

**WEEK 1**

# **POWERBUILDING**

## **2.0**

| WEEK 1            | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | %1RM       | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|--------------------------------------|--------------|--------------|-------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>1 | BACK SQUAT                           | 4            | 1            | 2     | 82.5-87.5% | 7   | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | FRONT SQUAT [OR BOX SQUAT]           | 0            | 3            | 8     | N/A        | 7   | 3-4 MIN |       |       |       |       | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
|                   | BARBELL BENCH PRESS                  | 4            | 1            | 4     | 80-85%     | 8.5 | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | BARBELL BENCH PRESS                  | 0            | 2            | 6     | 75-80%     | 7   | 1-2 MIN |       |       |       |       | SUBMAXIMAL BENCH PRESS, BE HYPERCRITICAL OF FORM                                  |
|                   | WEIGHTED PULL-UP                     | 1            | 3            | 4-6   | N/A        | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR                              |
|                   | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1            | 3            | 6-8   | N/A        | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE                    |
|                   | SEATED FACE PULL                     | 0            | 4            | 15-20 | N/A        | 9   | 1-2 MIN |       |       |       |       | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION                               |

|                   |                        |   |        |       |     |   |         |  |  |  |  |   |
|-------------------|------------------------|---|--------|-------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>2 | DEADLIFT               | 4 | 3      | 4     | 80% | 7 | 3-5 MIN |  |  |  |  | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS                              |
|                   | BARBELL OVERHEAD PRESS | 3 | 4      | 5     | 75% | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK              |
|                   | BULGARIAN SPLIT SQUAT  | 1 | 2 EACH | 8-10  | N/A | 9 | 2-3 MIN |  |  |  |  | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP  |
|                   | MEADOWS ROW            | 1 | 4      | 12-15 | N/A | 8 | 2-3 MIN |  |  |  |  | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM                                  |
|                   | BARBELL OR EZ BAR CURL | 1 | 3      | 8-10  | N/A | 8 | 1-2 MIN |  |  |  |  | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE                                       |
|                   | PEC FLYE               | 1 | 2      | 12-15 | N/A | 8 | 1-2 MIN |  |  |  |  | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 1            | EXERCISE              | WARM-UP SETS | WORKING SETS | REPS       | %1RM       | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|-----------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | BACK SQUAT            | 4            | 1            | 6          | 75-80%     | 7   | 3-4 MIN |       |       |       |       | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR                    |
|                   | PIN SQUAT             | 0            | 2            | 4          | 70%        | 8   | 3-4 MIN |       |       |       |       | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO |
|                   | BARBELL BENCH PRESS   | 4            | 1            | 1          | 87.5-92.5% | 8   | 3-4 MIN |       |       |       |       | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS                        |
|                   | BARBELL BENCH PRESS   | 0            | 1            | 5          | 80%        | 8   | 3-4 MIN |       |       |       |       | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST                    |
|                   | BARBELL BENCH PRESS   | 0            | 1            | 10         | 65%        | 8   | 3-4 MIN |       |       |       |       | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"               |
|                   | CHIN-UP               | 1            | 3            | "AMRAP"    | N/A        | 8   | 3-4 MIN |       |       |       |       | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8                                  |
|                   | SINGLE-LEG HIP THRUST | 0            | 2            | 10-12 EACH | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT       |
|                   | CABLE REVERSE FLYE    | 0            | 4            | 12-15      | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!                |
|                   | STANDING CALF RAISE   | 0            | 3            | 8-10       | N/A        | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP         |

|                   |                                 |   |   |       |     |   |         |  |  |  |  |   |
|-------------------|---------------------------------|---|---|-------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>4 | 6" BLOCK PULL                   | 4 | 2 | 6     | 90% | 9 | 4-6 MIN |  |  |  |  | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.            |
|                   | PAUSE DB INCLINE PRESS          | 3 | 4 | 6-8   | N/A | 8 | 3-4 MIN |  |  |  |  | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN  |
|                   | LEG CURL (CHOICE)               | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN |  |  |  |  | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | CHEST-SUPPORTED ROW             | 1 | 4 | 10-12 | N/A | 8 | 2-3 MIN |  |  |  |  | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP  |
|                   | ROPE OVERHEAD TRICEPS EXTENSION | 1 | 4 | 12-15 | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM   |
|                   | EGYPTIAN LATERAL RAISE          | 1 | 4 | 8-10  | N/A | 8 | 1-2 MIN |  |  |  |  | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 2**

# **POWERBUILDING**

## **2.0**

| WEEK 2     | EXERCISE                            | WARM-UP SETS | WORKING SETS | REPS       | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER<br>1 | BACK SQUAT                          | 3            | 3            | 4          | 75-80% | 7   | 3-5 MIN |       |       |       |       | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE   |
|            | BARBELL RDL                         | 2            | 3            | 10         | N/A    | 6   | 2-4 MIN |       |       |       |       | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING  |
|            | UNILATERAL LEG PRESS                | 1            | 2 EACH       | 12-15      | N/A    | 8   | 1-2 MIN |       |       |       |       | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG   |
|            | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0            | 2            | 10-12      | N/A    | 10  | 2-3 MIN |       |       |       |       | 4-SECOND LOWERING PHASE  |
|            | LEG CURL (CHOICE)                   | 0            | 2            | 10/15      | N/A    | 10  | 2-3 MIN |       |       |       |       | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|            | STANDING CALF RAISE                 | 1            | 3            | 12-15      | N/A    | 8   | 2-3 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET   |
|            | A1: WEIGHTED CRUNCH                 | 0            | 3            | 10-12 EACH | N/A    | 8   | 0 MIN   |       |       |       |       | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!  |
|            | A2: LONG-LEVER PLANK (OPTIONAL)     | 0            | 3            | 30SEC      | N/A    | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT   |

|            |   |   |   |            |       |    |         |  |  |  |  |  |
|------------|---|---|---|------------|-------|----|---------|--|--|--|--|--|
| UPPER<br>1 | BARBELL BENCH PRESS                     | 3 | 2 | 8          | 72.5% | 7  | 3-4 MIN |  |  |  |  | SUBMAXIMAL SETS, FOCUS ON FORM   |
|            | WEIGHTED PULL-UP                        | 2 | 3 | 4-6        | N/A   | 9  | 2-3 MIN |  |  |  |  | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR   |
|            | MACHINE INCLINE PRESS                   | 2 | 3 | 10-12      | N/A   | 9  | 3-4 MIN |  |  |  |  | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
|            | SEATED CABLE ROW                        | 2 | 3 | 10-12      | N/A   | 9  | 2-3 MIN |  |  |  |  | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                        |
|            | EGYPTIAN LATERAL RAISE                  | 0 | 3 | 8-10(+4+4) | N/A   | 10 | 1-2 MIN |  |  |  |  | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.       |
|            | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30      | N/A   | 10 | 1-2 MIN |  |  |  |  | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN  |
|            | HAMMER "CHEAT" CURL                     | 1 | 3 | 8-10       | N/A   | 9  | 1-2 MIN |  |  |  |  | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY     |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



**WEEK 3**

# **POWERBUILDING**

## **2.0**

| WEEK 3            | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | %1RM     | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|--------------------------------------|--------------|--------------|-------|----------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>1 | BACK SQUAT                           | 4            | 1            | 4     | 80-85%   | 7   | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | FRONT SQUAT [OR BOX SQUAT]           | 0            | 3            | 8     | N/A      | 7   | 3-4 MIN |       |       |       |       | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
|                   | BARBELL BENCH PRESS                  | 4            | 1            | 2     | 87.5-90% | 8.5 | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | BARBELL BENCH PRESS                  | 0            | 2            | 4     | 80-85%   | 7   | 1-2 MIN |       |       |       |       | SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM                                       |
|                   | WEIGHTED PULL-UP                     | 1            | 3            | 4-6   | N/A      | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR                              |
|                   | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1            | 3            | 6-8   | N/A      | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE                    |
|                   | SEATED FACE PULL                     | 0            | 4            | 15-20 | N/A      | 9   | 1-2 MIN |       |       |       |       | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION                               |

|                   |                        |   |        |       |     |   |         |  |  |  |  |   |
|-------------------|------------------------|---|--------|-------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>2 | DEADLIFT               | 4 | 3      | 5     | 80% | 7 | 3-5 MIN |  |  |  |  | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS                              |
|                   | BARBELL OVERHEAD PRESS | 3 | 4      | 6     | 75% | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK              |
|                   | BULGARIAN SPLIT SQUAT  | 1 | 2 EACH | 8-10  | N/A | 9 | 2-3 MIN |  |  |  |  | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP  |
|                   | MEADOWS ROW            | 1 | 4      | 12-15 | N/A | 8 | 2-3 MIN |  |  |  |  | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM                                  |
|                   | BARBELL OR EZ BAR CURL | 1 | 3      | 8-10  | N/A | 8 | 1-2 MIN |  |  |  |  | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE                                       |
|                   | PEC FLYE               | 1 | 2      | 12-15 | N/A | 8 | 1-2 MIN |  |  |  |  | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



| WEEK 3            | EXERCISE              | WARM-UP SETS | WORKING SETS | REPS       | %1RM       | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|-----------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | BACK SQUAT            | 4            | 1            | 8          | 72.5-77.5% | 7   | 3-4 MIN |       |       |       |       | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR                    |
|                   | PIN SQUAT             | 0            | 2            | 5          | 70%        | 8   | 3-4 MIN |       |       |       |       | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO |
|                   | BARBELL BENCH PRESS   | 4            | 1            | 1          | 90-95%     | 8   | 3-4 MIN |       |       |       |       | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS                        |
|                   | BARBELL BENCH PRESS   | 0            | 1            | 5          | 82.5%      | 8   | 3-4 MIN |       |       |       |       | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST                    |
|                   | BARBELL BENCH PRESS   | 0            | 1            | 12         | 65%        | 8   | 3-4 MIN |       |       |       |       | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"               |
|                   | CHIN-UP               | 1            | 3            | "AMRAP"    | N/A        | 8   | 3-4 MIN |       |       |       |       | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8                                  |
|                   | SINGLE-LEG HIP THRUST | 0            | 2            | 10-12 EACH | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT       |
|                   | CABLE REVERSE FLYE    | 0            | 4            | 12-15      | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!                |
|                   | STANDING CALF RAISE   | 0            | 3            | 8-10       | N/A        | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP         |

|                   |                                 |   |   |       |     |   |         |  |  |  |  |   |
|-------------------|---------------------------------|---|---|-------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>4 | 4" BLOCK PULL                   | 4 | 2 | 5     | 90% | 9 | 4-6 MIN |  |  |  |  | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.            |
|                   | PAUSE DB INCLINE PRESS          | 3 | 4 | 6-8   | N/A | 8 | 3-4 MIN |  |  |  |  | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN  |
|                   | LEG CURL (CHOICE)               | 1 | 3 | 12-15 | N/A | 8 | 2-3 MIN |  |  |  |  | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | CHEST-SUPPORTED ROW             | 1 | 4 | 10-12 | N/A | 8 | 2-3 MIN |  |  |  |  | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP  |
|                   | ROPE OVERHEAD TRICEPS EXTENSION | 1 | 4 | 12-15 | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM   |
|                   | EGYPTIAN LATERAL RAISE          | 1 | 4 | 8-10  | N/A | 8 | 1-2 MIN |  |  |  |  | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 4**

# **POWERBUILDING**

## **2.0**

| WEEK 4     | EXERCISE                            | WARM-UP SETS | WORKING SETS | REPS       | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER<br>1 | BACK SQUAT                          | 3            | 4            | 4          | 75-80% | 8   | 3-5 MIN |       |       |       |       | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE   |
|            | BARBELL RDL                         | 2            | 3            | 10         | N/A    | 7   | 2-4 MIN |       |       |       |       | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING  |
|            | UNILATERAL LEG PRESS                | 1            | 2 EACH       | 12-15      | N/A    | 8   | 1-2 MIN |       |       |       |       | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG   |
|            | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0            | 2            | 10-12      | N/A    | 10  | 2-3 MIN |       |       |       |       | 4-SECOND LOWERING PHASE  |
|            | LEG CURL (CHOICE)                   | 0            | 2            | 10/15      | N/A    | 10  | 2-3 MIN |       |       |       |       | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|            | STANDING CALF RAISE                 | 1            | 3            | 12-15      | N/A    | 8   | 2-3 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET   |
|            | A1: WEIGHTED CRUNCH                 | 0            | 3            | 10-12 EACH | N/A    | 8   | 0 MIN   |       |       |       |       | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!  |
|            | A2: LONG-LEVER PLANK (OPTIONAL)     | 0            | 3            | 30SEC      | N/A    | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT   |

|            |   |   |   |            |       |    |         |  |  |  |  |  |
|------------|---|---|---|------------|-------|----|---------|--|--|--|--|--|
| UPPER<br>1 | BARBELL BENCH PRESS                     | 3 | 3 | 8          | 72.5% | 7  | 3-4 MIN |  |  |  |  | SUBMAXIMAL SETS, FOCUS ON FORM   |
|            | WEIGHTED PULL-UP                        | 2 | 3 | 4-6        | N/A   | 9  | 2-3 MIN |  |  |  |  | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR   |
|            | MACHINE INCLINE PRESS                   | 2 | 3 | 10-12      | N/A   | 9  | 3-4 MIN |  |  |  |  | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
|            | SEATED CABLE ROW                        | 2 | 3 | 10-12      | N/A   | 9  | 2-3 MIN |  |  |  |  | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                        |
|            | EGYPTIAN LATERAL RAISE                  | 0 | 3 | 8-10(+4+4) | N/A   | 10 | 1-2 MIN |  |  |  |  | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.       |
|            | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30      | N/A   | 10 | 1-2 MIN |  |  |  |  | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN  |
|            | HAMMER "CHEAT" CURL                     | 1 | 3 | 8-10       | N/A   | 9  | 1-2 MIN |  |  |  |  | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY     |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



**WEEK 5**

# **POWERBUILDING**

## **2.0**

| WEEK 5            | EXERCISE                             | WARM-UP SETS | WORKING SETS | REPS  | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|--------------------------------------|--------------|--------------|-------|--------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>1 | BACK SQUAT                           | 4            | 1            | 5     | 80-85% | 8   | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | FRONT SQUAT [OR BOX SQUAT]           | 0            | 3            | 8     | N/A    | 7   | 3-4 MIN |       |       |       |       | IF YOU LOW BAR SQUAT, DO FRONT SQUAT. IF YOU HIGH BAR SQUAT, DO BARBELL BOX SQUAT |
|                   | BARBELL BENCH PRESS                  | 4            | 1            | 5     | 80-85% | 8.5 | 3-4 MIN |       |       |       |       | TOP SET, GET COMFORTABLE WITH HEAVIER LOADS WHILE KEEPING PERFECT TECHNIQUE       |
|                   | BARBELL BENCH PRESS                  | 0            | 2            | 2     | 80-85% | 7   | 2-3 MIN |       |       |       |       | SUBMAXIMAL BENCH PRESS, BE CRITICAL OF FORM                                       |
|                   | WEIGHTED PULL-UP                     | 1            | 3            | 4-6   | N/A    | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR                              |
|                   | GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 1            | 3            | 6-8   | N/A    | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE                    |
|                   | SEATED FACE PULL                     | 0            | 4            | 15-20 | N/A    | 9   | 1-2 MIN |       |       |       |       | DON'T GO TOO HEAVY, FOCUS ON MIND-MUSCLE CONNECTION                               |

|                   |                        |   |        |       |       |   |         |  |  |  |  |   |
|-------------------|------------------------|---|--------|-------|-------|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>2 | DEADLIFT               | 4 | 2      | 5     | 82.5% | 7 | 3-5 MIN |  |  |  |  | TECHNIQUE WORK, AVOID TURNING THESE INTO TOUCH-AND-GO REPS                              |
|                   | BARBELL OVERHEAD PRESS | 3 | 4      | 7     | 75%   | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK              |
|                   | BULGARIAN SPLIT SQUAT  | 1 | 2 EACH | 8-10  | N/A   | 9 | 2-3 MIN |  |  |  |  | START WITH YOUR WEAKER LEG WORKING. SQUAT DEEP  |
|                   | MEADOWS ROW            | 1 | 4      | 12-15 | N/A   | 8 | 2-3 MIN |  |  |  |  | BRACE WITH YOUR OTHER HAND, STAY LIGHT, EMPHASIZE FORM                                  |
|                   | BARBELL OR EZ BAR CURL | 1 | 3      | 8-10  | N/A   | 8 | 1-2 MIN |  |  |  |  | USE MINIMAL MOMENTUM, CONTROL THE ECCENTRIC PHASE                                       |
|                   | PEC FLYE               | 1 | 2      | 12-15 | N/A   | 8 | 1-2 MIN |  |  |  |  | PERFORM WITH CABLES, BANDS, OR DUMBBELLS. USE FULL ROM. STRETCH YOUR PECS AT THE BOTTOM |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 5            | EXERCISE                        | WARM-UP SETS | WORKING SETS | REPS       | %1RM       | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|---------------------------------|--------------|--------------|------------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | BACK SQUAT                      | 4            | 1            | 10         | 72.5-77.5% | 7   | 3-4 MIN |       |       |       |       | SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR  |
|                   | PIN SQUAT                       | 0            | 2            | 6          | 70%        | 8   | 3-4 MIN |       |       |       |       | SET THE PINS TO AROUND PARALLEL. DEAD STOP ON THE PINS, DON'T BOUNCE AND GO   |
|                   | BARBELL BENCH PRESS             | 4            | 1            | 1          | 92.5-97.5% | 8.5 | 3-4 MIN |       |       |       |       | WORKING TOP SET, BUILD CONFIDENCE WITH HEAVIER LOADS  |
|                   | BARBELL BENCH PRESS             | 0            | 1            | 6          | 80%        | 8   | 3-4 MIN |       |       |       |       | FOCUS ON PERFECTING TECHNIQUE, SLIGHT PAUSE ON THE CHEST  |
|                   | BARBELL BENCH PRESS             | 0            | 1            | 12         | 70%        | 8   | 3-4 MIN |       |       |       |       | TRY TO STAY FLUID WITH THESE, THINK OF THEM AS "PAUSE-AND-GO"   |
|                   | CHIN-UP                         | 1            | 3            | "AMRAP"    | N/A        | 8   | 3-4 MIN |       |       |       |       | AS MANY REPS AS POSSIBLE, BUT STOP AT RPE8  |
|                   | SINGLE-LEG HIP THRUST           | 0            | 2            | 10-12 EACH | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP YOUR CHIN TUCKED DOWN AND SQUEEZE YOUR GLUTES TO MOVE THE WEIGHT   |
|                   | CABLE REVERSE FLYE              | 0            | 4            | 12-15      | N/A        | 8   | 1-2 MIN |       |       |       |       | KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE CABLE HANDLES HARD!  |
|                   | STANDING CALF RAISE             | 0            | 3            | 8-10       | N/A        | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP   |
| FULL<br>BODY<br>4 | 2" BLOCK PULL                   | 4            | 2            | 4          | 90%        | 9   | 4-6 MIN |       |       |       |       | GET VERY TIGHT PRIOR TO PULLING, USE 85% IF YOU'RE NOT EXPERIENCED WITH BLOCK PULLS. USE STANDARD DEADLIFT 1RM FOR 1RM %S.            |
|                   | PAUSE DB INCLINE PRESS          | 3            | 4            | 6-8        | N/A        | 8   | 3-4 MIN |       |       |       |       | 3-SECOND PAUSE. SINK THE DUMBBELLS AS LOW AS YOU COMFORTABLY CAN  |
|                   | LEG CURL (CHOICE)               | 1            | 3            | 12-15      | N/A        | 8   | 2-3 MIN |       |       |       |       | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | CHEST-SUPPORTED ROW             | 1            | 4            | 10-12      | N/A        | 8   | 2-3 MIN |       |       |       |       | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP  |
|                   | ROPE OVERHEAD TRICEPS EXTENSION | 1            | 4            | 12-15      | N/A        | 8   | 1-2 MIN |       |       |       |       | FOCUS ON STRETCHING THE TRICEPS AT THE BOTTOM   |
|                   | EGYPTIAN LATERAL RAISE          | 1            | 4            | 8-10       | N/A        | 8   | 1-2 MIN |       |       |       |       | LEAN AWAY FROM THE CABLE. FOCUS ON SQUEEZING YOUR DELTS.  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 6**

# **POWERBUILDING**

## **2.0**



| WEEK 6     | EXERCISE                            | WARM-UP SETS | WORKING SETS | REPS       | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|------------|-------------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|--|
| LOWER<br>1 | BACK SQUAT                          | 3            | 5            | 4          | 75-80% | 8   | 3-5 MIN |       |       |       |       | SUBMAXIMAL SETS, APPROACH THESE SETS WITH CONFIDENCE. FOCUS ON TECHNIQUE   |
|            | BARBELL RDL                         | 2            | 3            | 10         | N/A    | 8   | 2-4 MIN |       |       |       |       | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING  |
|            | UNILATERAL LEG PRESS                | 1            | 2 EACH       | 12-15      | N/A    | 8   | 1-2 MIN |       |       |       |       | HIGH AND WIDE FOOT POSITIONING, START WITH YOUR WEAKER LEG   |
|            | ECCENTRIC-ACCENTUATED LEG EXTENSION | 0            | 2            | 10-12      | N/A    | 10  | 2-3 MIN |       |       |       |       | 4-SECOND LOWERING PHASE  |
|            | LEG CURL (CHOICE)                   | 0            | 2            | 10/15      | N/A    | 10  | 2-3 MIN |       |       |       |       | DROPSET: DO 10 REPS, LOWER THE WEIGHT ~30-50%, DO ANOTHER 15 REPS. USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|            | STANDING CALF RAISE                 | 1            | 3            | 12-15      | N/A    | 8   | 2-3 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET   |
|            | A1: WEIGHTED CRUNCH                 | 0            | 3            | 10-12 EACH | N/A    | 8   | 0 MIN   |       |       |       |       | HOLD A PLATE OR DB TO YOUR CHEST AND CRUNCH HARD!  |
|            | A2: LONG-LEVER PLANK (OPTIONAL)     | 0            | 3            | 30 SEC     | N/A    | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES AND POSITION YOUR ELBOWS UNDER YOUR EYES TO MAKE THE PLANK MORE DIFFICULT   |

|            |   |   |   |             |       |    |         |  |  |  |  |  |
|------------|---|---|---|-------------|-------|----|---------|--|--|--|--|--|
| UPPER<br>1 | BARBELL BENCH PRESS                     | 3 | 4 | 8           | 72.5% | 8  | 3-4 MIN |  |  |  |  | SUBMAXIMAL SETS, FOCUS ON FORM   |
|            | WEIGHTED PULL-UP                        | 2 | 3 | 4-6         | N/A   | 9  | 2-3 MIN |  |  |  |  | 1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR   |
|            | MACHINE INCLINE PRESS                   | 2 | 3 | 10-12       | N/A   | 9  | 3-4 MIN |  |  |  |  | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
|            | SEATED CABLE ROW                        | 2 | 3 | 10-12       | N/A   | 9  | 2-3 MIN |  |  |  |  | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                        |
|            | EGYPTIAN LATERAL RAISE                  | 0 | 3 | 8-10 (+4+4) | N/A   | 10 | 1-2 MIN |  |  |  |  | DO 8-10 REPS TO FAILURE. REST 3-4 SECONDS. DO ANOTHER 4 REPS. REST 2-3 SECONDS. DO ANOTHER 4 REPS.       |
|            | CONSTANT-TENSION CABLE TRICEPS KICKBACK | 0 | 2 | 20-30       | N/A   | 10 | 1-2 MIN |  |  |  |  | MAINTAIN A CONSISTENT PACE OF 1 SECOND UP AND 1 SECOND DOWN  |
|            | HAMMER "CHEAT" CURL                     | 1 | 3 | 8-10        | N/A   | 9  | 1-2 MIN |  |  |  |  | YOU CAN USE SLIGHT MOMENTUM ON THE CONCENTRIC, BUT CONTROL THE ECCENTRIC WITH YOUR ELBOWS STATIONARY     |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 6     | EXERCISE                                 | WARM-UP SETS | WORKING SETS | REPS      | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|------------|--|--------------|--------------|-----------|--------|-----|---------|-------|-------|-------|-------|---|
| LOWER<br>2 | RESET DEADLIFT                           | 4            | 3            | 5         | 80-85% | 8   | 3-5 MIN |       |       |       |       | STAND UP BETWEEN EACH REP TO WORK ON TECHNUIE   |
|            | HACK SQUAT                               | 2            | 3            | 12        | N/A    | 8   | 3-4 MIN |       |       |       |       | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS                                    |
|            | SINGLE-LEG HIP THRUST                    | 2            | 2 EACH       | 10-12     | N/A    | 9   | 2-3 MIN |       |       |       |       | CONTRACT YOUR GLUTES HARD AT THE TOP  |
|            | A1: GLUTE-HAM RAISE [OR NORDIC HAM CURL] | 0            | 3            | 6-8       | N/A    | 9   | 0 MIN   |       |       |       |       | KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE  |
|            | A2: PRISONER BACK EXTENSION              | 0            | 3            | 15-20     | N/A    | 9   | 1-2 MIN |       |       |       |       | PLACE YOUR HANDS BEHIND YOUR HEAD AND SQUEEZE YOUR GLUTES TO STRAIGHEN YOUR HIPS                                      |
|            | UNILATERAL STANDING CALF RAISE           | 1            | 3            | 8-10      | N/A    | 8   | 1-2 MIN |       |       |       |       | START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET                             |
|            | L-SIT HOLD                               | 0            | 3            | 20-30 SEC | N/A    | 8   | 1-2 MIN |       |       |       |       | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |

|            |                                   |   |   |       |            |   |         |  |  |  |  |  |
|------------|-----------------------------------|---|---|-------|------------|---|---------|--|--|--|--|--|
| UPPER<br>2 | OMNI-GRIP LAT PULLDOWN            | 2 | 3 | 10-12 | N/A        | 8 | 2-3 MIN |  |  |  |  | 1 SET WIDE GRIP (OVERHAND), 1 SET MIDDLE GRIP (OVERHAND), 1 SET CLOSE GRIP (UNDERHAND)   |
|            | BARBELL OVERHEAD PRESS            | 3 | 4 | 4     | 77.5-82.5% | 8 | 2-3 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK   |
|            | CHEST-SUPPORTED ROW               | 2 | 2 | 10-12 | N/A        | 9 | 2-3 MIN |  |  |  |  | CAN USE MACHINE OR DUMBBELLS. FULL STRETCH AT THE BOTTOM, SQUEEZE AT THE TOP   |
|            | CLOSE-GRIP BENCH PRESS            | 2 | 3 | 12    | N/A        | 8 | 2-3 MIN |  |  |  |  | TUCK YOUR ELBOWS AGAINST YOUR SIDES MORE THAN YOU WOULD ON STANDARD GRIP BENCH PRESS   |
|            | SEATED FACE PULL                  | 0 | 2 | 15-20 | N/A        | 9 | 1-2 MIN |  |  |  |  | MIND MUSCLE CONNECTION WITH REAR DELTS ON SET 1 (SWEEP THE WEIGHT OUT). MIND MUSCLE CONNECTION WITH MID-TRAPS ON SET 2 (SQUEEZE SHOULDER BLADES HARD). |
|            | DUMBBELL LATERAL RAISE 21S        | 0 | 2 | 7/7/7 | N/A        | 9 | 1-2 MIN |  |  |  |  | FIRST 7 REPS: TOP HALF OF ROM, MIDDLE 7 REPS: FULL ROM, LAST 7 REPS: BOTTOM HALF OF ROM  |
|            | INCLINE DUMBBELL CURL             | 0 | 2 | 20-30 | N/A        | 9 | 1-2 MIN |  |  |  |  | KEEP YOUR ELBOWS LOCKED IN PLACE TO MAINTAIN A STRETCH ON THE BICEPS   |
|            | NECK FLEXION/EXTENSION (OPTIONAL) | 0 | 3 | 10/10 | N/A        | 8 | 1-2 MIN |  |  |  |  | 10 REPS FLEXION (FRONT OF NECK), 10 REPS EXTENSION (BACK OF NECK)  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

**WEEK 7**

# **POWERBUILDING**

## **2.0**

| WEEK 7            | EXERCISE                                       | WARM-UP SETS | WORKING SETS | REPS      | %1RM       | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|--|--------------|--------------|-----------|------------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>1 | BACK SQUAT                                     | 4            | 4            | 3         | 82.5-87.5% | 8   | 3-4 MIN |       |       |       |       | MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR  |
|                   | BARBELL BENCH PRESS                            | 4            | 3            | 8         | 75%        | 8   | 1-2 MIN |       |       |       |       | SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP  |
|                   | WIDE-GRIP LAT PULLDOWN                         | 1            | 4            | 6-8       | N/A        | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"   |
|                   | SLIDING LEG CURL                               | 1            | 2            | 10-12     | N/A        | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"  |
|                   | WALL SLIDE                                     | 0            | 3            | 15-20     | N/A        | 7   | 1-2 MIN |       |       |       |       | DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!  |
| FULL<br>BODY<br>2 | OPPOSITE STANCE DEADLIFT                       | 4            | 3            | 5         | 75-80%     | 8   | 3-5 MIN |       |       |       |       | IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. |
|                   | BARBELL OVERHEAD PRESS                         | 3            | 2            | 8         | N/A        | 8   | 2-4 MIN |       |       |       |       | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|                   | LEG PRESS                                      | 1            | 2            | 10-12     | N/A        | 7   | 2-3 MIN |       |       |       |       | IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT                      |
|                   | SEATED CABLE ROW                               | 1            | 3            | 10-12     | N/A        | 9   | 2-3 MIN |       |       |       |       | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                                     |
|                   | HAMMER CURL                                    | 1            | 3            | 15-20     | N/A        | 9   | 1-2 MIN |       |       |       |       | GO HEAVY, USE A TINY BIT OF MOMENTUM  |
|                   | BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK) | 1            | 2            | 20-30 SEC | N/A        | 8   | 1-2 MIN |       |       |       |       | DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 7            | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS  | %1RM  | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|-------------------------------|--------------|--------------|-------|-------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | FRONT SQUAT                   | 3            | 3            | 8     | N/A   | 7   | 3-4 MIN |       |       |       |       | TRY ADDING WEIGHT TO THE LOAD YOU USED IN WEEK 5  |
|                   | PAUSE BARBELL BENCH PRESS     | 3            | 3            | 2     | 87.5% | 8   | 3-4 MIN |       |       |       |       | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE   |
|                   | WEIGHTED NEUTRAL-GRIP PULL-UP | 3            | 4            | 4-6   | N/A   | 8   | 2-3 MIN |       |       |       |       | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE   |
|                   | LEG CURL (CHOICE)             | 1            | 3            | 12-15 | N/A   | 9   | 2-3 MIN |       |       |       |       | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | PRONE TRAP RAISE              | 1            | 3            | 12-15 | N/A   | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS                   |
|                   | HANGING LEG RAISE             | 1            | 3            | 10-12 | N/A   | 9   | 1-2 MIN |       |       |       |       | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY  |
|                   | STANDING CALF RAISE           | 0            | 3            | 8-10  | N/A   | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP   |

|                   |                       |   |   |            |     |   |         |  |  |  |  |  |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|--|
| FULL<br>BODY<br>4 | 1" BLOCK PULL         | 4 | 2 | 4          | 90% | 9 | 4-6 MIN |  |  |  |  | THESE WILL START TO FEEL VERY HEAVY. ONLY DO 1 SET IF YOU'RE FEELING VERY FATIGUED FROM IT |
|                   | DIP                   | 3 | 3 | 8-10       | N/A | 7 | 3-4 MIN |  |  |  |  | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.         |
|                   | ONE-ARM ROW           | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN |  |  |  |  | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.  |
|                   | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7      | N/A | 8 | 1-2 MIN |  |  |  |  | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM      |
|                   | DB LATERAL RAISE      | 1 | 3 | 15-20      | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR DELTS  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 8**

# **POWERBUILDING**

## **2.0**

SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND PREPARE FOR THE NEXT 4 WEEKS!

| WEEK 8     | EXERCISE                       | WARM-UP SETS | WORKING SETS | REPS       | %1RM  | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|------------|--------------------------------|--------------|--------------|------------|-------|-----|---------|-------|-------|-------|-------|--|
| LOWER<br>1 | PIN SQUAT                      | 3            | 2            | 4          | 72.5% | 8   | 3-4 MIN |       |       |       |       | SET THE PINS TO JUST ABOVE PARALLEL  |
|            | BARBELL RDL                    | 2            | 2            | 8          | N/A   | 6   | 3-4 MIN |       |       |       |       | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING  |
|            | A1: SISSY SQUAT                | 1            | 2            | 10-12      | N/A   | 8   | 0 MIN   |       |       |       |       | OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.  |
|            | A2: NORDIC HAM CURL            | 0            | 2            | 6-8        | N/A   | 8   | 2-3 MIN |       |       |       |       | KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL  |
|            | UNILATERAL STANDING CALF RAISE | 0            | 3            | 10-12 EACH | N/A   | 8   | 1-2MIN  |       |       |       |       | START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET  |
|            | HIP ABDUCTION                  | 0            | 3            | 12-15      | N/A   | 9   | 1-2 MIN |       |       |       |       | MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP   |
|            | A1: CABLE CRUNCH (ABS)         | 0            | 3            | 12-15      | N/A   | 8   | 0 MIN   |       |       |       |       | SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS   |
|            | A2: CABLE SHRUG-IN (TRAPS)     | 0            | 3            | 12-15      | N/A   | 8   | 1-2 MIN |       |       |       |       | SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/C6SYJDFUQ9I?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9I?t=357</a> |

|            |                             |   |   |           |     |   |         |  |  |  |  |  |
|------------|-----------------------------|---|---|-----------|-----|---|---------|--|--|--|--|--|
| UPPER<br>1 | LARSEN PRESS                | 3 | 3 | 10        | N/A | 7 | 3-4 MIN |  |  |  |  | SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.                |
|            | MACHINE CHEST-SUPPORTED ROW | 1 | 3 | 10-12     | N/A | 8 | 2-3 MIN |  |  |  |  | DROPSET ON THE LAST SET  |
|            | MACHINE INCLINE PRESS       | 2 | 2 | 10-12     | N/A | 8 | 3-4 MIN |  |  |  |  | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE. |
|            | SINGLE-ARM PULLDOWN         | 2 | 3 | 8-10 EACH | N/A | 8 | 1-2 MIN |  |  |  |  | START WITH YOUR WEAKER SIDE  |
|            | TRICEPS PRESSDOWN           | 1 | 3 | 12-15     | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR TRICEPS  |
|            | INVERSE ZOTTMAN CURL        | 0 | 3 | 12-15     | N/A | 8 | 1-2 MIN |  |  |  |  | HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC                                    |
|            | LATERAL RAISE (CHOICE)      | 0 | 3 | 15-20     | N/A | 9 | 1-2 MIN |  |  |  |  | CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.                |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 8     | EXERCISE                     | WARM-UP SETS | WORKING SETS | REPS       | %1RM | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|------------|------------------------------|--------------|--------------|------------|------|-----|---------|-------|-------|-------|-------|---|
| LOWER<br>2 | DEADLIFT                     | 3            | 2            | 5          | 75%  | 6   | 3-4 MIN |       |       |       |       | THESE ARE INTENTIONALLY LIGHT. LOCK IN YOUR TECHNIQUE AND MOVE THE BAR WITH MAX SPEED                                 |
|            | HACK SQUAT                   | 2            | 2            | 12         | N/A  | 8   | 2-3 MIN |       |       |       |       | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS                                    |
|            | CABLE PULL-THROUGH           | 1            | 2            | 12-15      | N/A  | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND  |
|            | LEG EXTENSION                | 0            | 2            | 15/10      | N/A  | 9   | 1-2 MIN |       |       |       |       | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.   |
|            | UNILATERAL LEG CURL (CHOICE) | 0            | 3            | 10-12 EACH | N/A  | 8   | 1-2 MIN |       |       |       |       | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS   |
|            | STANDING CALF RAISE          | 0            | 3            | 10-12      | N/A  | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET  |
|            | L-SIT HOLD                   | 0            | 2            | 20-30 SEC  | N/A  | 7   | 1-2 MIN |       |       |       |       | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |

|            |                                     |   |   |        |     |   |         |  |  |  |  |   |
|------------|-------------------------------------|---|---|--------|-----|---|---------|--|--|--|--|---|
| UPPER<br>2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5      | N/A | 8 | N/A     |  |  |  |  | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.          |
|            | ECCENTRIC-ACCENTUATED PULL-UP       | 0 | 2 | 6-8    | N/A | 8 | 2-3 MIN |  |  |  |  | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED  |
|            | BARBELL OVERHEAD PRESS              | 3 | 4 | 4      | N/A | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|            | PENDLAY ROW / BENT OVER ROW         | 0 | 3 | 5/10   | N/A | 8 | 1-2 MIN |  |  |  |  | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
|            | DEFICIT PUSH-UP                     | 2 | 1 | AMRAP  | N/A | 8 | 2-3 MIN |  |  |  |  | 4" DEFICIT. SINK YOUR CHEST DEEP. TRACK YOUR REPS FOR NEXT WEEK.  |
|            | BARBELL OR EZ BAR CURL              | 2 | 3 | 10-12  | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM   |
|            | DUMBBELL LATERAL RAISE ISO-HOLD     | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN |  |  |  |  | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED   |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



**WEEK 9**

# **POWERBUILDING**

## **2.0**

| WEEK 9            | EXERCISE               | WARM-UP SETS | WORKING SETS | REPS  | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|-------------------|------------------------|--------------|--------------|-------|--------|-----|---------|-------|-------|-------|-------|--|
| FULL<br>BODY<br>1 | BACK SQUAT             | 4            | 4            | 2     | 85-90% | 8   | 3-4 MIN |       |       |       |       | MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR                     |
|                   | BARBELL BENCH PRESS    | 4            | 3            | 6     | 77.5%  | 8   | 1-2 MIN |       |       |       |       | SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP |
|                   | WIDE-GRIP LAT PULLDOWN | 1            | 4            | 6-8   | N/A    | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"      |
|                   | SLIDING LEG CURL       | 1            | 2            | 10-12 | N/A    | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"           |
|                   | WALL SLIDE             | 0            | 3            | 15-20 | N/A    | 7   | 1-2 MIN |       |       |       |       | DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!         |

|                   |  |   |   |           |     |   |         |  |  |  |  |   |
|-------------------|--|---|---|-----------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>2 | OPPOSITE STANCE DEADLIFT                       | 4 | 2 | 2         | 75% | 8 | 3-5 MIN |  |  |  |  | IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. |
|                   | BARBELL OVERHEAD PRESS                         | 3 | 2 | 8         | N/A | 8 | 2-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|                   | LEG PRESS                                      | 1 | 2 | 10-12     | N/A | 7 | 2-3 MIN |  |  |  |  | IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT                      |
|                   | SEATED CABLE ROW                               | 1 | 3 | 10-12     | N/A | 9 | 2-3 MIN |  |  |  |  | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                                     |
|                   | HAMMER CURL                                    | 1 | 3 | 15-20     | N/A | 9 | 1-2 MIN |  |  |  |  | GO HEAVY, USE A TINY BIT OF MOMENTUM  |
|                   | BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK) | 1 | 2 | 20-30 SEC | N/A | 8 | 1-2 MIN |  |  |  |  | DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 9            | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS  | %1RM | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|-------------------------------|--------------|--------------|-------|------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | FRONT SQUAT                   | 3            | 2            | 8     | N/A  | 6   | 3-4 MIN |       |       |       |       | STAY LIGHT, KEEP YOUR TORSO UPRIGHT   |
|                   | PAUSE BARBELL BENCH PRESS     | 3            | 3            | 2     | 90%  | 9   | 3-4 MIN |       |       |       |       | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 2-3 SECOND PAUSE   |
|                   | WEIGHTED NEUTRAL-GRIP PULL-UP | 3            | 4            | 4-6   | N/A  | 8   | 2-3 MIN |       |       |       |       | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE   |
|                   | LEG CURL (CHOICE)             | 1            | 3            | 12-15 | N/A  | 9   | 2-3 MIN |       |       |       |       | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | PRONE TRAP RAISE              | 1            | 3            | 12-15 | N/A  | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS                   |
|                   | HANGING LEG RAISE             | 1            | 3            | 10-12 | N/A  | 9   | 1-2 MIN |       |       |       |       | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY  |
|                   | STANDING CALF RAISE           | 0            | 3            | 8-10  | N/A  | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP   |

|                   |                       |   |   |            |     |   |         |  |  |  |  |   |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>4 | DEADLIFT              | 4 | 1 | AMRAP      | 90% | 9 | 4-6 MIN |  |  |  |  | AIM FOR A PR FOR 3-6 REPS   |
|                   | DIP                   | 3 | 3 | 8-10       | N/A | 7 | 3-4 MIN |  |  |  |  | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.    |
|                   | ONE-ARM ROW           | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN |  |  |  |  | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.   |
|                   | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7      | N/A | 8 | 1-2 MIN |  |  |  |  | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM |
|                   | DB LATERAL RAISE      | 1 | 3 | 15-20      | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR DELTS   |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE [75](#).

**WEEK 10**

# **POWERBUILDING**

## **2.0**

| WEEK 10    | EXERCISE                       | WARM-UP SETS | WORKING SETS | REPS       | %1RM  | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|------------|--------------------------------|--------------|--------------|------------|-------|-----|---------|-------|-------|-------|-------|--|
| LOWER<br>1 | PIN SQUAT                      | 3            | 2            | 5          | 72.5% | 8   | 3-4 MIN |       |       |       |       | SET THE PINS TO JUST ABOVE PARALLEL  |
|            | BARBELL RDL                    | 2            | 3            | 10         | N/A   | 9   | 3-4 MIN |       |       |       |       | EMPHASIZE THE STRETCH IN YOUR HAMSTRINGS, PREVENT YOUR LOWER BACK FROM ROUNDING  |
|            | A1: SISSY SQUAT                | 1            | 3            | 10-12      | N/A   | 9   | 0 MIN   |       |       |       |       | OR LEG PRESS WITH LOW FOOT PLACEMENT. LET YOUR KNEES TRAVEL FORWARD. MIND MUSCLE CONNECTION WITH QUADS.  |
|            | A2: NORDIC HAM CURL            | 0            | 3            | 6-8        | N/A   | 9   | 2-3 MIN |       |       |       |       | KEEP YOUR HIPS AS STRAIGHT AS YOU CAN, CAN SUB FOR LYING LEG CURL  |
|            | UNILATERAL STANDING CALF RAISE | 0            | 3            | 10-12 EACH | N/A   | 8   | 1-2 MIN |       |       |       |       | START WITH YOUR WEAKER SIDE. THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET  |
|            | HIP ABDUCTION                  | 0            | 3            | 12-15      | N/A   | 10  | 1-2 MIN |       |       |       |       | MACHINE, BAND, OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP   |
|            | A1: CABLE CRUNCH (ABS)         | 0            | 3            | 12-15      | N/A   | 8   | 0 MIN   |       |       |       |       | SQUEEZE YOUR SIX PACK TO CRUNCH THE WEIGHT, DON'T YANK WITH YOUR HANDS   |
|            | A2: CABLE SHRUG-IN (TRAPS)     | 0            | 3            | 12-15      | N/A   | 8   | 1-2 MIN |       |       |       |       | SET UP TWO CABLE HANDLES LOW AND SHRUG UP AND IN. SQUEEZE YOUR UPPER TRAPS TO MOVE THE WEIGHT: <a href="https://youtu.be/c6sYJDFUQ9I?t=357">HTTPS://YOUTU.BE/C6SYJDFUQ9I?T=357</a> |
| UPPER<br>1 | LARSEN PRESS                   | 3            | 4            | 10         | N/A   | 7   | 3-4 MIN |       |       |       |       | SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. ZERO LEG DRIVE.  |
|            | MACHINE CHEST-SUPPORTED ROW    | 1            | 3            | 10-12      | N/A   | 9   | 2-3 MIN |       |       |       |       | DROPSET ON THE LAST SET  |
|            | MACHINE INCLINE PRESS          | 2            | 3            | 10-12      | N/A   | 9   | 3-4 MIN |       |       |       |       | SMITH MACHINE OR HAMMER STRENGTH MACHINE. USE INCLINE DB PRESS IF NO MACHINE ACCESS. ~45 DEGREE INCLINE.   |
|            | SINGLE-ARM PULLDOWN            | 2            | 3            | 8-10 EACH  | N/A   | 9   | 1-2 MIN |       |       |       |       | START WITH YOUR WEAKER SIDE  |
|            | TRICEPS PRESSDOWN              | 1            | 3            | 12-15      | N/A   | 9   | 1-2 MIN |       |       |       |       | FOCUS ON CONTRACTING YOUR TRICEPS  |
|            | INVERSE ZOTTMAN CURL           | 0            | 3            | 12-15      | N/A   | 9   | 1-2 MIN |       |       |       |       | HAMMER CURL ON CONCENTRIC, SUPINATED CURL (PALMS UP) ON THE ECCENTRIC  |
|            | LATERAL RAISE (CHOICE)         | 0            | 3            | 15-20      | N/A   | 10  | 1-2 MIN |       |       |       |       | CAN USE CABLE, DUMBBELL OR BANDS. USE WHAT YOU 'FEEL' THE MOST. STAY IN CONSTANT TENSION.  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

| WEEK 10    | EXERCISE                     | WARM-UP SETS | WORKING SETS | REPS       | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|------------|------------------------------|--------------|--------------|------------|--------|-----|---------|-------|-------|-------|-------|---|
| LOWER<br>2 | DEADLIFT                     | 3            | 2            | 6          | 75-80% | 7   | 3-4 MIN |       |       |       |       | USE THIS AS A TIME TO PERFECT YOUR FORM   |
|            | HACK SQUAT                   | 2            | 3            | 12         | N/A    | 8   | 2-3 MIN |       |       |       |       | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS                                    |
|            | CABLE PULL-THROUGH           | 1            | 3            | 12-15      | N/A    | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND  |
|            | LEG EXTENSION                | 0            | 2            | 15/10      | N/A    | 10  | 1-2 MIN |       |       |       |       | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.   |
|            | UNILATERAL LEG CURL (CHOICE) | 0            | 3            | 10-12 EACH | N/A    | 8   | 1-2 MIN |       |       |       |       | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS   |
|            | STANDING CALF RAISE          | 0            | 3            | 10-12      | N/A    | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET  |
|            | L-SIT HOLD                   | 0            | 3            | 20-30 SEC  | N/A    | 7   | 1-2 MIN |       |       |       |       | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |

|            |                                     |   |   |        |     |   |         |  |  |  |  |   |
|------------|-------------------------------------|---|---|--------|-----|---|---------|--|--|--|--|---|
| UPPER<br>2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5      | N/A | 9 | N/A     |  |  |  |  | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.          |
|            | ECCENTRIC-ACCENTUATED PULL-UP       | 0 | 2 | 6-8    | N/A | 9 | 2-3 MIN |  |  |  |  | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED  |
|            | BARBELL OVERHEAD PRESS              | 3 | 4 | 5      | N/A | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|            | PENDLAY ROW / BENT OVER ROW         | 0 | 3 | 5/10   | N/A | 9 | 1-2 MIN |  |  |  |  | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
|            | DEFICIT PUSH-UP                     | 2 | 2 | AMRAP  | N/A | 9 | 2-3 MIN |  |  |  |  | 4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.  |
|            | BARBELL OR EZ BAR CURL              | 2 | 3 | 10-12  | N/A | 9 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM   |
|            | DUMBBELL LATERAL RAISE ISO-HOLD     | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN |  |  |  |  | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED   |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

**WEEK 11**

# **POWERBUILDING**

## **2.0**

| WEEK 11           | EXERCISE               | WARM-UP SETS | WORKING SETS | REPS  | %1RM   | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
|-------------------|------------------------|--------------|--------------|-------|--------|-----|---------|-------|-------|-------|-------|--|
| FULL<br>BODY<br>1 | BACK SQUAT             | 4            | 3            | 1     | 90-95% | 8.5 | 3-4 MIN |       |       |       |       | MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR                     |
|                   | BARBELL BENCH PRESS    | 4            | 3            | 6     | 80%    | 9   | 1-2 MIN |       |       |       |       | SET UP A COMFORTABLE ARCH, QUICK PAUSE ON THE CHEST AND EXPLODE UP ON EACH REP |
|                   | WIDE-GRIP LAT PULLDOWN | 1            | 4            | 6-8   | N/A    | 8   | 1-2 MIN |       |       |       |       | 1.5X SHOULDER WIDTH GRIP. THINK ABOUT PULLING YOUR ELBOWS "DOWN" AND "IN"      |
|                   | SLIDING LEG CURL       | 1            | 2            | 10-12 | N/A    | 7   | 1-2 MIN |       |       |       |       | KEEP YOUR HIPS HIGH, THINK ABOUT "PULLING YOUR HEELS INTO YOUR HIPS"           |
|                   | WALL SLIDE             | 0            | 3            | 15-20 | N/A    | 7   | 1-2 MIN |       |       |       |       | DON'T USE WEIGHT. THESE WILL HELP WITH SHOULDER STABILITY. DON'T SKIP!         |

|                   |  |   |   |           |        |   |         |  |  |  |  |   |
|-------------------|--|---|---|-----------|--------|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>2 | OPPOSITE STANCE DEADLIFT                       | 4 | 3 | 3         | 80-85% | 6 | 3-5 MIN |  |  |  |  | IF YOU NORMALLY PERFORM DEADLIFTS SUMO, PERFORM CONVENTIONAL, AND VICE VERSA. USE YOUR OPPOSITE STANCE ESTIMATED MAX. |
|                   | BARBELL OVERHEAD PRESS                         | 3 | 4 | 8         | N/A    | 8 | 2-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|                   | LEG PRESS                                      | 1 | 2 | 10-12     | N/A    | 7 | 2-3 MIN |  |  |  |  | IF YOU LOW BAR SQUAT, USE A LOW FOOT PLACEMENT. IF YOU HIGH BAR SQUAT, USE A HIGH FOOT PLACEMENT                      |
|                   | SEATED CABLE ROW                               | 1 | 3 | 10-12     | N/A    | 9 | 2-3 MIN |  |  |  |  | FOCUS ON SQUEEZING YOUR SHOULDER BLADES TOGETHER, DRIVE YOUR ELBOWS DOWN AND BACK                                     |
|                   | HAMMER CURL                                    | 1 | 3 | 15-20     | N/A    | 9 | 1-2 MIN |  |  |  |  | GO HEAVY, USE A TINY BIT OF MOMENTUM  |
|                   | BARBELL OR DUMBBELL ISOMETRIC HOLD (GRIP WORK) | 1 | 2 | 20-30 SEC | N/A    | 8 | 1-2 MIN |  |  |  |  | DO AN ISOMETRIC HOLD WITH DUMBBELLS OR A BARBELL  |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)



| WEEK 11           | EXERCISE                      | WARM-UP SETS | WORKING SETS | REPS  | %1RM  | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|-------------------|-------------------------------|--------------|--------------|-------|-------|-----|---------|-------|-------|-------|-------|---|
| FULL<br>BODY<br>3 | FRONT SQUAT                   | 3            | 2            | 8     | N/A   | 6   | 3-4 MIN |       |       |       |       | STAY LIGHT, KEEP YOUR TORSO UPRIGHT   |
|                   | PAUSE BARBELL BENCH PRESS     | 3            | 3            | 1     | 92.5% | 9   | 3-4 MIN |       |       |       |       | GET COMFORTABLE PAUSING WITH HEAVY WEIGHT, 1-2 SECOND PAUSE   |
|                   | WEIGHTED NEUTRAL-GRIP PULL-UP | 3            | 4            | 4-6   | N/A   | 8   | 2-3 MIN |       |       |       |       | PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE   |
|                   | LEG CURL (CHOICE)             | 1            | 3            | 12-15 | N/A   | 9   | 2-3 MIN |       |       |       |       | USE SEATED LEG CURL IF AVAILABLE. CAN USE LYING LEG CURL OR NORDIC HAM CURL IF NO MACHINE ACCESS. FOCUS ON THE MIND-MUSCLE CONNECTION |
|                   | PRONE TRAP RAISE              | 1            | 3            | 12-15 | N/A   | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT TUCKING YOUR SHOULDER BLADES "DOWN" AS YOU RAISE YOUR ARMS. MIND MUSCLE CONNECTION WITH MID-LOWER TRAPS                   |
|                   | HANGING LEG RAISE             | 1            | 3            | 10-12 | N/A   | 9   | 1-2 MIN |       |       |       |       | KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY  |
|                   | STANDING CALF RAISE           | 0            | 3            | 8-10  | N/A   | 9   | 1-2 MIN |       |       |       |       | 1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP   |

|                   |                       |   |   |            |     |   |         |  |  |  |  |   |
|-------------------|-----------------------|---|---|------------|-----|---|---------|--|--|--|--|---|
| FULL<br>BODY<br>4 | DEADLIFT              | 4 | 3 | 3          | 85% | 8 | 4-6 MIN |  |  |  |  | PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP          |
|                   | DIP                   | 3 | 3 | 8-10       | N/A | 7 | 3-4 MIN |  |  |  |  | ADD WEIGHT OR ASSISTANCE AS NEEDED. DO DB FLOOR PRESS IF NO ACCESS TO DIP HANDLES.    |
|                   | ONE-ARM ROW           | 1 | 3 | 10-12 EACH | N/A | 8 | 2-3 MIN |  |  |  |  | CAN USE DB OR CABLE. MINIMIZE TORSO MOMENTUM.   |
|                   | TRICEPS PRESSDOWN 2IS | 1 | 3 | 7/7/7      | N/A | 8 | 1-2 MIN |  |  |  |  | FIRST 7 REPS: FULL ROM, NEXT 7 REPS: BOTTOM HALF OF ROM, LAST 7 REPS: TOP HALF OF ROM |
|                   | DB LATERAL RAISE      | 1 | 3 | 15-20      | N/A | 8 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR DELTS   |

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

IF YOU HAVE A 5TH DAY AVAILABLE TO TRAIN AND WOULD LIKE TO PRIORITIZE ADDITIONAL ARM HYPERTROPHY, THERE IS AN OPTIONAL ARM & HYPERTROPHY DAY YOU CAN RUN ON PAGE 75.

**WEEK 12**

# **POWERBUILDING**

## **2.0**



| WEEK 12    | EXERCISE                     | WARM-UP SETS | WORKING SETS | REPS      | %1RM     | RPE | REST    | SET 1 | SET 2 | SET 3 | SET 4 | NOTES   |
|------------|------------------------------|--------------|--------------|-----------|----------|-----|---------|-------|-------|-------|-------|---|
| LOWER<br>2 | DEADLIFT                     | 3            | 2            | 6         | 75-82.5% | 7   | 3-4 MIN |       |       |       |       | PULL THE SLACK OUT OF THE BAR BEFORE LIFTING, TAKE YOUR TIME WITH THE SET UP  |
|            | HACK SQUAT                   | 2            | 3            | 12        | N/A      | 8   | 2-3 MIN |       |       |       |       | ALLOW YOUR KNEES TO COME FORWARD (PAST YOUR TOES), FOCUS THE TENSION ON YOUR QUADS                                    |
|            | CABLE PULL-THROUGH           | 1            | 3            | 12-15     | N/A      | 8   | 1-2 MIN |       |       |       |       | CONTRACT YOUR GLUTES HARD AT THE TOP, DON'T ALLOW YOUR LOWER BACK TO ROUND  |
|            | LEG EXTENSION                | 0            | 2            | 15/10     | N/A      | 10  | 1-2 MIN |       |       |       |       | DROPSET. DO 15 REPS, DROP THE WEIGHT UP TO 50%, DO ANOTHER 10 REPS.   |
|            | UNILATERAL LEG CURL (CHOICE) | 0            | 3            | 10-12EACH | N/A      | 8   | 1-2 MIN |       |       |       |       | CAN PERFORM SEATED OR LYING. FOCUS ON CONTRACTING YOUR HAMSTRINGS   |
|            | STANDING CALF RAISE          | 0            | 3            | 10-12     | N/A      | 8   | 1-2 MIN |       |       |       |       | THINK ABOUT ROLLING BACK AND FORTH ON THE BALLS OF YOUR FEET  |
|            | L-SIT HOLD                   | 0            | 3            | 20-30 SEC | N/A      | 7   | 1-2 MIN |       |       |       |       | HOLD THE TOP POSITION OF A HANGING LEG RAISE FOR THE TIME INTERVAL GIVEN. AIM TO INCREASE THE HOLD TIME WEEK TO WEEK. |

|            |                                     |   |   |        |     |   |         |  |  |  |  |   |
|------------|-------------------------------------|---|---|--------|-----|---|---------|--|--|--|--|---|
| UPPER<br>2 | WEIGHTED ECCENTRIC-OVERLOAD PULL-UP | 2 | 1 | 5      | N/A | 9 | N/A     |  |  |  |  | JUMP UP TO ASSIST WITH THE POSITIVE OR USE A PARTNER TO HELP YOU ON THE POSITIVE, THEN CONTROL THE NEGATIVE FOR 5 SECONDS.          |
|            | ECCENTRIC-ACCENTUATED PULL-UP       | 0 | 2 | 6-8    | N/A | 9 | 2-3 MIN |  |  |  |  | 3-SECOND LOWERING PHASE. USE ASSISTANCE/RESISTANCE AS NEEDED  |
|            | BARBELL OVERHEAD PRESS              | 3 | 4 | 6      | N/A | 8 | 3-4 MIN |  |  |  |  | SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK  |
|            | PENDLAY ROW / BENT OVER ROW         | 0 | 3 | 5/10   | N/A | 9 | 1-2 MIN |  |  |  |  | FIRST 5 REPS: VERY STRICT PENDLAY ROWS. FINAL 10 REPS: "CHEAT" BARBELL BENT OVER ROWS (USE CONTROLLED MOMENTUM AND PULL TO STOMACH) |
|            | DEFICIT PUSH-UP                     | 2 | 2 | AMRAP  | N/A | 9 | 2-3 MIN |  |  |  |  | 4" DEFICIT. SINK YOUR CHEST DEEP. BEAT YOUR REPS FROM LAST WEEK.  |
|            | BARBELL OR EZ BAR CURL              | 2 | 3 | 10-12  | N/A | 9 | 1-2 MIN |  |  |  |  | FOCUS ON CONTRACTING YOUR BICEPS, MINIMIZE TORSO MOMENTUM   |
|            | DUMBBELL LATERAL RAISE ISO-HOLD     | 0 | 2 | 45 SEC | N/A | 8 | 1-2 MIN |  |  |  |  | HOLD THE DUMBBELL WITH YOUR ARMS PARALLEL TO THE FLOOR FOR THE TIME SPECIFIED   |

THERE IS NO FORMAL MAX TEST AT THE END OF THIS PROGRAM. POWERBUILDING PHASE 3 WILL BEGIN WITH AN INTRO/DELOAD WEEK AND WILL END WITH A FINAL MAX TEST FOR THE BIG 3 LIFTS.

MANDATORY REST DAY

**OPTIONAL**

# **ARM & HYPERTROPHY DAY**

| ARM & HYPERTROPHY DAY: OPTIONALLY RUN THIS DAY ON THE ODD WEEKS (WEEK 1, 3, 5, 7, 9, & 11) IF YOU HAVE AN EXTRA DAY TO TRAIN. |   |              |              |       |      |     |        |       |       |       |       |  |
|---|---|--------------|--------------|-------|------|-----|--------|-------|-------|-------|-------|--|
| WEEK 12   | EXERCISE                                  | WARM-UP SETS | WORKING SETS | REPS  | %1RM | RPE | REST   | SET 1 | SET 2 | SET 3 | SET 4 | NOTES  |
| FULL BODY<br>5<br>(PUMP<br>DAY)   | A1: HAMMER CURL                           | 1            | 4            | 8-10  | N/A  | 9   | 0MIN   |       |       |       |       | DO BOTH ARMS AT ONCE. USE A SMALL AMOUNT OF MOMENTUM, CONTROL THE ECCENTRIC                              |
|   | A2: SINGLE-ARM OVERHEAD TRICEPS EXTENSION | 1            | 4            | 10-12 | N/A  | 9   | 1-2MIN |       |       |       |       | CAN USE CABLE, BAND OR DUMBBELL. FOCUS ON STRETCHING THE TRICEPS, KEEP YOUR ELBOW LOCKED IN PLACE        |
|   | B1: CABLE CURL                            | 0            | 3            | 20    | N/A  | 8   | 0MIN   |       |       |       |       | TRADITIONAL CABLE CURL USING A BAR ATTACHMENT. KEEP THE CABLE IN MOTION, NO PAUSING AT THE BOTTOM OR TOP |
|   | B2: CABLE TRICEPS KICKBACK                | 0            | 3            | 20    | N/A  | 8   | 1-2MIN |       |       |       |       | LEAN SLIGHTLY FORWARD, LOCK YOUR ELBOW BEHIND YOUR TORSO (SHOULDER HYPEREXTENSION)                       |
|   | ENHANCED-ECCENTRIC CALF RAISE             | 1            | 3            | 8EACH | N/A  | 8   | 1-2MIN |       |       |       |       | DO THE CONCENTRIC WITH BOTH LEGS, THEN DO THE ECCENTRIC UNILATERALLY WITH A 3-SECOND LOWERING PHASE      |
|   | C1: PLATE SHRUG                           | 0            | 3            | 15-20 | N/A  | 8   | 0MIN   |       |       |       |       | BRIEF PAUSE AT THE TOP AND BOTTOM OF ROM. THINK ABOUT PULLING YOUR SHOULDERS UP TO YOUR EARS!            |
|   | C2: NECK FLEXION/EXTENSION (OPTIONAL)     | 0            | 3            | 15/15 | N/A  | 8   | 1-2MIN |       |       |       |       | 15 REPS FLEXION (FRONT OF NECK), 15 REPS EXTENSION (BACK OF NECK)  |