

6 DAY POWERBUILDING SPLIT

Push A

Exercise	Sets	Rep Goal Total	Rest
Chest, Shoulders & Triceps			
Flat Barbell Bench Press	5	15	90 - 120 sec
Flat Barbell Bench Press *	1	AMQRAP**	N/A
Seated Behind the Neck Press	3	25	60 sec
(Weighted) Tricep Dips	3	30	60 sec
Standing Cable Crossovers	5	50	30 sec
Seated Tricep Extensions (Dumbbell, Rope, or EZ Bar)	5	50	30 sec
Seated Dumbbell Lateral Raises	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			

Pull A

Exercise	Sets	Rep Goal Total	Rest
Back, Traps & Biceps			
Barbell Conventional Deadlift	5	15	90 - 120 sec
Barbell Conventional Deadlift *	1	AMQRAP**	N/A
(Weighted) Chin-ups	3	25	60 sec
Chest Supported Rows	3	30	60 sec
Shrugs (Dumbbell, Barbell, or Trap Bar)	5	50	30 sec
Standing Barbell Curls	5	50	30 sec
Standing Cable Reverse Fly	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			

Legs A

Exercise	Sets	Rep Goal Total	Rest
Quads, Hamstrings & Calves			
Barbell Back Squat	5	15	90 - 120 sec
Barbell Back Squat *	1	AMQRAP**	N/A
Barbell Good Mornings	3	25	60 sec
Leg Press	3	30	60 sec
Reverse Hyperextension	5	50	30 sec
Leg Curl (Seated or Lying)	5	50	30 sec
Calf Raise (Seated or Standing)	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			

Push B

Exercise	Sets	Rep Goal Total	Rest
Chest, Shoulders & Triceps			
Standing Overhead Press	5	15	90 - 120 sec
Standing Overhead Press *	1	AMQRAP**	N/A
Incline Bench Press (Dumbbell or Barbell)	3	25	60 sec
Close Grip Bench Press	3	30	60 sec
Seated Machine Fly	5	50	30 sec
Standing Tricep Pushdown (Rope, V-bar, or Straight Bar)	5	50	30 sec
Standing Cable Lateral Raises	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			

Pull B

Exercise	Sets	Rep Goal Total	Rest
Back, Traps & Biceps			
Barbell Snatch Grip Deadlift	5	15	90 - 120 sec
Barbell Snatch Grip Deadlift *	1	AMQRAP**	N/A
Barbell Rows	3	25	60 sec
(Weighted) Pull-ups	3	30	60 sec
1-Arm Rows (Dumbbell or Barbell)	5	50	30 sec
Incline Dumbbell Curl	5	50	30 sec
Seated Machine Reverse Fly	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			

Legs B

Exercise	Sets	Rep Goal Total	Rest
Quads, Hamstrings & Calves			
Barbell Front Squat	5	15	90 - 120 sec
Barbell Front Squat *	1	AMQRAP**	N/A
Barbell Romanian Deadlifts	3	25	60 sec
Barbell Hip Thrusts	3	30	60 sec
Dumbbell Lunges	5	50	30 sec
Seated Leg Extensions	5	50	30 sec
Hanging Leg Raises	5	50	15 sec
*Use 20% less weight than your previous working sets. **As Many Quality Reps As Possible.			