

POWER BODYBUILDING

MONDAY - MAY. 2, 2022															
Workout	Se	Set 1 Set 2		Set 3		Set 4		Set 5		Set 6		Τ	Set 7		
Res		Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Resu	lt Rep	s R	esult	Reps
(A2) Upper - Warm Up	Ring F Band Band -	nds Rear De Push-u Pull-ap Should st betv	os x10 arts x1 ler Disl	0 ocation	x10 ר										
A BB Bench Press		10		8		6		5		4		4			4
		0%		55%		65%		5%		3%		83%		839	%
	Go as l		possib		ur last :		Rest 12	0 secs. b	etween			_		_	
B DB Incline Press	Co. 25 l	8	nossih	8 In Par	t 90 sec	8	on sets	8		8					
		10	possib	10	1 90 Sec	10	en sets	10		10					
C Landmine Standing Press Go C Dips D BB Skull Crusher Go			possib		t 90 sec		l een sets			1 10					
		10		10		10		10		10					
		neavy as	possib	le Res	t 90 sec	s. betw	een sets								
		AMAP		AMAP			AMAP	AMAP	AMAP	AMAP					
			nd stay	1	rol Re:	1	cs. betw	een sets	5			_			
		10	nossih	10 le - Res	t 90 sec	10	en sets	10							
		15	розыв	15	t 30 3cc.	15	err sets	15							
D Band Tricep Extensions	use a h		sistance		ınd mov		y Rest	90 secs	. betwe	en sets					
			TUESI	DAY -	MAY.	3, 202	2								
Workout		Set 1	Т	Set 2	Т	Set 3	Т	Set 4	Т	Set 5	5	Set 6	5	Se	t 7
Workout	Res	ult Re	ps Res	ult Re	ps Res	ult Re	ps Res	ult Re	ps Res	ult R	eps R	esult R	eps	Result	Reps
(D2) Lower - Warm Up	- Ca Kn 3-V -	3 Rounds - Cat-Back (Flexion + Extension) x10 Kneeling T-Spine Rotations x6 e/s 3-Way Lying Knee-to-Chest x20 seconds e/s - No rest between rounds.													
D 1156		1)	8	3		5		5		4		4		4
A Deadlift	Go	40%	v as nos	55%	n vour l	65%	ts - Res	75% t 120 sed	s hetw	83% een set	tc	83%		83	3%
B SA DB Bent Over Row (Standing)		10 (ea.)	10 (10	(ea.)	10	(ea.)		(ea.)				
B BB Upright Rows		8		8		8	3	8	3		8				
		as rieav	1	8	1	Secs. De		8	3		8				
C Bent Over Row (BB)	Go				Rest 90				,						
C Band Face-Pull	use	1: a heav		1: ince bar		1 nove sl		1 Rest 90 s			12 sets				
D Band Lateral Curls	Use	15 (a heav		15 (ance bai	-	15 nove sl		15 Rest 90 s		tween s	sets				
D DB Hammer Curls		1)	1	0	1	0	1	0						
		as Heav	y as pos	SSIDIC	Rest 90	secs. be	etween	sets							

WEDNESDAY - MAY. 4, 2022																
Workout	Se	t 1	S	et 2		Set 3	3	Set	: 4	Se	t 5	S	et 6	Set 7		
Workout		Reps	Result	Reps	Resu	ılt R	eps	Result	Reps	Result	Reps	Resul	lt Reps	Result	Reps	
(B2) Upper - Warm Up	3 Rounds - Ring Inverted Rows x12 Ring Rear Delt Flys x10 Ring Front Raises x8 - No rest between rounds.															
		10		8			6		5		4		4		4	
A BB Incline Bench Press	Incline Bench Press Go as h			55%	r last 3	65% sets		75 20 secs.	%		3%	8	83%	83	3%	
B DB Bench Press	B Bench Press Go as he			10 Rest	90 secs.		10 een set	ts	10		10					
B DB Arnold Press (Seated)	Go as h	8 eavy as p	ossible	8 Rest '	90 secs.	. betw	8 een set	ts	8		8					
C BB Front Raises	Go as h	8 eavy as p	ossible	8 Rest	90 secs.	. betwe	8 een set	ts	8		8					
		10		10			10		10		10					
C DB Lateral Raise	Go as h	eavy as p	ossible	Rest	90 secs.	. betw	een set	ts								
D Bicycle Crunches		12 (ea.) betweer		12 (ea s. Move			ea.) tay in d	control.								
D Leg Raises		15		15			15									
Leg Raises	No rest	betweer	round	s. Move	slowly	and st	tay in d	control.								
THURSDAY - MAY. 5, 2022																
Workout	Se ^r	_	Set Result			et 3	_	Set 4	_	Set 5	ps Re	Set 6		et 7		
(E2) Lower - Warm Up			nds 5 calor Goblet Reverse Lateral	Squat e Lung Lunge	x10 e x5 e/ x5 e/s	's										
		10		8		6		5		4	L	4		4		
A Back Squat		40	1%	55	%	(55%		75%		83%		83%	8	3%	
		Go as h	ieavy as	possib		our las	1	s Rest	1	1	1				_	
B Front Squat			8		8		8		8		8	3				
		Go as h	eavy as	possib		st 120 s	1	1		 						
B Single Leg DB RDL (Assisted)			10 (ea.) ieavy as	nossih	10 (ea.)	t 120 s	(ea.)	(ea.		(ea					
C DB Reverse Lunges		8 (ea.) leavy as		8 (ea.)		8 (ea	a.)	8 (ea	a.)	8 (6	ea.)					
C Heels Elevated Narrow Stand Squat	e		10 leavy as		10		10		10)	10	0				
D Assault Bike		10		10		10		10		rints	Rest 9	0 secs. be	etween :	sets		
D Kettlebell Swing		15		15		15		15				, ,				
Go as heavy as possible Rest 90 secs. between sets FRIDAY - MAY. 6, 2022																
Workout	Se	et 1	Т	et 2		Set 3	1	Se	t 4	S	et 5		Set 6	Se	et 7	

			Result	Reps	Result	A ^{Reps} M	Result	20225	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Workout		Set 1		S	Set 2		Set 3		et 4	S	et 5	Set 6		Set 7			
			360 1					3603							<u>'</u>		
				Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Resul	Reps	
			3 Rou	nds													
		- Double of Dillocate															
(B4) Upper - Warm Up			Band Face Pulls x15														
			Band Internal Rotations x10 e/s														
		Band External Rotations x10 e/s															
				No rest between rounds.													
A BB Overhead Press (Seated)			10		8		6		5		4		4		4		
		40% 55%					55%		75%			83	83%		83%		
				neavy as _l	oossible	on your	last 3 se	ts Rest	120 sec	s. betwe	en sets						
B BB Upright Rows			8		8		8		8		8						
		Go as	neavy as į	oossible	Rest 90	secs. be	etween se	ets									
B SA DB Bent Over Row			10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)					
		Go as heavy as possible Rest 90 secs. between sets															
C Lat Pulldown - Chin Up			10		10		10		10		10						
Lat Pulldow	/II - CIIIII	ОР	Go as heavy as possible Rest 90 secs. between sets														
C L avv. Calala I) - · · · (C	-4 - d\		12		12		12		12		12					
C Low Cable F	kow (Sea	atea)	Go as heavy as possible Rest 90 secs. between sets														
				30 secs		30 secs		30 secs									
D Front Forea	rm Plan	K	No rest between rounds. Keep your back flat and your core tight.														
			30 secs		30 secs		30 secs										
D Hollow Hold			No res							re tight.							
No rest between rounds. Keep your back flat and your core tight. SATURDAY - MAY. 7, 2022																	
					SATU	RDAY -	IVIAY.	, ZUZZ									
Workout	Set	1	Set	2	Set	t 3	S	et 4		Set 5		Set	t 6	_	Set	7	
	Result	•	esult	Reps	Result	Reps	Result	Reps	Res	ult R	eps	Result	Reps	Re	sult	Reps	
Rest Day	No sched	duled work	kout.														
	www.teambuildr.com																