

6-Week Deadlift Hypertrophy Program

This program is designed for bodybuilders looking to use the deadlift - specifically the Romanian Deadlift - for hypertrophy. It follows a progressive overload model, increasing intensity week-to-week while balancing recovery. Accessory work targets complementary muscle groups for a complete posterior chain and upper-back focus.

Week 1

Main Lift: Romanian Deadlift - 4x8 @ 65% 1RM

Accessory 1: Barbell Row - 4x10

Accessory 2: Bulgarian Split Squat - 3x12 per leg

Accessory 3: Weighted Pull-Up - 3x8

Accessory 4: Face Pull - 3x15

Week 2

Main Lift: Romanian Deadlift - 4x8 @ 67% 1RM

Accessory 1: Barbell Row - 4x10

Accessory 2: Bulgarian Split Squat - 3x12 per leg

Accessory 3: Weighted Pull-Up - 3x8

Accessory 4: Face Pull - 3x15

Week 3

Main Lift: Romanian Deadlift - 4x8 @ 70% 1RM

Accessory 1: Barbell Row - 4x8

Accessory 2: Bulgarian Split Squat - 3x10 per leg

Accessory 3: Weighted Pull-Up - 3x6

Accessory 4: Face Pull - 3x12

Week 4

Main Lift: Romanian Deadlift - 4x6 @ 72% 1RM

Accessory 1: Barbell Row - 4x8

Accessory 2: Bulgarian Split Squat - 3x10 per leg

Accessory 3: Weighted Pull-Up - 3x6

Accessory 4: Face Pull - 3x12

Week 5

Main Lift: Romanian Deadlift - 5x6 @ 75% 1RM

Accessory 1: Barbell Row - 4x8

Accessory 2: Bulgarian Split Squat - 3x10 per leg

Accessory 3: Weighted Pull-Up - 3x6

Accessory 4: Face Pull - 3x12

Week 6

Main Lift: Romanian Deadlift - 5x5 @ 78% 1RM

Accessory 1: Barbell Row - 4x6

Accessory 2: Bulgarian Split Squat - 3x8 per leg

Accessory 3: Weighted Pull-Up - 3x5

Accessory 4: Face Pull - 3x10

Notes:

- *Rest 2-3 minutes between main lift sets; 60-90 seconds between accessory lifts.*
- *Maintain perfect form; control the eccentric phase for 2-3 seconds.*
- *Increase weight gradually but prioritize technique over load.*
- *Perform this workout once per week, pairing it with other lower/upper body hypertrophy sessions.*