

Power:

Name: _____

Lift Explosively with Strict Form: Tempo (1-0-1) (1s down, no pause, 1s up)
 1-1.5 Minutes Between Sets (Try circuiting different Body Parts More)
 EAT DIRECTLY AFTER EACH WORKOUT

Chest, Back, Biceps: Workout A

Date:	Warmup:					
		Chest: Bench(G) x Δ	x	x	x	x
		Incline DB Press	8 x	6 x	6 x	4 x
		Pec Pull Over	12x	10x	10 x	10x
		Back: Deadlifts	10x	8x	6x	4x
		One Arm Row	10x	8x	6Nx	6Nx
		Weighted Chin Ups Δ	x	x	x	x
		Biceps: Barbell Curls	10x	8x	6x	4x
		Preacher Curls	8x	6x	6Nx	4Nx
		Extra: Rope Swings	60s x	60s x	60s x	
		Weighted SB Crunches	Max x	Max x	Max x	
		Russians	x	x		
		Cable Crunches	Max x	Max x	Max x	

Chest, Back, Biceps: Workout B

Date:	Warmup:					
		Chest: Floor Press x Δ	x	x	x	x
		Alternate SB DB Press	8x	8x	6x	6x
		Decline DB Press	8x	8x	6Nx	4Nx
		Back: T Bar Row	x	x	x	x
		Flat Lat Pressdown	10x	10x	8x	6x
		Wide Lat Pull Down	8x	6 x	6Nx	4Nx
		Biceps: Barbell Curls Δ	x	x	x	x
		DB Curls	8x	6x	6Nx	4Nx
		Extra:	Max x	Max x	Max x	
		Alternate Rope Swings	60s x	60s x	60s x	60s x
		SB Side Planks	60s x	60s x	60s x	
		SB Plank (ABC's)	Max x	Max x	Max x	
		Skipping				Mins

Legs, Shoulders & Triceps: Workout C

Date:	Warmup:						
		Legs: Power Clean x Δ	x	x	x	x	x
		Walking Lunges	10x	10x	8x		
		Single Leg Squat	10x	10x	8x	8x	
		Shoulders:					
		Thrusters	10x	8x	8x	6x	
		Barbell Shrugs	8x	8x	6x	6x	
		Side Lateral Raise	8x	8x	6x	6x	
		Triceps: Close Grip	8x	6x	6x	4x	
		Skull Crusher	8x	8x	6x	6x	
		Extra: Prowler	x	x	x		
		Single Leg Riser Hops	4x	4x	4x	4x	

Legs, Shoulders & Triceps: Workout D

		Legs: Squats x Δ	x	x	x	x	x
		Single Leg Press	8 x	8 x	6 x	4 x	
		Single Leg Calf Raise	x	x	x	x	
		Reverse Hyper	10 x	10 x	10 x	10 x	
		Shoulders:					
		DB Snatch	10x	8x	6x	6x	
		DB Overhead Press	10x	8x	6x	6x	
		Shrugs	10x	8x	6x	6x	
		Triceps: Pressdowns	10x	8x	6x	4x	
		Narrow Pushups	Max x	Max x	Max x		
		Extra: DB Swings	x	x	x		
		External Rotators	12x	12x	12x		
		Medicine Ball Slams	30s x	30s x	30s x		

Δ = Pyramid Sets (Reps)
 Week 1 = 8, 6*, 4*
 Week 2 = 8, 6, 6*, 4*
 Week 3 = 8, 6, 4N, 2N
 Week 4 = 6, 4N, 2N
 (* = Use Chains/Bands)
 (N = Extra Negatives)
 (G = Wide Grips Pads)

Week Schedule		Mon.	Tues.	Wed.	Thurs.	Fri.
4 Day		W/A	W/C	Rest	WB	WD
3 Day		W/A	W/C	Rest	WB	W/A
		W/D	W/B	Rest	W/A	Rest
		W/D	W/B	Rest	W/A	Rest