

RUSSWOLE POWERBUILDING PROGRAM VOL.3

	WEEK 1				WEEK 2				WEEK 3				WEEK 4				WEEK 5				WEEK 6				WEEK 7				WEEK 8							
	PAUSE SQUAT 1X2 75% OF YOUR 1RM				PAUSE SQUAT 1X2 77.5% OF YOUR 1RM				SQUAT 1X1 85% OF YOUR 1RM				SQUAT 1X1 87.5% OF YOUR 1RM				SQUAT 4X5 80% OF YOUR 1RM				SQUAT 4X3 85% OF 1RM				SQUAT 4X2 80-92.5% OF 1RM				SQUAT 1X1 MAX OUT							
DAY 1	SQUAT 3X6 72.5% OF YOUR 1RM				SQUAT 3X6 75% OF YOUR 1RM				SQUAT 3X8 75% OF YOUR 1RM				SQUAT 3X8 75-77.5% OF YOUR 1RM				N/A N/A				N/A N/A				N/A N/A				N/A N/A							
	DB RDL 4X12				LEG PRESS 3XFAILURE				DB RDL 4X12				LEG PRESS 3XFAILURE				ROMANIAN DEADLIFT 3X10				HAMSTRING CURL 1XFAILURE				ROMANIAN DEADLIFT 3X10				HAMSTRING CURL 1XFAILURE							
	LEG PRESS 4X10				LEG EXTENSIONS 4X12				LEG PRESS 4X10				LEG EXTENSIONS 4X12				HAMSTRING CURLS 3X12				DB RDL 4X10				HAMSTRING CURLS 3X12				DB RDL 4X10							
	LEG EXTENSIONS 3X15				HAMSTRING CURLS 3X15				LEG EXTENSIONS 3X15				HAMSTRING CURLS 3X15				DB RDLs 4X10				GOBLET SQUATS 4X8				DB RDLs 4X10				GOBLET SQUATS 4X8							
	HAMSTRING CURLS 3X15				DB ROMANIAN DL 3X12				HAMSTRING CURLS 3X15				DB ROMANIAN DL 3X12				LEG EXTENSIONS 3XFAILURE				WEIGHTED STEP UPS 3X12				LEG EXTENSIONS 3XFAILURE				WEIGHTED STEP UPS 3X12							
	GOBLET SQUATS 4X8				HACK SQUATS 4X8-10				GOBLET SQUATS 4X8				HACK SQUATS 4X8-10				WEIGHTED LUNGES 5X10				CALF RAISES 3X20				WEIGHTED LUNGES 5X10				CALF RAISES 3X20							
	CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20							
DAY 2	BENCH 1X1 87.5% OF YOUR 1RM				BENCH 1X1 87.5%-92.5% OF 1RM				BENCH 1X1 85% OF YOUR 1RM				BENCH 1X1 85% OF YOUR 1RM				BENCH 1X1 87.5% OF 1RM				BENCH 1X1 90% OF 1RM				BENCH 4X2 85-92.5% OF 1RM				BENCH 1X1 MAX OUT							
	BENCH 3X6 72.5% OF YOUR 1RM				BENCH 3X6 75% OF 1RM				BENCH 3X7 75% OF YOUR 1RM				BENCH 3X8 75-77.5% OF 1RM				BENCH 4X5 77.5% OF 1RM				BENCH 4X3 85% OF 1RM				BENCH 4X2 80% OF 1RM				BENCH 1X1 MAX OUT							
	(PYRAMID SET)	INCLINE DB BENCH CABLE CROSSOVER		4 SETS	(SUPERSET)	DB LATERAL RAISES DB FLORAL PRESS		4X12	(PYRAMID SETS)	INCLINE DB BENCH CABLE CROSSOVER		4 SETS	(SUPERSET)	DB LATERAL RAISES DB FLORAL PRESS		4X10	(PYRAMID SETS)	BB INCLINE BENCH STANDING OHP		4 SETS	(PYRAMID SETS)	ARNOLD PRESS DB FRONTAL RAISES		4 SETS	(PYRAMID SETS)	CLOSE GRIP BENCH SQT STANDING OHP		4 SETS	(PYRAMID SETS)	ARNOLD PRESS STANDING OHP		4 SETS				
	(PYRAMID SET)	DB SHOULDER PRESS DB LATERAL RAISES		4 SETS	(PYRAMID SET)	REVERSE GRIP DB PRESS DB LATERAL RAISES		4 SETS	(PYRAMID SET)	DB SHOULDER PRESS DB LATERAL RAISES		3X12	(PYRAMID SET)	REVERSE GRIP DB PRESS DB LATERAL RAISES		4 SETS	(PYRAMID SETS)	DB LATERAL RAISES WEIGHTED PUSHUPS		3X10	(PYRAMID SETS)	DB LATERAL RAISES WEIGHTED PUSHUPS		4X10	(PYRAMID SETS)	DB LATERAL RAISES WEIGHTED PUSHUPS		3X10	(PYRAMID SETS)	DB LATERAL RAISES WEIGHTED PUSHUPS		4X10				
	(FAILURE)	BENT OVER REAR DELT DLY		3 SETS	(FAILURE)	FACE PULLS		4X12	(FAILURE)	BENT OVER REAR DELT DLY		3 SETS	(FAILURE)	FACE PULLS		4X12	(FAILURE)	45LB PLATE RAISES			3X15	(FAILURE)	CABLE UPRIGHT ROW			2 SETS	(FAILURE)	CABLE UPRIGHT ROW			2 SETS					
DAY 3	DEADLIFT 1X1 87.5% OF YOUR 1RM				DEADLIFT 1X1 87.5% OF 1RM				DEADLIFT 1X1 90% OF 1RM				DEADLIFT 1X1 87.5-90% OF 1RM				DEADLIFT 1X1 87.5% OF 1RM				DEADLIFT 1X1 90% OF 1RM				DEADLIFT 4X2 90% OF 1RM				DEADLIFT 1X1 MAX OUT							
	DEADLIFT 2X7 70% OF YOUR 1RM				DEADLIFT 3X6 70-75% OF 1RM				DEADLIFT 3X6 70-75% OF YOUR 1RM				DEADLIFT 4X5 70-75% OF YOUR 1RM				DEADLIFT 4X4 82.5-85% OF 1RM				DEADLIFT 4X3 82-85% OF 1RM				DEADLIFT 4X2 82-85% OF 1RM				DEADLIFT 4X2 82-85% OF 1RM							
	(BODYWEIGHT)	INVERTED ROW 4X12-15			BARBELL ROW 4 SETS				INVERTED ROW 4X12-15				BARBELL ROW 4 SETS				SEATED CABLE ROW 4X12				SEATED CABLE ROW 4X12				SEATED CABLE ROW 4X12				SEATED CABLE ROW 4X12							
		UNDERHAND BB ROW 3X8			LAT PULLDOWNS 3X12				UNDERHAND BB ROW 3X8				LAT PULLDOWNS 3X12				1 ARM PULLDOWNS 3X8				WIDE GRIP PULLDOWNS 4X12				HIGH ROW MACHINE 4X12				HIGH ROW MACHINE 4X12							
	(FAILURE)	SEATED CABLE ROW SINGLE ARM PULLDOWN		4X8 4X10		INCLINE DB ROW 2 SETS				SEATED CABLE ROW SINGLE ARM PULLDOWN			4X8 4X10		DB PULLOVERS V-BAR PULLUP				DB PULLOVERS V-BAR PULLUP				DB PULLOVERS V-BAR PULLUP				DB PULLOVERS V-BAR PULLUP				DB PULLOVERS V-BAR PULLUP					
	V-BAR PULLDOWN 2 SETS				ROPE PULLOVER 3X15				V-BAR PULLDOWN 2 SETS				ROPE PULLOVER 3X15				INCLINE DB ROW 3X12				STRT BAR PULLOVER 4X8				INCLINE DB ROW 3X12				STRT BAR PULLOVER 4X8							
DAY 4	BENCH 3X4 75-80% OF YOUR 1RM				BENCH 3X4 77.5% OF YOUR 1RM				BENCH 3X5 77.5% OF YOUR 1RM				BENCH 4X5 75-77.5% OF 1RM				BENCH 4X5 70% OF 1RM				BENCH 4X5 70% OF 1RM				BENCH 4X5 70% OF 1RM				BENCH 4X5 70% OF 1RM							
	(TRISSET)	CLOSE GRIP BENCH SQT STRAIGHT BAR CURLS		55% OF 1RM 4X10	(TRISSET)(NORMAL REPS)	STRAIGHT BAR CURLS HALF REPS AT BOTTOM		3X7 3X7	(TRISSET)	CLOSE GRIP BENCH SQT SKULL CRUSHERS		50% OF YOUR 1RM 4X10	(TRISSET)(NORMAL REPS)	STRAIGHT BAR CURLS HALF REPS AT BOTTOM		3X7 3X7	(FAILURE)	STRAIGHT BAR EXT INCLINE DB BAR SKULLCRUSHERS		1 SET 4X12	(FAILURE)	STRAIGHT BAR CABLE CURL ALT DB CURLS		1 SET 4X12	(FAILURE)	STRAIGHT BAR EXT INCLINE DB BAR SKULLCRUSHERS		1 SET 4X12	(FAILURE)	STRAIGHT BAR CABLE CURL ALT DB CURLS		1 SET 4X12				
	(PYRAMID SET)	ALTERNATE DB CURLS DIAMOND PULLUPS		4X10 4 SETS	(PYRAMID SET)	STRAIGHT BAR TR EXT DIAMOND PULLUPS		4 SETS 3X8	(PYRAMID SET)	ALTERNATE DB CURLS DIAMOND PULLUPS		4X10 4 SETS	(PYRAMID SET)	STRAIGHT BAR TR EXT DIAMOND PULLUPS		4 SETS 3X8	(PYRAMID SETS)	TATE PRESS ALT DB CURLS		4X10 4X10	(PYRAMID SETS)	TATE PRESS ALT DB CURLS		4X10 4X10	(PYRAMID SETS)	TATE PRESS ALT DB CURLS		4X10 4X10	(PYRAMID SETS)	TATE PRESS ALT DB CURLS		4X10 4X10				
	(FAILURE)	ROPE CURLS STRAIGHT BAR PULLDOWNS		4X8 2 SETS	(FAILURE)	ALT DB INCLINE CURLS REVERSE GRIP TR EXT		4X12 2 SETS	(FAILURE)	ROPE CURLS STRAIGHT BAR PULLDOWNS		4X8 2 SETS	(FAILURE)	ALT DB INCLINE CURLS REVERSE GRIP TR EXT		4X12 2 SETS	(FAILURE)	ROPE HAMMER CURLS			3X10	(FAILURE)	ROPE HAMMER CURLS			3X10	(FAILURE)	ROPE HAMMER CURLS			3X10					
DAY 5	SQUAT 3X5 72.5% OF YOU 1RM				SQUAT 3X5 72.5% OF YOUR 1RM				SQUAT 4X5 75% OF YOUR 1RM				SQUAT 4X5 75% OF YOUR 1RM				SQUAT 3X6 70% OF 1RM				SQUAT 3X5 72.5% OF 1RM				SQUAT 3X3 70% OF 1RM				N/A N/A							
	DUMBBELL LUNGES 4X12				DB RDL 4X12				DUMBBELL LUNGES 4X12				DB RDL 4X12				LEG EXTENSIONS 1XFAILURE				ROMANIAN DEADLIFT 3X10				LEG EXTENSIONS 1XFAILURE				ROMANIAN DEADLIFT 3X10							
	LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10				LEG PRESS 4X10							
	LEG EXTENSION HOLDS 4X8				LEG EXTENSIONS 3X15				LEG EXTENSION HOLDS 4X6				LEG EXTENSIONS 3X15				DB RDLs 4X8				HAMSTRING CURLS 3X15				DB RDLs 4X8				HAMSTRING CURLS 3X15							
	WEIGHTED STEP UPS 3X12				HAMSTRING CURLS 3X15				WEIGHTED STEP UPS 3X12				HAMSTRING CURLS 3X15				HAMSTRING CURLS 4X12				HACK SQUAT 3X8				HAMSTRING CURLS 4X12				HACK SQUAT 3X8							
	SINGLE LEG SQUATS HYPER EXTENSIONS			4X15 3X12		GOBLET SQUATS CALF RAISES			4X8 3X20		SINGLE LEG SQUATS HYPER EXTENSIONS			4X15 3X12		CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20				CALF RAISES 3X20								
DAY 6	CABLE CROSS OVER DB BENCH PRESS DB ROW			1XFAILURE 4X10 4X8	(PYRAMID SET)	INCLINE DB PRESS T-BAR CHEST PRESS LANDMINE ROW			4 SETS 4X10 3X12	(SUPERSET)	CABLE CROSS OVER DB BENCH PRESS DB ROW			1XFAILURE 4X10 4X8	(SUPERSET)	INCLINE DB PRESS T-BAR CHEST PRESS LANDMINE ROW			4 SETS 4X10 3X12	(SUPERSET)	CABLE CROSS OVER DB BENCH PRESS DB ROW			1XFAILURE 4X10 4X8	(SUPERSET)	INCLINE DB PRESS T-BAR CHEST PRESS LANDMINE ROW			4 SETS 4X10 3X12	(SUPERSET)	CABLE CROSS OVER DB BENCH PRESS DB ROW			1XFAILURE 4X10 4X8		
	(SUPERSET)	INCLINE ARNOLD PRESS RENEGADE ROW		4X12 4X10	(SUPERSET)	MACHINE FLY MACHINE CHEST PRESS		3X12 2 SETS	(SUPERSET)	INCLINE ARNOLD PRESS RENEGADE ROW		4X12 4X10	(SUPERSET)	MACHINE FLY MACHINE CHEST PRESS		3X12 2 SETS	(SUPERSET)	PENDLAY ROW INCLINE MACHINE PRESS		4X10 4X12	(PYRAMID SETS)	WEIGHTED PUSHUPS FLAT DB BENCH		4XFAILURE 3X10	(SUPERSET)	MACHINE FLY INCLINE DB PRESS		1XFAILURE 3XFAILURE	(SUPERSET)	PENDLAY ROW FLAT DB BENCH		4XFAILURE 3X10				
	(FAILURE)	MACHINE CHEST PRESS MACHINE ROW		2 SETS 2 SETS	(SUPERSET)	WEIGHTED PUSHUPS PULLUPS		3XFAILURE 3XFAILURE	(FAILURE)	MACHINE CHEST PRESS MACHINE ROW		2 SETS 2 SETS	(FAILURE)	WEIGHTED PUSHUPS PULLUPS		3XFAILURE 3XFAILURE	(FAILURE)	MACHINE ROW WEIGHTED PUSHUPS			3XFAILURE 4X8	(FAILURE)	MACHINE ROW WEIGHTED PUSHUPS			3XFAILURE 4X8	(FAILURE)	MACHINE ROW WEIGHTED PUSHUPS			3XFAILURE 4X8					