

Powerbuilding Workout Split:

Day 1: Upper Body Power

Bench Press - 4 sets x 5 reps
Overhead Press (Barbell or Dumbbell) - 4 sets x 6 reps
Bent-over Rows - 4 sets x 6 reps
Weighted Pull-ups or Chin-ups - 3 sets x 8 reps
Dips - 3 sets x 8 reps

Day 2: Lower Body Power

Squats - 4 sets x 5 reps
Deadlifts - 4 sets x 5 reps
Romanian Deadlifts - 3 sets x 8 reps
Leg Press - 3 sets x 8 reps
Calf Raises - 4 sets x 10 reps

Day 3: Rest or Active Recovery (I like to skate/swim)

Day 4: Upper Body Hypertrophy

Incline Dumbbell Bench Press - 4 sets x 8 reps
Seated Shoulder Press - 4 sets x 10 reps
Dumbbell Flyes - 3 sets x 12 reps
Barbell Rows or T-Bar Rows - 4 sets x 8 reps
Bicep Curls - 3 sets x 10 reps
Tricep Pushdowns - 3 sets x 12 reps

Day 5: Lower Body Hypertrophy

Front Squats - 4 sets x 8 reps
Leg Extensions - 3 sets x 12 reps
Hamstring Curls - 3 sets x 10 reps
Bulgarian Split Squats - 3 sets x 10 reps per leg
Standing Calf Raises - 4 sets x 12 reps

Day 6: Rest or Active Recovery

Day 7: Full Body Accessory

Pull-ups or Chin-ups - 3 sets x 10 reps
Dips - 3 sets x 10 reps
Barbell or Dumbbell Curls - 3 sets x 10 reps
Skull Crushers - 3 sets x 10 reps
Leg Press Calf Raises - 3 sets x 15 reps

Notes:

- Perform the power-focused days with heavy weights to challenge your strength.
- On the hypertrophy days, focus on higher repetitions and slower tempos to target muscle growth.
- Include at least one rest day between each workout day for recovery.
- Warm up before each workout and cool down/stretch afterward to prevent injuries.
- Adjust the weights, sets, and repetitions based on your fitness level and progress over time.
- Aim to increase the weights or repetitions as you get stronger and more comfortable with the exercises.
- Incorporate progressive overload, challenging yourself to lift more weight or do more reps over time.

Remember, powerbuilding is about finding the right balance between strength and hypertrophy training. Tailor this workout split to suit your individual goals and preferences, and make sure to focus on proper form and technique to maximize your gains safely.

Thank you all for purchasing my workout routine. Also, please feel free to dm me on ig if you have any questions about the workouts, maybe you don't have a certain machine and are looking for an alternative, or maybe you just want to share your progress, I'd be happy to answer. Enjoy :)