



INTERMEDIATE-ADVANCED | 5-6X/WEEK

# POWERBUILDING SYSTEM

JEFF NIPPARD



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# ABOUT ME

Jeff is a professional drug-free bodybuilder and powerlifter. Through his science-based [\*\*Youtube channel\*\*](#) which has gathered a fan-base of over two million subscribers, Jeff shares the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and gaining strength.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 pound squat, 336 pound bench press and a 518 pound deadlift with an all time best Wilks score of 446.



With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to complement his practical experience acquired through training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block Periodization, concurrent training and nutrition and training for natural bodybuilding in academic settings including the 2019 Ultimate Evidence Based Conference (UEBC), Lehman College and the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field.

Jeff currently lives in Ontario, Canada, where he is producing YouTube videos and programs for people around the world.



# KEY TERMS

**1RM:** 1 rep max

**AMRAP:** As many reps as possible (with good form). Often performed as a test to determine max strength.

**BACK OFF SET:** A lighter set performed after a top set to help accumulate volume and/or technique practice on a lift.

**CONCENTRIC:** The contracting (“positive”) aspect of the lift.

**DOUBLE:** A two rep set.

**ECCENTRIC:** The lowering (“negative”) aspect of the lift.

**EFFORT:** How hard you are pushing the set relative to failure. Measured with RPE and/or %1RM.

**FREQUENCY:** How often you directly train a given muscle or lift every seven days.

**HYPERTROPHY:** The growth of (muscle) tissue.

**INTENSITY:** Effort and load.

**INTENSITY BRACKETS:** When using %1RM to determine load, intensity brackets give the trainee a range of weights to use. For example, 80-85% would be an intensity bracket indicating that you will pick a weight between 80% and 85% of your 1RM, depending on how strong you feel that day.

**LOAD:** The weight of the external resistance.

**PERIODIZATION:** The organization of training over time.

**POWERBUILDING:** The combination of bodybuilding and powerlifting training styles; simultaneously training for size and strength.

**POWERLIFTS:** Squat, bench press and deadlift.

**PR:** Personal record. Hitting either an amount of weight you've never hit before or a number of reps you've never hit before with good form.

**PRIMARY EXERCISE:** Main heavy compound movements that involve a large muscle mass (for example: squats, bench presses, deadlifts and overhead presses).

**PROGRESSIVE OVERLOAD:** The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually increasing weight/reps or improving technique/mind-muscle connection).

**ROM:** Range of motion.

**RPE:** Rate of perceived exertion. A measure of how difficult a set was on

a 1-10 scale, with 10 meaning muscular failure was achieved. An RPE of 9 means you could have gotten one more rep, an RPE of 8 means you could have gotten two more reps, etc.

**SECONDARY EXERCISE:** Compound exercises which involve less muscle mass (for example: cable rows, lunges, hip thrusts, pull-ups).

**SINGLE:** A one rep set.

**TEMPO:** The speed at which the lift occurs.

**TERTIARY EXERCISE:** Isolation movements involving only one joint and primarily targeting a single muscle - these are usually used to isolate a specific, smaller muscle or to generate metabolic stress (for example: hammer curls, tricep pressdowns, calf raises).

**THE BIG 3:** The powerlifts: squat, bench press and deadlift.

**TOP SET:** A single heavy and/or high-effort set performed before back off sets (always performed after a progressive warm-up).

**TRIPLE:** A three rep set.

**VOLUME:** Total amount of work performed. Usually approximated as tough working sets.



# ABOUT THIS PROGRAM

## WHO IS POWERBUILDING FOR?

Powerbuilding is a training style that combines elements of bodybuilding and powerlifting. It involves training for maximum strength on the “Big 3” lifts (squat, bench press and deadlift), while simultaneously building muscle

mass proportionally and symmetrically. Rather than trying to mostly gain size or mostly gain strength, a pure powerbuilding approach puts both of these goals on equal footing.

Getting bigger and stronger at the same time is a very admirable goal as, in my experience, most people don't want to just be muscular-looking; they want to actually be able to put that muscle to use. There is something much more impressive about a human who doesn't just look like they can lift heavy stuff, they actually can lift heavy stuff! More than that, there are several unique advantages of employing a hybrid size-and-strength approach that we will cover later in this manual.

Trainees looking to push deeper into the intermediate-advanced level of physique and strength development will benefit from this program the most. The detailed focus on maximum strength development will have long-term benefits for the bodybuilder since increasing strength on the Big 3 will increase your strength potential on many other movements, increasing the potential to overload and break through hypertrophic plateaus. Similarly, the additional focus on exercise variation and the inclusion of higher rep ranges than what you'd see in a typical powerlifting program will have long-term benefits for the powerlifter, since the resulting increase in muscular size will help you break through plateaus in strength. In other words, whether you see yourself as a bodybuilder first, a powerlifter first or some combination of the two, this program will be of benefit to you.

# WHAT THIS PROGRAM IS

As stated, there are two main goals of this program: to increase muscle hypertrophy and to increase maximum strength on fundamental lifts. Because it uses a number of advanced periodization and progression schemes, it is much more appropriate for those in the intermediate-advanced stage of training advancement. It also uses a combination of exercises and progression methods that you have likely never tried before. Such novelty will be helpful for breaking through plateaus in both size and strength - a common issue amongst intermediate and advanced level trainees.

Due to the fact that training years in the gym are not equal across individuals, it's difficult to pin down exactly what "intermediate-advanced" means, in terms of a specific training age. Some folks may have spent 10 years training in the gym, for example, but that time may only actually be "worth" one or two years if they've spent the majority of their time simply going through the motions without focus or direction. But as a general guide, if you've been training for roughly two- five years, with a generally serious approach toward your training sessions, you will benefit from this program. If you've been training without adequate structure for even a few months, it doesn't matter if you've been in the gym for most of your life, this program will get you back on the right track.

I began running this program after finishing my High Frequency Full Body

Program. It serves as a great follow-up to that routine because this program also uses a full body split every second week. However, you can still run this program without having run the high frequency program first. You just may need to give yourself time to adapt to the increase in frequency initially if you aren't used to training the same body parts more than once or twice per week. So, if it feels a bit uncomfortable at first, feel free to lighten the loads and take an extra rest day as needed, until you feel adapted to the new training style. You can also run these two programs in reverse order, starting with The Powerbuilding System (slightly more strength focus) and then transitioning to the High Frequency Program (slightly more hypertrophy focus) after.

Because this is a hybrid program, meaning we are balancing multiple goals simultaneously, recovery management is a top priority. Before I move any further with explanations about the programming, it is imperative that I emphasize the importance of always using proper technique and “listening to your body” throughout this program. I would also like for you to feel comfortable adjusting some aspects of the program to fit your individual needs and weak points. I have provided volume analytics for each bodypart, so you have a starting point from which you can adjust up or down based on your specific training history and goals. If you find that you are not recovering well in a specific body part or during a certain week of the program, you should absolutely feel free to adjust the volume down to fit your circumstance. You can also **contact** my highly knowledgeable coaching

team for advice on any specific questions you may have as you run the program.

## WHAT THIS PROGRAM ISN'T

If you've been in the gym for less than two years, I'd recommend running through my **Fundamentals Program** at least once, then running at least one of the **Upper Lower Program** and/or **High Frequency Full Body** programs before advancing to this routine. This is encouraged to ensure that you have already established an adequate strength and technique base before running this more complex program.

This program is not intended to be an all-inclusive resource for all things training related. For more background and information on my general training philosophy, I encourage you to watch my **Fundamentals Series** on YouTube and my **Powerbuilding Science Explained** video.

With that said, there is still plenty of information within these pages, including a FAQ section, a detailed description of the program's progression methods, the programming principles at play (volume, intensity, etc.), video links for technique demonstration for each exercise, a list of exercise substitutions and dozens of unique scientific references.

There are also other resources included alongside this program: an excel

spreadsheet for tracking your lifts, a Technique Handbook for helping you break through weak points and a Get Ready Manual to make sure you have everything in place before starting the program.



# FAQS

## **1. ISN'T THIS OVERTRAINING? HOW DO I KNOW IF I AM RECOVERING ENOUGH?**

Overtraining occurs when your training demands consistently exceed your body's ability to recover over time.

First of all, true overtraining is pretty rare. When it does occur, it doesn't just "happen" all of a sudden. There are all sorts of warning signs that can hint toward overtraining territory including: a clear and continued loss of progress in strength/size, disturbed sleep, persistently achy joints and muscles and an extreme lack of motivation to train. Regardless of what

training program you are running, it is important to pay attention to your own body's feedback to determine if you are recovering properly, and then to adjust accordingly.

Secondly, overtraining typically results from either too much volume and/or too much intensity. Generally speaking, most truly intermediate-advanced trainees will not experience overtraining using the weekly set volumes in this routine (generally 10-20 sets per week per body part), unless intensity is also very high. To be sure, this program emphasizes strict adherence to RPEs, where typically one - two reps are being "left in the tank" per set to avoid this concern.

Additionally, on Weeks 1, 3, 5, 7 and 9 (the "Odd Weeks"), you will be hitting full body workouts. This means you will hit some of the same muscles on consecutive training days. Some may think that this presents an overtraining concern, but for intermediate-advanced trainees, hitting the same muscle within 24 hours is perfectly viable, especially when volumes and intensities are moderated.

With all of that said, I do think there is slightly more of a concern for fatigue accumulation when combining strength and size goals in a hybrid routine; even if weekly volumes are distributed appropriately and intensity is well controlled. This is especially true if this is a new way of training for you. For this reason, in this program we will be using auto-regulation to determine

how hard you should push each set, each day. I also must emphasize the importance of doing a general warmup, a complete pyramid warmup before primary exercises and always prioritizing technique over weight lifted. How you lift is always more important than how much you lift.

## **2. “I CAN’T SQUAT” AND/OR “I CAN’T BENCH PRESS” AND/OR “I CAN’T DEADLIFT”: WHAT SHOULD I DO?**

Because one of the main objectives of this program is to increase strength on those Big 3 lifts, if you’re unable to perform any of them for whatever reason, this may not be the best program for you at this time. I suggest you should consider running one of my other programs instead.

On the other hand, if you’re able to do two of the three lifts, it may still be possible for you to tweak the program to fit your needs. For example, if you can squat and deadlift, but can’t bench press, you could replace the bench work in this program with dips, dumbbell press, smith-machine press or machine chest press and run the rest of the program as is. If you can squat and bench press but can’t deadlift, you could replace the deadlift work with hip thrusts and/or lower back extensions. If you can bench press and deadlift but can’t squat, you could replace the squat work with front squats, hack squats or leg press. Granted, this program was written with the Big 3 lifts in mind, so you may need to adjust some of the reps and loads on some weeks if you decide to make either of those substitutions. Feel free to **[contact my coaching team](#)** if you’d like some guidance on how to proceed.

Additionally, if there are any other exercises in the program that you can't perform, please see the Substitutions List for suggestions.

### **3. I DON'T KNOW MY 1 REP MAX ON THE SQUAT, BENCH PRESS AND DEADLIFT. SHOULD I TEST IT BEFORE RUNNING THE PROGRAM?**

Because loads are prescribed for these lifts based on a percentage of your 1 rep max (%1RM), it is important that you at least have an estimate of your 1 rep maxes for all three lifts before running this program. There are two ways you can estimate your 1RM:

Plug the results of a recent AMRAP test or recent tough set in the three-five rep range into a 1RM calculator; or

Do a true one rep max test.

See page **80** for a detailed explanation of which method is likely better for you.

### **4. I AM GETTING VERY SORE FROM MY WORKOUTS. SHOULD I SKIP THE GYM UNTIL I AM NOT SORE?**

You may experience increased soreness when you first begin the program because it is presenting a new stress to your body. Foam rolling can help reduce DOMS [1] and increase ROM [2]. If you are consistently getting sore week after week, then consider adding a short three - five minute foam rolling routine at the end of your workouts. Otherwise, training while sore

is not inherently problematic for muscle growth, unless it puts you at an increased risk of injury. If you're having a difficult time getting into position or completing a full range of motion for any of the planned exercises, it would be wise to skip that exercise until you feel properly recovered. You can then add the volume for that exercise later in the week, so the total weekly volume remains the same. Otherwise, in the case of mild soreness, perform a slightly longer warmup for each exercise and use your own discretion, with avoiding injury being a top priority. One extra rest day will not set you back very far, but a serious injury will.

## **5. HOW DO I KNOW IF I AM PROGRESSING?**

Because this is a hybrid routine, you should be monitoring both strength and physique progress over time.

Strength is relatively easy to track. For the primary exercises, there is a progression built into the program so that by the end of the 10 weeks, you will almost certainly have gained strength automatically. To be sure, there is an optional max test for The Big 3 in Week 10 where you will aim to hit new personal records. There are also plenty of opportunities to hit new PRs throughout the program on top sets. For the secondary and tertiary exercises, you will aim to progressively overload by either adding some weight, a rep or by improving technique and the mind-muscle connection.

It's a little trickier to tell if you're making progress from a physique standpoint,

especially the deeper you get into the intermediate and advanced stages of training. Taking physique progress photos every four - six weeks and comparing them side by side is a good way to detect visual differences that you simply wouldn't notice in the mirror. You can also use a body weight scale and waist measurements to detect gains in muscle mass versus gains in fat mass. However, because of the relationship between strength gain and muscle gain, the main metric I want you to use for tracking your progress overall is strength. If you're getting stronger, you're progressing. It is strongly recommended to log every workout either in writing (print the program out or use a separate notebook), in the excel spreadsheet included or in a separate app, so you don't have to rely on memory to keep track of PRs. Taking body measurements a few times a year can also be helpful (arms, thigh, waist, neck) but in my experience, simply focusing on steady strength progression will be your best proxy for determining muscular progress.

## **6. HOW MUCH MUSCLE CAN I EXPECT TO GAIN?**

How you respond to training will be largely determined by genetic factors and your specific training history (i.e. how close you are to your "genetic limit"). As a rough ballpark estimate for early intermediates with about one to two years of lifting experience, you can expect to gain roughly 0.5-1 pounds of muscle per month (six to twelve pounds of muscle gained in your second year). For intermediate-advanced trainees, 0.25-0.5 pounds of muscle gain per month is reasonable (three to six pounds of muscle gained per year). For practical purposes, women can divide muscle gain estimates

in half.

## **7. HOW MUCH STRENGTH CAN I EXPECT TO GAIN?**

Similar to muscle gains, the strength gains you see on this program will be individual and depend on your training history (ex. how much have you already been training The Big 3?). It will be impossible to give exact numbers for how much you can expect to add to each lift, but, aiming to see a 2.5-7.5 percent strength increase on any of The Big 3 lifts is realistic for most intermediate-advanced trainees. Those of you in the early-late intermediate stage can likely expect to see faster and greater gains; more in the five to ten percent range. If you are bordering on the advanced-elite end of the spectrum, you will need to be more conservative with expectations and be satisfied with something closer to a 2.5 percent increase in max strength, depending on just how close you are to your “genetic ceiling”.

To put these figures in context, let’s say you are an early-mid intermediate trainee and your starting 1 rep max is 225 pounds on the bench press. Assuming you follow the program appropriately, you should expect to see something in the range of 5-7.5 percent strength gain in these coming 10 weeks, meaning your bench will have increased to something around 235-245 pounds. On the other hand, if you have been training the bench press for over 5-10 years and currently have a one rep max of 350 pounds, you should realistically be satisfied with any increase in strength you see. Even hitting a 5-10 pound PR of 355-360 pounds would be impressive for a truly

late-stage advanced trainee in 10 weeks of training.

## **8. WHAT GYM TRAINING GEAR SHOULD I USE?**

Gym gear is optional, as there are no required pieces of equipment to gain muscle and increase strength. With that being said, investing in some chalk or liquid chalk, a 10mm prong or lever belt, knee sleeves, squat shoes, and straps can be beneficial in allowing you to lift more weight for certain exercises. There are more specific recommendations made in the Get Ready Manual.

You can find most of my recommended equipment at the following affiliate link: [\*\*http://Rise.ca/jeff\*\*](http://Rise.ca/jeff)

## **9. I HAVE A BELT. WHEN SHOULD I WEAR IT?**

I will most often use a lifting belt for hard working sets on the squat, bench press, deadlift and overhead press. I wouldn't recommend wearing a belt on light warmup sets.

## **10. I AM NOT GETTING SORE FROM MY WORKOUTS. IS THE PROGRAM NOT WORKING?**

Muscle soreness is largely attributed to eccentric contractions [3] and long muscle length contractions [4]. Delayed onset muscle soreness (DOMS) isn't required for hypertrophy to occur, but the associated muscle damage might play a role in hypertrophy [5]. With that said, the main goal of this

program is to build muscle and strength, not to get you feeling sore. In fact, reduced soreness over time indicates that your body is adapting and recovering, which is actually a good thing for continued progress.

## **11. SHOULD I EAT IN A CALORIC DEFICIT, MAINTENANCE, OR SURPLUS WHILE RUNNING THIS PROGRAM?**

I recommend finishing up any cut you are running, if possible. While you certainly can still gain strength on this program while running a fat loss phase, a caloric deficit will dampen your strength gains and prevent you from maximizing your strength and size results.

Instead, when running this program, aim to be at least at caloric maintenance or, more ideally, in a 20-25 percent caloric surplus. However, if your main goal is fat loss right now, eating in a caloric deficit will be necessary. As a beginner, you can continue to make strength and size progress while in a moderate caloric deficit and achieve body recomposition (lose fat and build muscle at the same time), if protein intake is sufficient (0.8-1g/lb bodyweight as a ballpark) [6, 7]. As an intermediate-advanced level trainee, the likelihood of achieving substantial body recomposition is smaller, but still possible. So, in all, a caloric surplus is recommended for optimal progress, but some progress can still occur at caloric maintenance and even in a caloric deficit, depending on your specific level of advancement and current training state.

## **12. THE WARMUP ISN'T ENOUGH FOR ME. CAN I ADD TO IT?**

In the program, there is a column for the suggested number of warmup sets you should do. Depending on how heavy the weight is that you're working up to, you may need slightly more or less warmup sets. For example, on Day 1 of Week 1, I suggest that you hit four warmup sets for the squat. However, if you are working up to very heavy weight, some of you may need five or six warmup sets to feel fully prepared for your top set. On the other hand, if you haven't built a great deal of strength yet, three warmup sets might be enough for you.

You can also feel free to add more warmup drills to the protocol but your warmup doesn't need to take any longer than 10-20 minutes. Still, it is important to stay injury-free, so don't rush into your workout.

## **13. WHY ISN'T THERE MUCH EXERCISE VARIATION FROM WEEK TO WEEK?**

Changing exercises from week to week is more likely to flatten out the strength progression curve. Consistency of exercises throughout the program ensures both progression, by adding volume incrementally to these specific movements, and mastery of these movements, in terms of form and technique. To avoid monotony and stagnation, there is plenty of variation in exercise selection between Odd Weeks (Week 1, 3, 5, 7 and 9) and Even Weeks (Week 2, 4, 6 and 8).

#### **14. ISN'T THIS TOO MUCH VOLUME?**

Please see “A disclaimer about volume” on page **94**.

#### **15. ISN'T THIS TOO LITTLE VOLUME?**

Please see “A disclaimer about volume” on page **94**.

#### **16. WHAT SHOULD I DO AFTER I FINISH THE PROGRAM?**

After you've finished the program, you should run the deload week (Week 11) and then either run back through the program again using your new 1RMs from Week 10 OR move onto a different program, depending on your specific goals moving forward. Feel free to **contact** my coaching team if you would like some suggestions or guidance moving forward.

#### **17. WHAT ARE THE BLANK BOXES IN THE MIDDLE OF EACH PROGRAM FOR?**

They are there for you to track your weights each week, so you can focus on strength progression. You can either print out the program itself and track using a paper and pen, or simply use the excel spreadsheet included. Keeping up with this habit of tracking is going to be an extremely important part of your success on this program.

#### **18. I CAN'T DO “X EXERCISE”. WHAT SHOULD I REPLACE IT WITH?**

Please see “Exercise Substitutions” on page **102**.

## **19. FIVE TO SIX DAYS PER WEEK IS TOO MUCH FOR ME. WHAT SHOULD I DO?**

If you only have four days per week to train, you should run the four day version of the **Powerbuilding System** instead.

## **20. SHOULD I ADD CARDIO TO THIS PROGRAM?**

I would be extra conservative with cardio on this program. While doing some low intensity cardio will not derail your recovery or progress, it will impose an additional recovery demand and if excessive, may interfere with your recovery from weight training [8, 9].

The main point of cardio is to create or increase a caloric deficit for fat loss. If you are in a fat loss phase, I would recommend prioritizing the deficit from your diet, rather than relying heavily on cardio. As a general rule, I recommend keeping cardio to an effective minimum on this program. If you must do cardio to achieve your fat loss goals, try to keep it to a maximum of one to four low intensity sessions per week around 20-30 minutes in duration. High intensity cardio should be used very sparingly; once or twice per week, if at all.

## **21. THE LOADS DON'T FEEL HEAVY ENOUGH TO ME ON THE TOP SETS. SHOULD I GO HEAVIER THAN THE TOP END OF THE INTENSITY BRACKET?**

First of all, top sets are not meant to feel excruciatingly heavy, especially at

the beginning of the program. If you're used to training to failure frequently, even RPE 8-9 sets may feel a bit light to you. In this case, remember that just because something "feels harder" doesn't mean it's providing a better stimulus for strength or size. Secondly, you may be underestimating your 1RM inputs. Try adding ~10-15 lbs to your input 1RM for the lift and see if that puts the top set in the appropriate RPE zone. Keep in mind, while there are individual differences in relative strength when it comes to rep maxes, the intensity brackets included in this program should be plenty challenging for just about every truly intermediate-advanced trainee and have been peer-reviewed by elite level coaches.

## **22. THE LOADS FEEL TOO HEAVY ON TOP SETS. IS IT OKAY TO GO LIGHTER?**

Top sets are meant to get you in the RPE 8-9 zone and have you close to PR lifts for the rep count given. If the weight given feels really heavy on any given day for whatever reason, you should absolutely pick a weight that puts you in the right RPE zone. I discuss this at more length in the Program Explained section on auto-regulation.

## **23. THE LOADS FEEL TOO LIGHT ON SOME OF THE BACK-OFF SETS AND TECHNIQUE WORK. SHOULD I GO HEAVIER?**

No. Keep in mind that both load and effort generally increases as the program progresses so if it feels easier at the beginning, that is fine. Use

these sets for their intended purpose: to really refine your lifting technique and accumulate volume. Unless you have underestimated your input 1RMs (see question 21) you should go with the loads given. This is a relatively high frequency program and combines many different training modalities so it is very important that recovery not be spread too thin. Save that extra energy for the top sets!

#### **24. I UNDERSTAND RPE, BUT WHAT DOES RPE 8.5 MEAN EXACTLY?**

RPE 8.5 is exactly what it sounds like: something between an RPE 8 and RPE 9. It doesn't mean you could've gotten exactly one and a half more reps; it just means that the set was a bit tougher than a typical RPE 8 set, but not quite a true RPE 9 set. Many of the top sets in this program are listed as an RPE 8.5 to ensure that the set is in fact "tough" but the exertion isn't so high that technique is significantly compromised.

#### **25. WHAT DOES "A1, A2" OR "B1, B2" MEAN IN THE PROGRAM?**

This indicates that these exercises are to be done as a circuit. You can go back and forth between the exercises to cut down on total workout time using the shorter rest periods indicated in the program.

Please direct all other questions to **[my coaching team](#)** through the contact form on my website. Please avoid directing questions about this program to

my social media, as it is not a reliable means of making contact with me or getting the correct information.



# WARMUP

Warmups serve an important purpose for any training program, but are particularly crucial on this program because of the use of heavy loads on compound exercises. Before we look at exactly how you should warm up, it's important to consider what warming up serves to accomplish.

The main purpose of warming up is to increase core body temperature, which improves performance and reduces risk of injury [10, 11]. Your circadian rhythm (variations throughout the day) will largely determine your core body temperature. When you wake up, your core temperature is at its lowest and it increases throughout the day. In terms of safety and

performance, there seems to be a “sweet spot” for core body temperature, so try not to train too hot or too cold. Before jumping into any heavy lifting, breaking a light sweat through some form of cardio activity is a great idea. If you train early in the morning, doing at least five to ten minutes of low-moderate intensity cardio is especially prudent [12].

Warmups may also serve as a way to increase muscle activation. Dynamic warmup drills (active stretches that take joints through a range of motion) can improve performance and force output [13]. Don’t simply “go through the motions.” The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) [2] and brief foam rolling with a specific focus on “tight areas” before a session can both improve range of motion [14] and possibly prevent injury [15]. Light foam rolling for two to three minutes prior to lifting is recommended.

# THE GENERAL WARMUP

EXERCISE	SETS	REPS/TIME	NOTES
Low Intensity Cardio	N/a	5-10min	Pick any machine which elevates your heart rate to 100-135bpm
Foam Rolling/Lacrosse Ball	N/a	2-3min	Foam roll large muscle groups: quads, lats, calves. Optionally use a lacrosse ball for smaller muscle groups: pecs, delts, hamstrings
Front/Back Leg Swing	2	12	12 Each leg
Side/Side Leg Swing	2	12	12 Each leg
Standing Glute Squeeze	2	15 Sec	Squeeze your glutes as hard as possible
Prone Trap Raise	2	15	Mind muscle connection with mid back
Cable External Rotation	2	15	15 Each side
Cable Internal Rotation	2	15	15 Each side
Overhead Shrug	2	15	Light squeeze on traps at the top of each rep

## THE SPECIFIC PYRAMID WARMUP

Before the first exercise for each bodypart, perform a basic loading pyramid:

Pyramid up in weight with three or four light sets, getting progressively heavier.

Such a warmup is only required for Primary Exercises.

For example, if you were working up to four sets of 350 pounds for five reps on the squat, you could warm up as follows:

Bar (45 lbs) x 15 reps

135 lbs x 5 reps

225 lbs x 4 reps

275 lbs x 3 reps

315 lbs x 2 reps

Then begin working sets with 350 lbs for 5 reps

On a %1RM basis, warm up pyramids can be structured like this:

Bar (45 lbs) x 15 reps

40% lbs x 5 reps

50% lbs x 4 reps

60% lbs x 3 reps

70-75% lbs x 2 reps

Begin working sets

**Remember that such an extensive warmup is only required for Primary Exercises.**

**WEEK 1**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	5	75-80%	7.5	3-4 MIN					FOCUS ON TECHNIQUE AND EXPLOSIVE POWER!
	BACK SQUAT	0	2	8	70%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	3	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	4	80%	N/A	3-5 MIN					CONVENTIONAL OR SUMO: USE WHATEVER STANCE YOU ARE STRONGER WITH
	BARBELL BENCH PRESS	4	1	3	82.5-87.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. HARD SET.
	BARBELL BENCH PRESS	0	2	10	67.5%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8-10	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	4	80%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	8	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	3	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	75%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	5	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN						AVOID YANKING THE PLATE WITH YOUR HANDS

**SUGGESTED REST DAY**

**WEEK 2**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	3	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	8	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	4	1	2	85-90%	8	4-5 MIN					TOP SET. LEAVE ~2 REPS IN THE TANK. HARD SET.
	BARBELL BENCH PRESS	0	3	6	77.5%	N/A	2-3 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	1-2 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	9	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	BACK SQUAT	4	3	6	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	9	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS	3	3	4	80%	N/A	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	SINGLE-ARM LAT PULldOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULldOWN, DRIVE ELBOWS DOWN AND IN
	CLOSE-GRIP BENCH PRESS	2	2	12	N/A	7	2-3 MIN					SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN CLOSER TO YOUR TORSO
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	9	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	9	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	1	2	15-20	N/A	9	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	8	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #3	5" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 5" BLOCK (CAN STACK 45LB + 10LB BUMPER PLATES AS BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	2-3 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

SUGGESTED REST DAY

**WEEK 3**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	8	72.5-77.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. PUSH IT!
	BACK SQUAT	0	2	6	75%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	72.5%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	4	2	85%	N/A	3-5 MIN					CONVENTIONAL OR SUMO: USE WHATEVER STANCE YOU ARE STRONGER WITH
	BARBELL BENCH PRESS	3	1	6	75-80%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. PUSH IT!
	BARBELL BENCH PRESS	0	2	8	72.5%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	2	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	4	4	80%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	8	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 4: DEADLIFT, BENCH PRESS</b>	PAUSE DEADLIFT	4	4	2	77.5%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	4	5	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	2	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 5: ARM &amp; PUMP DAY</b>	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN						AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

**WEEK 4**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	1	2	87.5-92.5%	9	4-5 MIN					TOP SET! AIM FOR NEAR PR. KEEP FORM TIGHT.
	DEADLIFT	0	3	3	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	8	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	3	6	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	9	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	BACK SQUAT	4	3	6	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	9	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS / PUSH PRESS	3	3	3/3	80%	N/A	3-4 MIN					FIRST 3 REPS STRICT MILITARY PRESS (NO LEG DRIVE), LAST 3 REPS PUSH PRESS (USE LEG DRIVE)
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	BARBELL FLOOR PRESS	2	2	12	N/A	7	1-2 MIN					CONTROL THE ECCENTRIC (DON'T LET YOUR ELBOWS SLAM INTO THE GROUND), BE EXPLOSIVE ON THE WAY UP
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	9	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	9	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. BENT OVER REVERSE DUMBBELL FLYE	1	2	15-20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS, SWEEP THE WEIGHT OUT
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	8	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #3	4" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 4" BLOCK (CAN USE 45LB BUMPER PLATE AS A BLOCK)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

SUGGESTED REST DAY

**WEEK 5**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	3	82.5-87.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. AIM FOR NEAR 3 REP PR.
	BACK SQUAT	0	2	4	80%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	75%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	8	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	3	85%	N/A	3-5 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	BARBELL BENCH PRESS	4	1	4	82.5-87.5%	9	4-5 MIN					TOP SET. LEAVE 1 REP IN THE TANK. AIM FOR NEAR 4 REP PR.
	BARBELL BENCH PRESS	0	2	6	80%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	6	77.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 4: DEADLIFT, BENCH PRESS</b>	PAUSE DEADLIFT	4	4	2	82.5%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	6	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	10	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 5: ARM &amp; PUMP DAY</b>	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN						AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

**WEEK 6**

# **POWERBUILDING SYSTEM**

**[SEMI-DELOAD]**

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

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	4	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	5	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	2	12-15	N/A	7	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	7	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	2	8-10	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	2	7	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	2	8-10	N/A	6	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	6	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	6	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	8	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	8	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	BACK SQUAT	4	1	1	90-95%	9	4-5 MIN					ONLY HEAVY SET THIS WEEK! PERFECT TECHNIQUE!
	LOW-BAR BACK SQUAT	0	2	7	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	LEG EXTENSION	1	3	12-15	N/A	8	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	8	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	8	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS	3	3	4	82.5%	N/A	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	7	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	10	2-3 MIN					AS MANY REPS AS POSSIBLE. USE PERFECT PUSH-UP HANDLES OR DUMBBELLS TO CREATE A DEFICIT
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	7	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	7	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	1	2	15-20	N/A	7	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	7	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #3	3" BLOCK PULL	4	2	4	N/A	6	4-5 MIN					DO BLOCK PULLS FROM A 3" BLOCK (CAN USE 25LB + 10LB BUMPER AS A BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	6	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	6	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	NEUTRAL GRIP PULL-UP	1	2	10	N/A	7	2-3 MIN					AVOID FAILURE, FOCUS ON GOOD TECHNIQUE AND MAINTAINING CONSISTENT TEMPO
	WEIGHTED DIP	2	2	10	N/A	7	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	7	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	9	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	8	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

SUGGESTED REST DAY

**WEEK 7**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT*	4	1	3	85-90%	8.5	4-5 MIN					TRY TO ADD SOME WEIGHT FROM WEEK 5 OR IMPROVE BAR SPEED AT SAME WEIGHT
	BACK SQUAT	0	2	2	85%	N/A	3-4 MIN					BE MINDFUL OF TECHNIQUE. FOCUS ON DRIVING YOUR BACK INTO THE BAR.
	OVERHEAD PRESS	2	4	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	8	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	2	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	75%	N/A	3-5 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	BARBELL BENCH PRESS*	4	1	3	85-90%	9	4-5 MIN					TOP SET. LEAVE 1 REP IN THE TANK. AIM FOR NEAR 3 REP PR.
	BARBELL BENCH PRESS	0	2	4	80%	N/A	2-3 MIN					FOCUS ON TECHNIQUE. PRESS THE BAR BACK AND UP WITH EXPLOSIVE FORCE
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	3-5	N/A	7	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	4	6	77.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 4: DEADLIFT, BENCH PRESS</b>	DEADLIFT	4	1	3	85-90%	8.5	4-5 MIN					WORK UP TO A HEAVY TRIPLE WITH A LOAD THAT HITS RPE 8-9
	PAUSE BARBELL BENCH PRESS	3	4	6	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 5: ARM &amp; PUMP DAY</b>	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN						AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

**WEEK 8**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	5	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	9	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	2	7	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	10	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	3	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	10	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	LOW-BAR BACK SQUAT	4	3	7	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	10	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	10	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	10	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS / PUSH PRESS	3	3	3/3	82.5%	N/A	3-4 MIN					FIRST 3 REPS STRICT MILITARY PRESS (NO LEG DRIVE), LAST 3 REPS PUSH PRESS (USE LEG DRIVE)
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	DUMBBELL INCLINE PRESS	2	2	12	N/A	8	2-3 MIN					45° INCLINE, KEEP SHOULDER BLADES RETRACTED AND DEPRESSED
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	3	15-20	N/A	10	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	10	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. BENT OVER REVERSE DUMBBELL FLYE	1	2	15-20	N/A	10	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS, SWEEP THE WEIGHT OUT
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	10	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #3	2" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 2" BLOCK (CAN USE 25LB BUMPER PLATE AS BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

SUGGESTED REST DAY

**WEEK 9**

# **POWERBUILDING SYSTEM**

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT*	4	1	2	87.5-92.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. AIM FOR NEAR 2 REP PR.
	SQUAT WALK-OUT (DO NOT SQUAT)	0	1	10-SEC	100%	NO REPS	4-5 MIN					DO NOT SQUAT. WALK THE WEIGHT OUT, HOLD AND WALK BACK IN. SET THE SAFETY PINS HIGH AND HAVE A SPOTTER.
	OVERHEAD PRESS	2	3	6	80%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	2	12-15	N/A	9	1-2 MN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	4	80%	N/A	3-5 MIN					SEMI-DELOAD. FOCUS ON TECHNIQUE AND BAR SPEED LEADING INTO MAX WEEK.
	BARBELL BENCH PRESS*	4	1	2	87.5-92.5%	9	4-5 MIN					TOP SET. AIM FOR A NEAR 2 REP PR
	BARBELL BENCH PRESS	0	2	2	87.5%	N/A	2-3 MIN					FOCUS ON TECHNIQUE. PRESS THE BAR BACK AND UP WITH EXPLOSIVE FORCE
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	3-5	N/A	7	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	4	82.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 4: DEADLIFT, BENCH PRESS</b>	PAUSE DEADLIFT	4	4	2	75%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	5	77.5%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
<b>FULL BODY 5: ARM &amp; PUMP DAY</b>	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	10	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN						AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

# IMPORTANT NOTES ABOUT WEEK 10

If you are not feeling well recovered after completing week 9 (achy joints, poor sleep, low energy) you should run Week 11 first and then run the Week 10 max testing. If you have accumulated sufficient fatigue from Weeks 7-9, you will likely perform better by running the deload (Week 11) first, and then running the max test week (Week 10) after.

- Always use a good spotter when attempting max effort lifts
- Always use safety bars on squat and bench press (in case you have to dump the bar)
- Do not test maxes (move to Week 11) if you are feeling joint pain
- Do not test maxes (move to Week 11) if you do not feel properly recovered
- Do not test maxes (move to Week 11) if you do not have a good spotter
- Maxes should be done at a 9.5 RPE: It is not necessary to push to the point where you actually fail. I recommend stopping at the point where you don't think you could get another rep with good form.

## WHAT WEEK TO RUN?

- Run Week 10A if you have mostly bodybuilding and strength goals
- Run Week 10B only if you have competitive powerlifting goals

**WEEK 10: OPTION A**

# **POWERBUILDING SYSTEM**

**[MAX TESTING]**

MAX TESTING OPTION A: IMPORTANT! CHOOSE EITHER WEEK 10A OR WEEK 10B. DO NOT RUN BOTH WEEKS. SEE PAGE 88 FOR SUGGESTIONS ON WHICH WEEK TO RUN.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST	BACK SQUAT	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	SINGLE-ARM LAT PULLDOWN	1	2	12	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	INCLINE DUMBBELL CURL	0	4	12	N/A	8	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST	BARBELL BENCH PRESS	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	LEG CURL	1	3	8-10	N/A	8	2-3 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	TRICEPS PRESSDOWN	1	3	12	N/A	8	1-2 MIN					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST	DEADLIFT	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	OVERHEAD PRESS	2	3	10	N/A	6	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	LEG EXTENSION	1	3	12	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	BICYCLE CRUNCH	0	4	15	N/A	8	1-2 MIN					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!

**WEEK 10: OPTION B**

# **POWERBUILDING SYSTEM**

**[MAX TESTING]**

MAX TESTING OPTION B: IMPORTANT! FOR COMPETITIVE POWERLIFTERS ONLY. CHOOSE EITHER WEEK 10A OR 10B. DO NOT RUN BOTH WEEKS. SEE PAGE 88 FOR INSTRUCTIONS ON WHICH WEEK TO RUN.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST	BACK SQUAT	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5 RPE. USE A SPOTTER AND GOOD FORM!
	SINGLE-ARM LAT PULLDOWN	1	2	12	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	INCLINE DUMBBELL CURL	0	4	12	N/A	8	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST	BARBELL BENCH PRESS	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5 RPE. USE A SPOTTER AND GOOD FORM!
	LEG CURL	1	3	8-10	N/A	8	2-3 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	TRICEPS PRESSDOWN	1	3	12	N/A	8	1-2 MIN					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST	DEADLIFT	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT. 5-MIN REST BETWEEN ATTEMPTS. USE GOOD FORM!
	OVERHEAD PRESS	2	3	10	N/A	6	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	LEG EXTENSION	1	3	12	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	BICYCLE CRUNCH	0	4	15	N/A	8	1-2 MIN					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!

**WEEK 11**

# **POWERBUILDING SYSTEM**

**[DELOAD]**

FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OR ONTO A NEW PROGRAM.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	2	3	75%	N/A	3-5 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	6	N/A	5	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	LEG CURL	1	2	6-8	N/A	6	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	2	8-10	N/A	6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	HANGING LEG RAISE	0	2	10-12	N/A	6	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	3	6	72.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	ASSISTED CHIN-UP	1	2	8-10	N/A	7	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	OVERHEAD PRESS	2	2	4	75%	N/A	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	7	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	A1: FACE PULL	0	2	15-20	N/A	8	30SEC					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	A2: DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	B1: CONCENTRATION BICEP CURL	0	2	12-15	N/A	8	30SEC					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH
	B2: TRICEPS PRESSDOWN	0	2	12-15	N/A	8	30SEC					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

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

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	BACK SQUAT	4	2	6	70%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	SNATCH-GRIP ROMANIAN DEADLIFT	2	2	8	N/A	6	2-3 MIN					WIDE GRIP, MIND-MUSCLE CONNECTION WITH HAMSTRINGS
	LEG EXTENSION	1	2	12-15	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	8	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	8	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

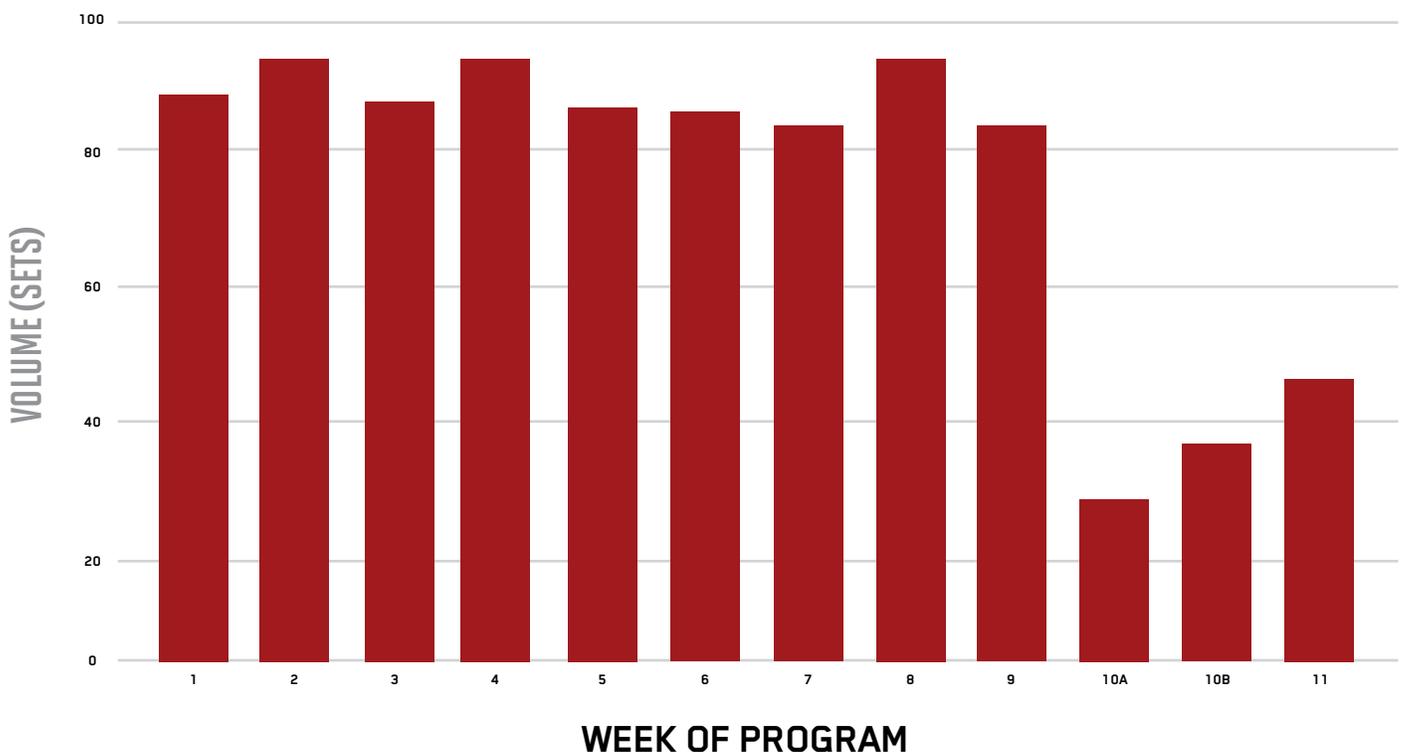
WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	CLOSE-GRIP BENCH PRESS	3	3	10	N/A	6	2-3 MIN					SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN CLOSER TO YOUR TORSO
	CHEST-SUPPORTED DUMBBELL ROW	1	2	10	N/A	6	3-4 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	WEIGHTED DIP	2	3	6	N/A	7	2-3 MIN					DO FLOOR DUMBBELL PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM LAT PULLDOWN	1	2	10	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE THROUGH ELBOWS
	A1. INCLINE SHRUG	0	2	15-20	N/A	8	30SEC					LIE AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	0	2	15-20	N/A	8	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	B1: BARBELL OR EZ BAR CURL	0	3	12-15	N/A	8	30SEC					FOCUS ON THE MIND-MUSCLE CONNECTION
	B2. SKULL CRUSHER	0	3	8-10	N/A	8	30SEC					BARBELL OR EZ BAR, DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

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

Weekly Volumes (Sets)	1	2	3	4	5	6	7	8	9	10A	10B	11
CHEST	9	13	10	12	9	11	10	12	9	1	3	9
BACK	19	15	19	17	19	14	17	17	17	2	2	10
BICEPS	12	9	11	9	11	8	11	9	11	4	4	7
TRICEPS	9	6	9	4	9	4	9	4	9	3	3	11
DELTS	12	20	13	17	12	16	14	17	12	6	8	12
UPPER TRAPS	10	7	11	8	10	7	8	7	10	1	3	4
NECK	3	3	3	3	3	3	3	3	3	0	0	3
QUADS	13	13	15	14	13	13	12	13	11	5	9	8
HAMSTRINGS	13	12	12	13	12	10	10	12	12	4	6	6
GLUTES	19	22	19	23	18	19	17	22	16	2	6	11
CALVES	6	9	6	9	6	8	6	9	6	3	3	5
ABS	6	8	6	8	6	8	6	8	6	4	4	5
<b>Total</b>	<b>131</b>	<b>137</b>	<b>134</b>	<b>137</b>	<b>128</b>	<b>121</b>	<b>123</b>	<b>133</b>	<b>122</b>	<b>35</b>	<b>51</b>	<b>91</b>

Weekly Volumes (Sets)	1	2	3	4	5	6	7	8	9	10A	10B	11
<b>Total</b>	<b>92</b>	<b>97</b>	<b>91</b>	<b>97</b>	<b>90</b>	<b>90</b>	<b>89</b>	<b>97</b>	<b>87</b>	<b>30</b>	<b>36</b>	<b>65</b>

## TOTAL WEEKLY VOLUME OF PROGRAM



# EXERCISE DEFINITIONS

<b>CHEST</b>	Barbell Bench Press, Weighted Dip, Pause Barbell Bench Press, Close-Grip Bench Press, Pec Flye, Barbell Floor Press, Deficit Push-Up, “Flat-Back” Barbell Bench Press, Dumbbell Incline Press
<b>BACK</b>	Helms Row, Face Pull, Chest-Supported T-Bar Row, Pendlay Row, Band Pull-Apart, Chest-Supported Dumbbell Row, Single-Arm Row, Bent Over Reverse Dumbbell Flye, Weighted Pull-Up, Lat-Pullover, Chin-Up, Single-Arm Lat Pulldown, Eccentric-Accentuated Pull-Up, Neutral Grip Pull-Up, Assisted Chin-Up
<b>BICEPS</b>	Hammer Curl, Incline Dumbbell Curl, Incline DB Curl (reverse 21’s), Concentration Bicep Curl, Barbell Curl, EZ Bar Curl, Chin-ups, Assisted Chin-Up
<b>TRICEPS</b>	Floor Skull Crusher, Triceps Pressdown (reverse 21’s), Barbell Skull Crusher, Triceps Pressdown, Weighted Dip, Close-Grip Bench Press
<b>DELTS</b>	Overhead Press, Barbell Bench Press, Pause Barbell Bench Press, Dumbbell Lateral Raise, Standing Arnold Dumbbell Press, Close-Grip Bench Press, Upright Row, “Flat-Back” Barbell Bench Press, Lean-Away Lateral Raise, Barbell Floor Press, Dumbbell Incline Press
<b>UPPER TRAPS</b>	Overhead Press, Barbell Bench Press, Pause Barbell Bench Press, Dumbbell Lateral Raise, Standing Arnold Dumbbell Press, Close-Grip Bench Press, Upright Row, “Flat-Back” Barbell Bench Press, Lean-Away Lateral Raise, Barbell Floor Press, Dumbbell Incline Press
<b>NECK</b>	Neck Flexion/Extension
<b>QUADS</b>	Back Squat, Sumo Box Squat, Pause High-Bar Squat, Leg Extension, Bulgarian Split Squat, Deadlifts, Pause Deadlifts, Low-Bar Back Squat
<b>HAMSTRINGS</b>	Glute Ham Raise, Deadlift, Pause Deadlift, Nordic Ham Curl, Leg Curl, Good Morning, Block Pull, Barbell 45° Hyperextension, Snatch-Grip Romanian Deadlift
<b>GLUTES</b>	Back Squat, Glute Ham Raise, Deadlift, Hip Abduction, Pause Deadlift, Sumo Box Squat, Pause High-Bar Squat, Pull-Through, Good Morning, Band Lateral Walk, Block Pull, Bulgarian Split Squat, Barbell 45° Hyperextension, Hip Thrust, Low-Bar Back Squat, Snatch-Grip Romanian Deadlift
<b>CALVES</b>	Standing Calf Raise, Seated Calf Raise
<b>ABS</b>	Hanging Leg Raise, Bicycle Crunch, V Sit-Up



# PROGRAM EXPLAINED

In this section, I will outline how the program is set up in terms of the split, autoregulation, progression and periodization.

## THE SPLIT

This program alternates between full body weeks and upper/lower weeks. We can think about the program as being separated into Odd Weeks and Even Weeks.

Odd Weeks (Week 1, 3, 5, 7 and 9) are the more “powerlifting-focused,” full body weeks:

- Generally heavier loads
- Slightly less volume
- Includes one “Arm and Pump Day”, which I will sometimes call a “Roaming Hypertrophy Day” (Day 5) where volume for body parts that were “neglected” throughout the week are caught up on. You can do this day at any time during the week as it should not impact recovery significantly.

Even Weeks (Week 2, 4, 6 and 8) are the more “bodybuilding-focused” upper/lower weeks:

- Generally lighter loads
- Generally lower RPEs throughout the week
- More emphasis on variations and technique for primary exercises
- More emphasis on mind-muscle connection for secondary and tertiary exercises
- Once per week on the even weeks, you will do a heavy top set. This is intended to maintain familiarity with what heavy weight feels like and to keep confidence high throughout the program. For example, in Week 2 you will do one heavy set of two reps on the bench press. In Week 4, you will do one heavy set of two on the deadlift, in Week 6 you do one heavy set of one on the squat. In Week 8 there is no heavy top set to promote recovery since both Week 7 and 9 already include heavy, high effort sets.

# THE AUTOREGULATION

Autoregulation is when you make some choices about your training during your workout rather than having everything locked into place before your workout. If you're new to autoregulation, it may sound like a technical concept, but it's actually very simple. If you've ever done a few extra reps because you were feeling good or took an extra minute of rest to recover after a tough set, then you've already used autoregulation in your training. It essentially just means "adjusting on the fly."

Autoregulation doesn't mean you get to completely go by feel and suddenly have an excuse to totally sandbag your workouts on bad days. Instead, it can be seen as leveraging the fact that performance will differ from day to day.

When running a fixed program, on a day that you're feeling extremely strong and performing extremely well, you might be confined to doing work that is well below your potential for that day. That's wasted potential. On an autoregulated program, however, if you're feeling particularly strong on one day, you have the freedom to go heavier than usual. And the same thing applies for days that you're not feeling as strong, you have the permission to use weights that match your abilities on that specific day.

This isn't just something I do because it seems intuitively appealing. Research

consistently shows that an autoregulated approach results in better strength gains [16-18]. Remember, autoregulation does not mean just tossing in the towel when you're having a bad day. Instead, these studies use techniques, such as tracking bar velocity loss, to allow for more informed and structured adjustments to be made. And while most of us don't have access to a bar velocity tracker, luckily there are several other methods that don't require any equipment and still offer better results than a fixed program [16, 17]. That brings us to the two main ways that autoregulation will be used in this program: RPE and Intensity Brackets.

## 1. RPE

RPE stands for Rating of Perceived Exertion and ranks how hard a set was on a scale of 1-10. This table, adapted from the [\*\*MASS Research Review\*\*](#) should help clarify what each RPE value means.

**TABLE 1: RESISTANCE TRAINING-SPECIFIC RIR-BASED RPE SCALE**

RPE SCORE	RIR/DESCRIPTION
10	Maximal Effort
9.5	No RIR, but could increase load
9	1 RIR
8.5	Defitnitely 1, maybe 2RIR
8	2 RIR
7.5	Defitnitely 2, maybe 3RIR
7	3 RIR
5-6	4-6 RIR
3-4	Light Effort
1-2	Light to no Effort

*Adapted from Zourdos et al (2016)*

*RPE= Rating of Perceived Exertion, RIR= Repetitions in Reserve*

Source: MASS Research Review, Volume 3, Issue 9

Whenever an RPE value is given in this program, you will select a weight that will put you at the appropriate RPE for the number of reps given.



WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	5	75-80%	8	3-4 MIN					TOP SET. LEAVE ABOUT 2 REPS IN THE TANK. MODERATELY TOUGH SET.
	BACK SQUAT	0	2	8	70%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	3	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

For example, let's say I was assigned to do three sets of 10 on a pendlay row to an RPE of eight. From previous training experience, I can guess that

I could probably do about 185 pounds for 12 reps, as a max effort set with good technique. So, after warming up, I would select 185 pounds to be my working weight for the first set, stopping at 10 reps (even though I could've done 12). However, if I reach 10 reps and think the actual RPE was less than eight (let's say the true RPE was six) I should adjust by increasing the weight for the next set. If I reach eight reps and think the RPE was more than eight (say, I actually hit failure or my form started to deteriorate significantly), I should adjust by decreasing the weight for the next set.

Using RPE, on days that you are performing well, you can push heavier than normal. On days that you are not feeling as strong, you can train lighter but still reach the appropriate effort threshold. Obviously, RPE is not intended to be used as an excuse to train light all the time, and it is still important to keep yourself accountable and progressing overall.

## **2. INTENSITY BRACKETS**

For Top Sets, I use intensity brackets in the program to assign load. For example on Day 1 of Week 1, we kick the program off with a Top Set for five reps on the squat, using 75-80% 1RM. So, for example, if your squat one rep max is 405 pounds, you'd load something between 75 percent and 80 percent of 405 pounds. This would give you a loading range of approximately 305-325 pounds.



WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	5	75-80%	8	3-4 MIN					TOP SET. LEAVE ABOUT 2 REPS IN THE TANK. MODERATELY TOUGH SET.
	BACK SQUAT	0	2	8	70%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	3	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

On days you are feeling good and strong, you should aim for the top end of the range. On days you are not feeling as strong, you should aim for the bottom end of the range.

This is SO IMPORTANT that it bears repeating.

When using intensity brackets, DO NOT feel as though you always need to hit the top end of the bracket in order for that workout to be considered a success. Knowing when to push and when to pull back is an extremely important skillset to develop as a mature lifter. In fact, this is the entire point of using autoregulation in the first place – you have the freedom to go a bit heavier on days when you feel strong and to go a bit lighter on days when you do not feel strong.

In my coaching experience, trainees will often feel like a failure if they don't hit the top end of the bracket. This can be a dangerous trap. Pushing yourself to the top end of the limit on days that you're feeling weak can result in form breakdown, excessive fatigue accumulation and poor lifting psychology. I

use the mid or low end of the intensity bracket in training any time the warmups feel heavy and my performance is low.

As a general rule, if you have some outside stressor in your personal life, didn't sleep well the night before, or even didn't time your pre-workout optimally due to legitimate time constraints, you have every reason to opt for the low end of the bracket. In fact, opting for the low end of the bracket on a day you are feeling weaker will actually induce a more effective training stimulus than if you were to push beyond your limits for that day, as that would present yet another high-stress demand for your body to overcome.

Of course, it's still a good idea to have an idea in your head of what weights you're planning to hit for each lift, but most of the time I won't know whether I'm going to use the low, mid or high end of the bracket until I get into my warmup sets. Also, you can't always go by how you're feeling going into the workout. Some days that I feel really good going into the workout, the warmup sets end up feeling really heavy, so I opt for the low end of the bracket. And other days I feel really bad going into the workout, but the warmup sets actually end up feeling really easy, so I opt for the high end of the bracket.

Remember, for autoregulation to be effective, you need to actually autoregulate. This means you need to pay attention to how you're feeling that day, notice how the warmups move and then make an educated decision

about what weight you should load for your top set. And again, there is no shame in using a lighter load on days where your performance is clearly not at 100 percent. As long as you're honest with yourself, a day will come when you feel at 100 percent again very soon, and because you had the wherewithal to hold back when appropriate, you will be recovered and ready for when the timing feels right for a push.

## **THE PROGRESSION**

### **PRIMARY EXERCISES:**

As mentioned previously, all primary exercises use either a fixed percentage of your one rep max (%1RM) or intensity brackets using a range of %1RM.

If you are given a fixed %1RM, you simply have to execute the sets and reps at that weight, and the progression will take care of itself.

If you are given a range of %1RM (intensity brackets), you should use the autoregulation method explained above to help you determine the weight you will use for that day.

### **HOW TO DETERMINE YOUR ONE REP MAX**

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your one rep max is for that exercise. But not everyone will know what their 1RM is at any given time. If you don't know your one rep max currently for any of the lifts, there are three different ways you can estimate it. Remember, you don't need to know exactly what your true one rep max is to find the right loads. You just need to be in the right ballpark. Let's use the squat as an example to illustrate for anyone who can't already currently estimate their 1RM.

Always use a spotter's assistance and safety pins when testing 1 rep maxes!

**OPTION 1 -** Do an AMRAP test as follows:

- Warm up by pyramiding up in weight using estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1.
- Do a set of as many reps as possible with 90-92.5 percent of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about three to five reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your new working 1RM:

- <http://www.exrx.net/Calculators/OneRepMax.html>

**OPTION 2** - Plug the results of a recent “tough set” taken close to failure in the six or lower rep range into this calculator, which will estimate your 1RM:

<http://www.exrx.net/Calculators/OneRepMax.html>

**OPTION 3** - Do an actual 1 rep max test:

This approach is more suitable for experienced powerlifters accustomed to hitting heavy singles. For everyone else, this is generally not my preferred option because if you aren't accustomed to maxing out with heavy loads, it can result in form breakdown and potentially carry a higher risk of injury. If you are going to use this approach, think of it more like an “RPE 9.5 max” rather than a true RPE 10 max that you risk failing. Remember, we're only trying to get an estimate of what you could do to help determine the loads you should use. It isn't important for us to know exactly where your strength ceiling actually is in order to apply a progressive stimulus in the program. If you decide to go this route, perform the max test as follows:

- Warm up by pyramiding up in weight using currently estimated 1RM:
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1, 95% x 1
- Pick a weight between 100 percent and 107.5 percent of your currently estimated 1RM and complete it for one rep
- Stop once you feel like you're in the RPE 9-10 zone. You've found your estimated 1RM.

*Note: Options 1 and 2 are preferred for those with primarily bodybuilding goals. Because powerlifters are generally more accustomed to doing heavy singles, Option 3 may be simpler for those with primarily powerlifting goals.*

*Note: If you do any AMRAP tests or max tests before beginning the program, do them on their own day for each lift and then rest at least two days before beginning Week 1, Day 1.*

## **SECONDARY/TERTIARY EXERCISES:**

For secondary and tertiary exercises, there is typically a rep range given (for example, “10-12 reps” or “12-15 reps”). Ideally, you would progress by adding reps with the same weight until you reach the top end of the rep range. Once you reach the top end of the range, you would add some minimum amount of weight and start back at the bottom of the range again. On some exercises, it will be impossible to add reps and/or weight every week because it will be impossible to maintain good form by the end of the program. Therefore, the main goal of every secondary and tertiary exercise is simply to make an effort to do something better from week to week. This can be any of the following:

- Increasing either rep(s) or weight;
- Improving technique (such as by controlling the tempo better than last time); or

- Improving the mind-muscle connection (such as by “squeezing” the target muscle harder than last time)

## THE PERIODIZATION

A technical definition of periodization is “a method for employing sequential or phasic alterations in the workload, training focus, and training tasks contained within the microcycle, mesocycle, and annual training plan. The approach depends on the goals established for the specified training period. A periodized training plan that is properly designed provides a framework for appropriately sequencing training so that training tasks, content, and workloads are varied at a multitude of levels in a logical, phasic pattern in order to ensure the development of specific physiological and performance outcomes at predetermined time points.” [19].

Yeah, it’s a mouthful. For this reason, most evidence-based coaches prefer to think of periodization simply in terms of how a program is organized over time. In general, we can organize training into three main categories based on time frame: the macrocycle (usually a full calendar year or competition season), the mesocycle (usually a single training program) and the microcycle (usually one week of training).

### A. THE MACROCYCLE:

The macrocycle takes a big picture look at how a given training program fits into a yearly training plan. This program serves the purpose of giving roughly equal attention to gaining strength and building size. For someone who personally places bodybuilding above powerlifting, this program can fit into the yearly training plan something like this:

<b>Quarter 1</b>	<b>Quarter 2</b>	<b>Quarter 3</b>	<b>Quarter 4</b>
<ul style="list-style-type: none"> <li>• Approach: Powerbuilding</li> <li>• Main goal: Equal focus on size and strength</li> </ul>	<ul style="list-style-type: none"> <li>• Approach: Bodybuilding</li> <li>• Main goal: Gain size (put strength work at maintenance)</li> </ul>	<ul style="list-style-type: none"> <li>• Approach: Powerlifting</li> <li>• Main goal: Gain strength (put hypertrophy work at maintenance)</li> </ul>	<ul style="list-style-type: none"> <li>• Approach: Bodybuilding</li> <li>• Main goal: Gain size (put strength work at maintenance)</li> </ul>

*A full calendar year of training can be split up into distinct phases, each with a specific primary goal. This is how powerbuilding and strength phases can be organized for a trainee mostly concerned with gaining muscle.*

For someone who places powerlifting above bodybuilding, this program can fit into the yearly training plan something like this:

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<ul style="list-style-type: none"> <li>• Approach: Powerbuilding</li> <li>• Main goal: Equal focus on size and strength (slightly more strength emphasis)</li> </ul>	<ul style="list-style-type: none"> <li>• Approach: Powerlifting (peaking)</li> <li>• Main goal: Develop max strength leading into competition</li> </ul>	Competition <ul style="list-style-type: none"> <li>• Approach: Hypertrophy</li> <li>• Main goal: Gain muscle to help break strength plateaus</li> </ul>	<ul style="list-style-type: none"> <li>• Approach: Powerbuilding</li> <li>• Main goal: Equal focus on size and strength (slightly more size emphasis)</li> </ul>

*How powerbuilding phases can fit into a yearly training plan for a powerlifter.*

Of course, these are just examples. There are virtually an infinite number of ways you could plan out your goals across a full year of training according to your own goals, weak points and preferences. The point here is that, from a periodization standpoint, a powerbuilding program fits nicely into a macrocycle for both someone primarily concerned with building size and for someone primarily concerned with gaining strength.

## **B. THE MESOCYCLE:**

The mesocycle typically refers to how training is organized over a period of a few months. Some coaches prefer to use shorter mesocycle lengths of three

or four weeks, while others write programs over longer time frames in the one to three month range. Since this program is 11 weeks in length (including the max test week and deload), we can consider the entire program itself as one mesocycle.

The mesocycle is organized such that the training focus alternates from week to week. As explained previously, odd weeks are heavier and more strength focused, and even weeks are lighter and more hypertrophy focused.

Overall, the volume slightly decreases as load and intensity increase across the odd weeks. Here, to ensure adequate recovery, the goal is to gradually handle heavier weights as volume tapers slightly.

The even weeks utilize a more basic progressive overload approach, where volume remains roughly constant throughout the program, with the main goal being to overload week to week using the methods discussed in the Progression section.

Throughout the program there are principles borrowed from a variety of different periodization strategies including daily undulating periodization (different reps and loads are used for the same lift within the training week), weekly undulating periodization (rep counts progress non-linearly from week to week) and conjugate periodization (exercise variations are switched regularly).

## **Deloads (Week 6 and 11)**

There is a semi-deload week in Week 6, where volume and RPEs are lowered slightly. Rather than think of this week as a complete deload, I prefer to think of it as a “technique week” where you focus on improving form on the main lifts and improving the mind-muscle connection on the accessories. Also, in Week 6 there is one heavy single for squats programmed at 90-95 percent of 1RM. This will be a tough rep, but shouldn't actually have a profound impact on fatigue accumulation because the volume is so low. It is important to strictly follow RPEs in Week 6 to promote recovery in preparation for the challenging remainder of the program.

Week 11 is a full and complete deload week, where both volume and intensity are reduced. This is an important week to help promote recovery of soft tissues and joints, even if you aren't feeling particularly banged up after Week 10. Again, rather than using it as an excuse to be lazy or merely “go through the motions”, Week 11 can also be seen as a time to really zero in on your technique and experiment with slightly different body positionings now that the weight is lighter (ex. try a slightly wider stance or grip).

## **Max Testing (Week 10A or 10B)**

In Week 10, you have the option of testing your maxes to see what kind of

progress you made over the last 10 weeks. If you have no goals of competing in powerlifting, I recommend running Week 10A since you will be using an AMRAP test to determine strength at a slightly higher rep count, making it more specific to training for hypertrophy. Additionally, it just isn't really necessary for bodybuilders to do one rep maxes unless they plan to use that skill in a powerlifting competition. The AMRAP test in Week 10A will provide useful information for future training phases, without needing to risk form breakdown on a heavy single.

On the other hand, I recommend that those more interested in powerlifting or who have goals of competing in powerlifting, run Week 10B since it is more specific to the sport. In a powerlifting competition, you will attempt heavy singles and therefore it is important to practice that skill periodically in training.

## **C. THE MICROCYLE**

The microcycle typically refers to a single week of training. In this program, there are two separate microcycles that alternate throughout the 11 week mesocycle. As mentioned before, odd weeks use a full body setup and focus more on strength, while even weeks use an upper/lower setup and focus more on hypertrophy. Let's take a quick look at both:

## **Odd Weeks (Full Body)**

In the odd weeks, the squat, bench press and deadlift are each hit twice per week. The heavier and harder sets usually come earlier in the week, with technique and volume work coming later in the week. At the end of the week is a “Arm & Pump Day,” which is intended to fill in any gaps throughout the week. Because this day will have a small impact on recovery, it can be done on any day you have free throughout the week, according to what best fits your schedule. If you have no preference, simply hit it the day after Day 4.

## **Even Weeks (Upper/Lower)**

In the even weeks, the Big 3 are hit through the use of variations on the main movement pattern. For example, on even weeks throughout the program, you will train the sumo stance box squat, paused high-bar squat, Bulgarian split squat, barbell floor press, “flat back” bench press, block pulls and paused deadlifts. Despite all the variation, some version of the Big 3 is still being hit at least two times per week. Most of the even weeks’ work is dedicated to proportional muscular development through the use of a variety of exercises and rep ranges.

# PROGRAM VARIABLES

## TECHNIQUE

From a strength perspective, I consider technique to be the most fundamental variable on this program and is covered in detail in the Powerbuilding Technique Handbook included with this program. Make sure to give it a thorough read, as in terms of both size and strength, it will be critical for determining your success on this program. For now, let's move on to the other training variables.

## EFFORT/INTENSITY

How hard should you push each set?

As mentioned, this program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort. How hard you should be pushing yourself mainly depends on the exercise you're performing.

- **Primary Exercises:** Primary exercises will see a wide range of RPEs. On the strength-focused weeks (Odd Weeks), top sets are in a higher RPE zone of eight to nine. These sets SHOULD feel challenging and should regularly have you either hitting or approaching rep PRs. Later in the week, the percentages on primary lifts decrease, as emphasis

shifts to practicing and refining technique while accumulating volume. In general, I recommend avoiding failure on primary exercises since it presents a large recovery demand without a significant additional stimulus for hypertrophy or strength. Research repeatedly tells us that it simply isn't necessary to train all the way to failure to make strength and size gains. In addition, it clearly can be counterproductive if it causes fatigue to consistently exceed your ability to recover [20-22].

- **Secondary/Tertiary Exercises:** Most sets on secondary and tertiary exercises are in the eight to nine RPE zone in this program, meaning one or two reps are being “left in the tank.” However, when a secondary or tertiary exercise is the last exercise for a given body part that day, you can take the last set to failure with good technique. Also, it's important to remember that an RPE 9 set is still a tough set. It means that, if you had a gun to your head, you could only barely squeeze out one more rep with good form. This is a far cry from simply “going through the motions” and just “getting a pump” in the gym. RPE 10 sets are also included in various exercises throughout the program to ensure that you are in fact adequately pushing yourself and comfortable with pushing to your limits when appropriate.

While I admire a strong work ethic, similar to volume, more effort is not always better. Properly applied effort is what we are always looking for. This means that we should reserve training to failure (or near failure) for when it

fits within the context of the program as a whole.

## **VOLUME**

Volume loosely refers to the total amount of work you are doing. This is often approximated as sets x reps x load, but is often simply thought of as the total number of working sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy [23]. However, multiple sets per muscle group are thought to be required to maximize hypertrophy [24]. It is important to remember that not all volume is created equally, and more volume is not always the answer. A study comparing five sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the five sets group, despite using half the volume. Additionally, the 10 x 10 group lost muscle (on average) in their legs [25], so there appears to be a volume limit, past which more volume is not helpful for hypertrophy.

I have also provided the weekly volume analytics for each body part and in terms of total working sets. From these, you can adjust the figures slightly up or down based on your previous training experience. Granted, while these values provide some insight, they can be very misleading. For example, when it comes to both stimulus and fatigue, there is an enormous difference between a set of eight on squats and a set of eight on leg extensions. Yet, in the volume analytics, these would both count as one set for the quads.

Similarly, for muscles like the triceps, I have decided to only count isolation work, close-grip bench press and dips. As such, the numbers may appear artificially deflated, since we know the triceps will be hammered indirectly from all of the horizontal and vertical pressing in the program. Therefore, I encourage you to view the volume analytics merely as another tool in your toolbox, rather than as a determinative factor for the results you'll get from this program. Not all volume is created equally and more isn't necessarily better.

### **An Important Disclaimer About Training Volume**

If you're coming to this program from a background of super high volume training, hopefully this routine will help you find the balance you need for a long and prosperous training career. Try to keep in mind that volume is organized in this program in a structured manner and throughout the program, our number one priority is quality of execution.

Just because someone may be running a higher volume training program than you, it does not imply that they will see better results. This is because there are so many factors other than volume that go into proper program design. It is therefore, careless and shortsighted to judge a program based merely on how many sets it has you doing. Granted, volume has been identified as one of the primary factors driving muscle growth, so it must still be considered a central tenet of program design [26-29]. Still, this shouldn't

tempt us to fall for either of the two most common volume misconceptions:

1. The “Pedestal Myth”: the false idea that volume matters more than everything else. The reality is that ALL program variables must fit together like a puzzle, and it would be inappropriate to put one variable on a pedestal.
2. The “Quantity-Over-Quality Myth”: the false idea that more volume is always better. Like the rest of the training variables, volume must be properly managed within the training week and complement the other, more foundational programming factors like proper exercise execution (technique), the prioritization of recovery and the management of effort.

I elaborate on basic volume concepts at the links below:

- Fundamentals Ep 2: [\*\*https://www.youtube.com/watch?v=7SONjKYIJ7I\*\*](https://www.youtube.com/watch?v=7SONjKYIJ7I)
- Volume Science Explained: [\*\*https://www.youtube.com/watch?v=qwv3JqOUqWs\*\*](https://www.youtube.com/watch?v=qwv3JqOUqWs)
- Is (Too Much) Volume Killing Your Gains? [\*\*https://www.youtube.com/watch?v=Mja2fDwYA5s\*\*](https://www.youtube.com/watch?v=Mja2fDwYA5s)



# EXERCISE VIDEO DEMONSTRATIONS

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, “Pull Ups” are listed under Weighted Pull-Ups and Bench Press is listed under “Barbell Bench Press”. You can use the Command+F function to find the exercise you need if you are on a computer.

**BACK SQUAT:** <https://www.youtube.com/watch?v=bEv6CCg2BC8&t>

**BAND LATERAL WALK:** <https://youtu.be/u8xxroQrjU>

**BAND PULL-APART:** [https://youtu.be/bN\\_IGBqZURw](https://youtu.be/bN_IGBqZURw)

**BARBELL 45° HYPEREXTENSION:** <https://www.youtube.com/watch?v=J46aPqFLOWE>

**BARBELL BENCH PRESS:** <https://www.youtube.com/watch?v=vcBig73ojpE>

**BARBELL CURL:** <https://www.youtube.com/watch?v=i1YgFZB6all&t>

**BARBELL FLOOR PRESS:** <https://youtu.be/7qFp5khuoFA?t=239>

**BARBELL SKULL CRUSHER:** <https://www.youtube.com/watch?v=popGXI-qs98>

**BENT OVER REVERSE DUMBBELL FLYE:** <https://youtu.be/qfc70k40318?t=311>

**BICYCLE CRUNCH:** <https://youtu.be/2RrGnjxSsiA?t=371>

**BLOCK PULL:** <https://youtu.be/qOH1ZqkW-hw>

**BULGARIAN SPLIT SQUAT:** <https://youtu.be/htDXu61MPio>

**CHEST-SUPPORTED DUMBBELL ROW:** <https://youtu.be/bsx8PIGlual>

**CHEST-SUPPORTED T-BAR ROW:** <https://www.youtube.com/watch?v=160n9FBX84s>

**CHIN-UP:** <https://youtu.be/-d2Uui6Mtrk>

**CLOSE-GRIP BENCH PRESS:** <https://youtu.be/xGfUcV11x5g>

**CONCENTRATION BICEP CURL:** <https://youtu.be/kr4LtmKn9EE>

**DEADLIFT:**

- **CONVENTIONAL:** <https://www.youtube.com/watch?v=VL5Ab0T07e4&>

- **SUMO:** <https://www.youtube.com/watch?v=XsrD5y8EIKU>

DEFICIT PUSH-UP: <https://youtu.be/gDoTTdAhsDg>

DUMBBELL INCLINE PRESS: <https://www.youtube.com/watch?v=p2t9daxLpB8>

DUMBBELL LATERAL RAISE: [https://www.youtube.com/watch?v=v\\_ZkxWzYnMc](https://www.youtube.com/watch?v=v_ZkxWzYnMc)

DUMBBELL SHRUG: <https://youtu.be/C6sYjDFuq9I?t=326>

ECCENTRIC-ACCENTUATED PULL-UP: <https://www.youtube.com/watch?v=Hdc7Mw6BIEE> (except with a slower ~3 second negative)

EZ BAR CURL: <https://www.youtube.com/watch?v=i1YgFZB6all&t>

FACE PULL: <https://www.youtube.com/watch?v=qfc70k40318>

FLAT-BACK BARBELL BENCH PRESS: <https://youtu.be/YUrIUUI1iBo>

FLOOR SKULL CRUSHER: <https://youtu.be/popGXI-qs98?t=154>

GLUTE HAM RAISE: [https://youtu.be/psdbgvbdd\\_M](https://youtu.be/psdbgvbdd_M)

• ALTERNATE LAT PULLDOWN OPTION: [https://www.youtube.com/watch?v=KUVo0\\_NruP8](https://www.youtube.com/watch?v=KUVo0_NruP8)

GOOD MORNING: <https://www.youtube.com/watch?v=f23vXjoG2e8>

HAMMER CURL: <https://youtu.be/Kd3tbUnbueU>

HANGING LEG RAISE: <https://youtu.be/2RrGnjxSsiA?t=247>

HELMS ROW: <https://youtu.be/axoeDmW0oAY?t=419>

HIP ABDUCTION:

• PLATE VERSION: <https://youtu.be/tkDW0dXYfMY>

• MACHINE: <https://youtu.be/zfUWbpdjczg>

HIP THRUST: <https://www.youtube.com/watch?v=xDmFkJxPzeM>

INCLINE DUMBBELL CURL: <https://youtu.be/3FAvFJ0Vtag>

INCLINE DUMBBELL CURL (REVERSE 21'S): <https://youtu.be/l41CjHBXeY>

INCLINE SHRUG: [https://youtu.be/HsdwUZtGG\\_0](https://youtu.be/HsdwUZtGG_0)

LAT-PULLOVER:

- DUMBBELL: <https://youtu.be/Jlw-Vtypr-Y>
- CABLE: <https://youtu.be/Vf7wf6bZODQ>
- BAND: <https://youtu.be/SgMEzFJIT9g>

LEAN-AWAY LATERAL RAISE: <https://youtu.be/0VvQ6olHi4I> (can also be done with dumbbells)

LEG CURL: [https://youtu.be/e\\_48W0vIU58](https://youtu.be/e_48W0vIU58)

LEG EXTENSION: <https://www.youtube.com/watch?v=ljO4jkwv8wQ>

LOW-BAR BACK SQUAT:

- BASIC SQUAT MECHANICS: <https://www.youtube.com/watch?v=bEv6CCg2BC8&t>
- LOW-BAR SQUAT: <https://youtu.be/mAXDQzCiICY>

NECK FLEXION/EXTENSION: <https://www.youtube.com/watch?v=gimeRpdqWQw>

NEUTRAL GRIP PULL-UP: <https://www.youtube.com/watch?v=Hdc7Mw6BIEE>

NORDIC HAM CURL:

- PARTNER-ASSISTED: <https://www.youtube.com/watch?v=TThU76o0RK4>
- LAT PULLDOWN OPTION: [https://youtu.be/KUVo0\\_NruP8](https://youtu.be/KUVo0_NruP8)

OVERHEAD PRESS: [https://www.youtube.com/watch?v=\\_RIRDWO2jfg](https://www.youtube.com/watch?v=_RIRDWO2jfg)

PAUSE BARBELL BENCH PRESS: <https://www.youtube.com/watch?v=vcBig73ojpE> (with a 2-3 second pause on the chest on each rep)

PAUSE DEADLIFT: <https://youtu.be/KHcTYUf3JEs>

PAUSE HIGH-BAR SQUAT: <https://youtu.be/TSCMUTG5yBI>

PEC FLYE: <https://www.youtube.com/watch?v=-ElhKMDSjBY>

PENDLAY ROW: <https://www.youtube.com/watch?v=axoeDmW0oAY>

PULL-THROUGH:

- CABLE: <https://youtu.be/NV8oPOpLsQU>
- BAND: [https://youtu.be/od8\\_9v-s72k](https://youtu.be/od8_9v-s72k)

SEATED CALF RAISE: [https://youtu.be/-qsRtp\\_PbVM?t=311](https://youtu.be/-qsRtp_PbVM?t=311)

SINGLE-ARM LAT PULLDOWN: [https://youtu.be/tQ2LSSP\\_0GQ?t=437](https://youtu.be/tQ2LSSP_0GQ?t=437)

SINGLE-ARM ROW: <https://www.youtube.com/watch?v=djKXLt7kv7Q>

SNATCH-GRIP ROMANIAN DEADLIFT: <https://youtu.be/ZETPv75I0mA>

STANDING ARNOLD DUMBBELL PRESS: <https://youtu.be/zOpA1Op0zvc>

STANDING CALF RAISE: [https://www.youtube.com/watch?v=-qsRtp\\_PbVM](https://www.youtube.com/watch?v=-qsRtp_PbVM)

SUMO BOX SQUAT: <https://youtu.be/BI-lkWLs-pY>

TRICEPS PRESSDOWN: <https://www.youtube.com/watch?v=94DXwlcX8Po>

TRICEPS PRESSDOWN (REVERSE 21'S): <https://youtu.be/p47splApw0Q>

UPRIGHT ROW: <https://www.youtube.com/watch?v=nwkLwMRHMqo>

V SIT-UP: <https://youtu.be/h-kVpuNoGaA>

WEIGHTED DIP: [https://www.youtube.com/watch?v=yN6Q1UI\\_xkE&](https://www.youtube.com/watch?v=yN6Q1UI_xkE&)

**WEIGHTED PULL-UP: [https://www.youtube.com/  
watch?v=Hdc7Mw6BIEE](https://www.youtube.com/watch?v=Hdc7Mw6BIEE)**



# EXERCISE SUBSTITUTIONS

If there are any exercises in the program that you cannot perform due to injury, pain or lack of equipment, below are some suggested alternatives that you can substitute.

Note: All exercises are listed in alphabetical order and are written exactly as they appear in the program. For example, “Pull Ups” are listed under Weighted Pull-Ups and Bench Press is listed under “Barbell Bench Press”.

You can use the Command+F function to find the exercise you need if you are on a computer.

**ASSISTED CHIN-UP:** Assisted pull-up, supinated lat pulldown

**BACK SQUAT:** Hack squat, smith machine squat, (leg press + 15 reps of back extensions)

**BAND LATERAL WALK:** Seated hip abduction

**BAND PULL-APART:** Bent over reverse dumbbell flye, reverse cable crossover

**BARBELL 45° HYPEREXTENSION:** Dumbbell 45° hyperextension, glute bridge

**BARBELL BENCH PRESS:** Dumbbell bench press, machine chest press, smith machine bench press

**BARBELL CURL:** Dumbbell curl, cable curl

**BARBELL FLOOR PRESS:** Dumbbell floor press, pin press, JM press

**BARBELL SKULL CRUSHER:** EZ bar skull crusher, floor press, pin press, JM press

**BENT OVER REVERSE DUMBBELL FLYE:** Reverse pec deck, reverse cable flye

**BICYCLE CRUNCH:** Cable crunch, bodyweight crunch, cable wood chopper

**BLOCK PULL:** Snatch-grip deadlift

**BULGARIAN SPLIT SQUAT:** Dumbbell high step-up, reverse lunge

**CHEST-SUPPORTED DUMBBELL ROW:** Cable single-arm row, chest-supported T-bar row

**CHEST-SUPPORTED T-BAR ROW:** Chest-supported row, cable single-arm

row

**CHIN-UP:** Pull-up, supinated lat pulldown

**CLOSE-GRIP BENCH PRESS:** Close-grip dumbbell bench press, dip, machine dip

**CONCENTRATION BICEP CURL:** Spider curl

**DEADLIFT:** Sumo deadlift, trap bar deadlift

**DEFICIT PUSH-UP:** Barbell incline press, paused dumbbell incline press

**DUMBBELL INCLINE PRESS:** Barbell incline press, deficit push-up

**DUMBBELL LATERAL RAISE:** Machine lateral raise, Egyptian lateral raise

**DUMBBELL SHRUG:** T-bar shrug, smith machine shrug

**ECCENTRIC-ACCENTUATED PULL-UP:** Eccentric-accentuated lat pulldown, eccentric-accentuated neutral-grip pull-up

**EZ BAR CURL:** Dumbbell curl, cable curl, barbell curl

**FACE PULL:** Reverse dumbbell flye, reverse cable crossover

**FLAT-BACK BARBELL BENCH PRESS:** Flat-back dumbbell bench press, reverse-grip bench press

**FLOOR SKULL CRUSHER:** Floor press, pin press, JM press

**GLUTE HAM RAISE:** Glute bridge, reverse hyper, cable pull-through

**GOOD MORNING:** RDL, stiff-leg deadlift

**HAMMER CURL:** EZ bar pronated curl, rope hammer curl

**HANGING LEG RAISE:** Captain's chair crunch, reverse crunch

**HELMS ROW:** Humble row, chest-supported T-bar row (pronated grip)

**HIP ABDUCTION:** Band lateral walk

**HIP THRUST:** Glute bridge, dumbbell 45° hyperextension

**INCLINE DUMBBELL CURL:** Behind the back cable curl

**INCLINE DUMBBELL CURL (REVERSE 21'S):** Behind the back cable curl  
(reverse 21's)

**INCLINE SHRUG:** T-bar shrug, smith machine shrug

**LAT-PULLOVER:** Cable pull-over

**LEAN-AWAY LATERAL RAISE:** Dumbbell lateral raise, machine lateral raise

**LEG CURL:** Seated leg curl, sliding leg curl

**LEG EXTENSION:** Sissy squat, goblet squat

**LOW-BAR BACK SQUAT:** High-bar squat, smith machine squat, (leg press  
+ 15 reps of back extensions)

**NECK FLEXION/EXTENSION:** Neck bridge, isometric yoga ball wall neck  
hold

**NEUTRAL GRIP PULL-UP:** V-bar lat pulldown, pull-up

**NORDIC HAM CURL:** Swiss ball leg curl, sliding leg curl, seated leg curl,  
lying leg curl

**OVERHEAD PRESS:** Seated barbell overhead press

**PAUSE BARBELL BENCH PRESS:** Pause dumbbell bench press

**PAUSE DEADLIFT:** Pause sumo deadlift

**PAUSE HIGH-BAR SQUAT:** Pause hack squat, pause smith machine squat,  
(pause leg press + 15 reps of back extensions)

**PEC FLYE:** Cable flye

**PENDLAY ROW:** Barbell row, dumbbell row

**PULL-THROUGH:** Glute ham raise, glute bridge, reverse hyper

**SEATED CALF RAISE:** Standing calf raise, leg press calf press

**SINGLE-ARM LAT PULLDOWN:** Lat pulldown

**SINGLE-ARM ROW:** Cable single-arm row, dumbbell chest-supported row

**SNATCH-GRIP ROMANIAN DEADLIFT:** Good morning, stiff-leg deadlift

**STANDING ARNOLD DUMBBELL PRESS:** Dumbbell seated shoulder press, machine shoulder press

**STANDING CALF RAISE:** Seated calf raise, leg press calf press

**SUMO BOX SQUAT:** pause back squat, reverse lunge

**TRICEPS PRESSDOWN:** Rope overhead triceps extension, dumbbell kickback

**TRICEPS PRESSDOWN (REVERSE 21'S):** Rope overhead triceps extension (reverse 21's), dumbbell kickback (reverse 21's)

**UPRIGHT ROW:** Cable rope upright row, machine lateral raise, face pull

**V SIT-UP:** Bicycle crunch, cable crunch, bodyweight crunch

**WEIGHTED DIP:** Assisted dip, machine dip, close-grip bench press

**WEIGHTED PULL-UP:** Lat pulldown, neutral-grip pull-up



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