legged. During this cycle do them in your normal conventional style, touching the barbell to the floor ever so lightly each and every rep of the set.

WEEK 1

Workout 1: 1 x 5/44%, 1 x 3/60%, 3 x 3/70%

Workout 2: 1 x 5/44%, 1 x 3/60%, 1 x 2/70%, 1 x 1/80%, 1 x 1/90%, 1 x 3/82%

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WEEK 2

Workout 1: 1 x 5/44%, 1 x 3/60%, 3 x 3/70%

Workout 2: 1 x 5/44%, 1 x 3/60%, 1 x 2/70%, 1 x 1/84%, 1 x 1/94%, 1 x 3/86%

WEEK 3

Workout 1: 1 x 5/44%, 1 x 3/60%, 3 x 3/74%

Workout 2: 1 x 5/44%, 1 x 3/60%, 1 x 2/74%, 1 x 1/90%, 1 x 1/94%, 1 x 3/86%

WEEK 4

Workout 1: 1 x 5/44%, 1 x 3/60%, 3 x 3/74%

Workout 2: 1 x 33%, 1 x 44%, 1 x 49%, 2 x 35%

WEEK 5

Workout 1: 5 x 33%

Workout 2: 1 x 5/44%, 1 x 3/64%, 1 x 2/80%, 1 x 1/92%, 1 x 1/101%, 1 x 3/93%

WEEK 6

Workout 1: 1 x 5/44%, 4 x 3/80%

Workout 2: 1 x 5/44%, 1 x 3/70%, 1 x 2/84%, 1 x 1/96%, 1 x 1/105%

Recommended auxiliary exercises include wide-grip pullups (with no weight attached), heavy one-arm dumbbell rows (the starting position of this exercise begins with the arm extended toward the floor, and the hand holding the dumbbell at a 45-degree angle to the lower torso, in front of the opposite foot), and prone extensions for the lower back.

With regard to the set-and-rep pattern for these exercises, you might wish to go

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by your grip basic training instincts on the wide-grip pullups and prone extensions, doing two or three sets of each for just the right amount of reps to stimulate and stress the muscle to its maximum, but not to overwork it. The heavy one-arm dumbbell row is different. You might want to do three sets with all the maximum poundage that you can handle for six consecutive power reps per set.

Ted Arcidi, the first man to officially bench press 700 pounds, in competition, feels that sixes strike the perfect balance between superhuman strength and massive muscle development. Ted knows what he is talking about. He is, without a doubt, one of the strongest and most massively muscled humans the world has ever known.



THE JASKA PARVIANEN FINNISH DEADLIFT PROGRAM-II

This Finnish deadlift routine is an updated version of the one previously outlined. It is a sixteen-week program consisting of two training cycles which last five and eleven weeks in duration. The uniqueness of this particular deadlift routine is that it develops a blend of explosive pulling power off the floor, and gravity-defying lockout power.

Deadlift Dominated -

Cycle One - Weeks 1 to 5: To initiate this cycle, simply follow the exact sets, reps, and percentages of maximum listed for the conventional (bent-knee) deadlift in weeks two, three, four, six and seven listed in cycle 2 of the original Finnish Deadlift Program.



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Cycle Two - Weeks 6 to 16: This particular cycle requires you to use the one-to-two-off/one-on-three-off dynamic training frequency. During weeks 6 through 14 on workout day number one you will be required to perform 3 sets of 10 reps (a light set, a medium heavy set and one very heavy set) in the stiff-legged deadlift while standing on the raised wooden platform described in the original Finnish Deadlift Program.

The percentages of maximum poundage's correctly used for each of the three sets in the stiff-legged deadlift are based against your current one-rep capability in the conventional (bent-knee) deadlift when entering into the 16-week program. Traditional assistance or supplemental exercises can be included if need be after the deadlift session, but on workout day number one of each of the 11 weeks. Simply follow the instructions given in the original program regarding assistance exercises.

On the nonconsecutive workout day number two, you will be asked to do only graduated measured movement, or partial lockout conventional deadlifts, with a poundage which is five pounds beyond your current one-rep maximum - full range of movement capability - coming into the 16-week program. This poundage will remain exactly the same throughout the 11-week cycle number two.

Starting with week six you will do your measured movement conventional deadlifts - where there is an 11-inch distance between the floor and the bottom edge of the barbell plates - pulling the barbell approximately from the kneecaps to the lockout position each and every rep of the set. The secret to overloading maximally on this exercise is to increase your range of movement very gradually each quarter inches during week 10, by only one inch on weeks 11 and 12, and by three-quarters of an inch during weeks 13, 14 and 15. By week 16 you will be doing full range of movement deadlifts from the floor.

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There are two ways of accomplishing the graduated measured movement deadlift. The first way is by using a power rack, where you lower the starting pins (steel rods which support the barbell) and/or build up the platform where you stand during the exercise with pieces of one-by-twelve-inch planks (each two feet in length) during each proceeding workout.

If you don't have access to a power rack, then your next option is to cut two dozen or more of these planks plus a few which are only half an inch thick. Once you have done this it is then just a matter of placing enough of them under the bottom edge of the barbell plates to accommodate the 11-inch starting position.

Once you are set, all you have to do is remove one or two planks from each side to achieve the correct distancing. The following chart indicates the distances:

DISTANCES CHART

WEEK NUMBER	INCHES (") OFF THE FLOOR
6	11
7	9.5
8	8
9	6.5
10	5.25
11	4
12	3
13	2.25
14	1.5
15	.75
16	0 (on floor)

Cycle two of the Finnish Deadlift Program, number two, is as follows:

WEEK 6

Workout 1: 1 x 10/27%, 1 x 10/36%, 1 x 10/42%

Workout 2: 1 x 10/27%, 1 x 5/35%, 1 x 3/50%, 1 x 2/66%, 1 x 1/82%, 1 x 1/94%
1 x 1/100%, + 5 pounds, 1 x 3/82%

WEEK 7

Workout 1: 1 x 10/27%, 1 x 10/41%, 1 x 10/50%

Workout 2: Same as WEEK 6

WEEK 8

Workout 1: 1 x 10/27%, 1 x 10/42%, 1 x 10/54%

Workout 2: Same as WEEK 6

WEEK 9

Workout 1: 1 x 10/27%, 1 x 10/46%, 1 x 10/58%

Workout 2: Same as WEEK 6

WEEK 10

Workout 1: 1 x 10/31%, 1 x 10/50%

Workout 2: Same as WEEK 6

WEEK 11

Workout 1: Same as WEEK 9

Workout 2: Same as WEEK 6

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WEEK 12

Workout 1: Same as WEEK 10

Workout 2: Same as WEEK 6

WEEK 13

Workout 1: 1 x 10/33%, 1 x 10/52%, 1 x 10/64%

Workout 2: Same as WEEK 6

WEEK 14

Workout 1: 1 x 10/35%, 1 x 10/52%

Workout 2: Same as WEEK 6

WEEK 15

Workout 1: Drop stiff-legged deadlifts off wooden platform and do only assistance or supplemental exercises.

Workout 2: Same as WEEK 6

WEEK 16

Workout 1: Same as WEEK 15

Workout 2: Same as WEEK 6