

MASSTHETICS POWERBUILDING

PART 1

POWER SYSTEMS

INTRODUCTION

This is a six week program designed to gain size and strength through the use of a slight caloric surplus and utilization of compound and accessory movements to stimulate a hypertrophic response. This program utilizes the RPE system to further assist in personalized adaptation through the six week powerbuilding cycle. This is the first of three 6 week cycles dedicated to getting bigger and stronger. NO special equipment is needed. Movements to be expected are, the High Bar Squat, Bench Press, Incline Bench Press, Front Squat, and deadlift as well as accompanying complimentary isolation movements.

This is a three day split. Day 1 is a push centric day focusing on the chest, triceps and shoulders. Each movement utilizes a compound movement as well as an accessory isolation movement to compliment it. Day two is a pull centric day that focuses on the back, biceps and posterior chain. The same trend of utilizing compound movements followed by isolation movements is demonstrated here on day two as well. Day three is a leg centric day that focusses on leg strength and overall development still following the same trend as day one and two with the utilization of compound movements.

Here is a link to an explanation on RPE- <https://www.elitefts.com/education/training/rate-of-perceived-exertion-rpe/>

Recommendations & Suggestions:

- +Read Article on RPE*
- + Be in a slight caloric surplus.*
- +One rest day between training days.*
- +De-load a week before and a week after the program.*
- +If you have issues with any one specific movement they can be subbed for a similar movement. An example would be subbing out conventional deadlift for sumo or DB bench for BB bench.*

*-Thank you for purchasing this program
Garrett & Simon*

DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCH PRESS / CHEST, SHOULDERS, TRICEPS

- BB/DB Bench Press-3x5 @RPE 7
- Close Grip Bench Press-3x8-10 @RPE 6
- DB or BB Shoulder Press-3x8-10 @RPE 6

+OPTIONAL+

- DB Lateral Raises-3x12-15 @RPE 6
- Tricep Press Downs-3x12-15 @ RPE 6
- Bodyweight Dips-4xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO/CONVENTIONAL DEADLIFT/POSTERIOR CHAIN, BACK

- Conventional Deadlift-6x3 @RPE 7
- Pendlay Row-3x8-10 @RPE 6
- Lat Pulldown-3x10-12 @RPE 6

+OPTIONAL+

- Seated Row-3x10-12 @RPE 6
- One arm DB Row-3x10-12 @RPE 6
- Bodyweight Pullup-4xAMRAP (As many reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT / QUADS, HAMSTRING

- High Bar Squat/Front Squat-3x6 @RPE 7
- Sumo Deadlift OR Hip Thrust- 3x8 @RPE6
- Leg Press- 3x8-10 @RPE 6

+OPTIONAL+

- Leg extension- 3x10-12 @RPE 6
- Leg Curl- 3x10-12 @RPE 6
- Bulgarian DB Split Squat- 3x10-12 @RPE 6



DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCHPRESS/CHEST, SHOULDERS, TRICEPS

- BB/DB Bench Press-3x6 @RPE 7
- Close Grip Bench Press-3x10 @RPE 6
- DB or BB Shoulder Press-3x10 @RPE 6

+OPTIONAL+

- DB Lateral Raises-3x15 @RPE 6
- Tricep Press Downs-3x15 @ RPE 6
- Bodyweight Dips-5xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO/CONVENTIONAL DEADLIFT/POSTERIOR CHAIN, BACK

- Conventional Deadlift-5x4 @RPE 7
- Pendlay Row-3x10 @RPE 6
- Lat Pulldown-3x12 @RPE 6

+OPTIONAL+

- Seated Row-3x12 @RPE 6
- One arm DB Row-3x12 @RPE 6
- Bodyweight Pullup-4xAMRAP (As many reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT/QUADS, HAMSTRING

- High Bar Squat/Front Squat- 4x5 @RPE 7
- Sumo Deadlift OR Hip Thrust- 4x8 @RPE6
- Leg Press- 3x10 @RPE 6

+OPTIONAL+

- Leg Extension- 3x12 @RPE 6
- Leg Curl- 3x12 @RPE 6
- Bulgarian DB Split Squat- 3x12 @RPE 6

WEEK 2



DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCH PRESS / CHEST, SHOULDERS, TRICEPS

- BB/DB Bench Press-4x5 @RPE 7
- Close Grip Bench Press-4x10 @RPE 6
- DB or BB Shoulder Press-3x8-10 @RPE 6

+OPTIONAL+

- DB Lateral Raises-4x15 @RPE 6
- Tricep Press Downs-4x15 @ RPE 6
- Bodyweight Dips-5xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO / CONVENTIONAL DEADLIFT / POSTERIOR CHAIN, BACK

- Conventional Deadlift-6x4 @RPE 7
- Pendlay Row-4x10 @RPE 6
- Lat Pulldown-4x12 @RPE 6

+OPTIONAL+

- Seated Row-4x12 @RPE 6
- One arm DB Row-4x12 @RPE 6
- Bodyweight Pullup-5xAMRAP (As many reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT / QUADS, HAMSTRING

- High Bar Squat / Front Squat-4x6 @RPE 7
- Sumo Deadlift OR Hip Thrust- 4x8 @RPE 6
- Leg Press- 4x10 @RPE 6

+OPTIONAL+

- Leg Extension- 4x12 @RPE 6
- Leg Curl- 4x12 @RPE 6
- Bulgarian DB Split Squat- 4x12 @RPE 6



DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCH PRESS / CHEST, SHOULDERS, TRICEPS

- BB/DB Bench Press-3x6 @RPE 8
- Close Grip Bench Press-4x8 @RPE 7
- DB or BB Shoulder Press-3x10 @RPE 7

+OPTIONAL+

- DB Lateral Raises-4x15 @RPE 7
- Tricep Press Downs-4x15 @ RPE 7
- Bodyweight Dips-5xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO/CONVENTIONAL DEADLIFT/POSTERIOR CHAIN, BACK

- Conventional Deadlift-6x3 @RPE 8
- Pendlay Row-4x10 @RPE 7
- Lat Pulldown-4x12 @RPE 7

+OPTIONAL+

- Seated Row-4x12 @RPE 7
- One arm DB Row-4x12 @RPE 7
- Bodyweight Pullup-5xAMRAP (As man reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT / QUADS, HAMSTRING

- High Bar Squat/Front Squat-3x6 @RPE 7
- Sumo Deadlift OR Hip Thrust- 4x8 @RPE 7
- Leg Press- 4x10 @RPE 7

+OPTIONAL+

- Leg Extension- 4x12 @RPE 7
- Leg Curl- 4x12 @RPE 7
- Bulgarian DB Split Squat- 4x12 @RPE 7



DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCH PRESS / CHEST, SHOULDERS, TRICEPS

- BB / DB Bench Press - 3x5 @RPE 8
- Close Grip Bench Press - 4x8 @RPE 7
- DB or BB Shoulder Press - 3x10 @RPE 7

+OPTIONAL+

- DB Lateral Raises - 4x15 @RPE 7
- Tricep Press Downs - 4x15 @ RPE 7
- Bodyweight Dips - 5xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO / CONVENTIONAL DEADLIFT / POSTERIOR CHAIN, BACK

- Conventional Deadlift - 6x2 @RPE 8
- Pendlay Row - 4x10 @RPE 7
- Lat Pulldown - 4x12 @RPE 7

+OPTIONAL+

- Seated Row - 4x12 @RPE 7
- One arm DB Row - 4x12 @RPE 7
- Bodyweight Pullup - 5xAMRAP (As many reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT / QUADS, HAMSTRING

- High Bar Squat / Front Squat - 3x5 @RPE 8
- Sumo Deadlift OR Hip Thrust - 4x8 @RPE 7
- Leg Press - 4x10 @RPE 7

+OPTIONAL+

- Leg Extension - 4x12 @RPE 7
- Leg Curl - 4x12 @RPE 7
- Bulgarian DB Split Squat - 4x12 @RPE 7



DAY 1 / PUSH FOCUS

EMPHASIS: BB OR DB BENCH PRESS / CHEST, SHOULDERS, TRICEPS

- BB/DB Bench Press-3x5 @RPE 8.5-9
- Close Grip Bench Press-3x6 @RPE 7
- DB or BB Shoulder Press-3x10 @RPE 7

+OPTIONAL+

- DB Lateral Raises-4x15 @RPE 7
- Tricep Press Downs-4x15 @ RPE 7
- Bodyweight Dips-5xAMRAP (As many reps as possible)

DAY 2 / PULL FOCUS

EMPHASIS: SUMO/CONVENTIONAL DEADLIFT/POSTERIOR CHAIN, BACK

- Conventional Deadlift-6x2 @RPE 8.5-9
- Pendlay Row-3x12 @RPE 7
- Lat Pulldown-3x12 @RPE 7

+OPTIONAL+

- Seated Row-3x12 @RPE 7
- One arm DB Row-3x12 @RPE 7
- Bodyweight Pullup-5xAMRAP (As man reps as possible)

DAY 3 / LEGS FOCUS

EMPHASIS: HIGH BAR SQUAT / QUADS, HAMSTRING

- High Bar Squat/Front Squat-3x5 @RPE 8.5-9
- Sumo Deadlift OR Hip Thrust- 3x8 @RPE 7
- Leg Press- 3x10 @RPE 7

+OPTIONAL+

- Leg Extension- 4x12 @RPE 7
- Leg Curl- 4x12 @RPE 7
- Bulgarian DB Split Squat- 4x12 @RPE 7

