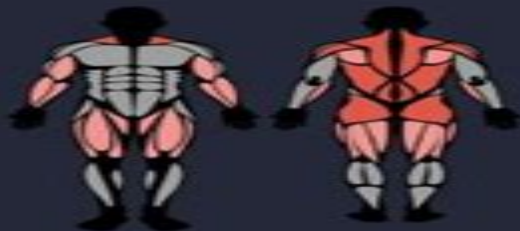


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## Beginner Deadlift Program



A simple but effective deadlift program for the beginner. The weight increases by 2.5 kg / 5 lbs per workout (although you can adjust it yourself), and you'll move from doing ten to five reps per set during the first few weeks.

Start following program

^ Week 1

### Week 1, Workout 1

#### Deadlift

30 reps in 3 sets

#### Lat Pulldown

30 reps in 3 sets

#### Barbell Row

24 reps in 3 sets

### Week 1, Workout 2

#### Deadlift

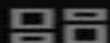
30 reps in 3 sets

#### Lat Pulldown

30 reps in 3 sets

#### Barbell Row

24 reps in 3 sets



# Program Plus 2o At Work

**Sabine Zange**



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