

# POWER BUILDER TRAINING PROGRAM

## Complete 4-Day Split

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### PROGRAM OVERVIEW

**Training Split:** 4 Days per week

**Program Type:** Power building - strength and muscle building

**Duration:** 4-week cycles with progressive overload

### Key Terms

- **RPE:** Rate of Perceived Exertion (8 = 2 reps in reserve, 9 = 1 rep in reserve)
  - **Myo-rep sets:** Perform initial set to near failure, rest 15-20 seconds, perform mini-sets of 3-5 reps until failure
  - **AMRAP:** As Many Reps As Possible
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### DAY 1: CHEST & SHOULDERS

#### Exercise 1: Cable Crossover (Warm-up)

- **Sets:** 2 light sets
- **Reps:** 15-20
- **Focus:** Mind-muscle connection with pecs, mobile scapula
- **Technique:** Include isometric contractions, 1-second squeeze at end range
- **Rest:** 60 seconds

#### Exercise 2: Reverse Band Incline Press

- **Protocol:** Work up to hard set of 8-12 reps
- **Technique:** Strong squeeze every rep, drive hands together
- **Progression:** Repeat weight until you can't achieve 8-12 reps
- **Rest:** 2-3 minutes

#### Exercise 3: Bench Press with Chains

##### Advanced Protocol:

- Work up to 5 reps at RPE 8

- Perform 4-8 sets at same weight and RPE
- Reps may drop below 5 (acceptable)

### **Beginner Protocol (70% 1RM):**

- **Week 1:** 3-5 reps × 4 sets
- **Week 2:** 3-5 reps × 6 sets
- **Week 3:** 3-5 reps × 8 sets
- **Week 4:** Repeat Week 1 + 5-10 lbs

**Rest:** 3-4 minutes

### **Exercise 4: Incline Cable Flye**

- **Sets:** 2-3 myo-rep sets
- **Rest:** 90 seconds between myo-rep sets

### **Exercise 5: Seated Dumbbell Press**

- **Protocol:** Same as Reverse Band Incline Press
- **Technique:** Very strict, full ROM, relax triceps at bottom
- **Focus:** Drive dumbbells around head, not straight up
- **Rest:** 2-3 minutes

### **Exercise 6: Machine Lateral Raise**

- **Sets:** 2-3 myo-rep sets
- **Rest:** 90 seconds between myo-rep sets

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## **DAY 2: QUADS & ABS**

### **Exercise 1: Rooted Dumbbell Lunge (Warm-up)**

- **Purpose:** Activation and warm-up only
- **Sets:** 2 sets
- **Reps:** 10-12 each leg
- **Rest:** 60 seconds

### **Exercise 2: Leg Extension**

- **Protocol:** Same as Cable Crossover (Day 1)

- **Sets:** 2 light sets
- **Reps:** 15-20
- **Focus:** Quad activation and mind-muscle connection
- **Rest:** 60 seconds

### Exercise 3: Pause Pin Squat

#### Advanced Protocol:

- Work up to 5 reps at RPE 8
- Perform 4-8 sets at same weight and RPE
- **Critical:** 2-count pause on pins, stay tight, no relaxing

#### Beginner Protocol (70% 1RM):

- **Week 1:** 3-5 reps × 4 sets
- **Week 2:** 3-5 reps × 6 sets
- **Week 3:** 3-5 reps × 8 sets
- **Week 4:** Repeat Week 1 + 5-10 lbs

**Rest:** 4-5 minutes

### Exercise 4: Pendulum or Hack Squat

- **Sets:** 2-3 myo-rep sets
- **Rest:** 2 minutes between myo-rep sets

### Exercise 5: Kabuki Ab Wheel

- **Protocol:** Maximum reps in 12 minutes
- **Method:** Perform as many quality reps as possible, rest as needed

## DAY 3: ARMS

### Exercise 1: Single-Arm Cable Extension (Warm-up)

- **Sets:** 2 sets
- **Reps:** 20-30 each arm
- **Focus:** Move weight entirely with tricep, relax hand
- **Technique:** Keep elbow in line with body, no isometric holds

- **Rest:** 45 seconds

## **Exercise 2: Single-Arm Dumbbell Hammer Curls (Warm-up)**

- **Protocol:** Same as Single-Arm Extensions
- **Sets:** 2 sets
- **Reps:** 20-30 each arm
- **Rest:** 45 seconds

## **Exercise 3: Neutral Grip Floor Press**

### **4-Week Rotation:**

#### **Week 1:**

- Work up to single at RPE 8
- Take 85% of that weight
- Perform 2 sets × 4 reps

#### **Week 2:**

- Work up to triple at RPE 9
- Take 90% of that weight
- Perform 3 sets × 2 reps

#### **Week 3:**

- Use Week 1 weight
- Perform 2 sets × 2 reps

#### **Week 4:**

- Repeat the rotation

**Rest:** 3-4 minutes

## **Exercise 4: Pushdowns superset with Incline Cable Curls**

- **Protocol:** 2 myo-rep sets of each exercise
- **Method:** Perform pushdowns, immediately perform curls, rest 90 seconds
- **Cycles:** 2 complete supersets

## **Exercise 5: Barbell Curl**

- **Protocol:** Same as Reverse Band Incline Press (Day 1)
  - **Method:** Work up to hard set of 8-12, repeat until failure
  - **Rest:** 2-3 minutes
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## **DAY 4: BACK & HAMSTRINGS**

### **Exercise 1: Incline Dumbbell Shrug/Row (Warm-up)**

- **Protocol:** Same as Cable Crossover warm-up
- **Sets:** 2 light sets
- **Reps:** 15-20
- **Note:** These are challenging despite being warm-up sets
- **Rest:** 60 seconds

### **Exercise 2: Banded Meadows Row**

- **Sets:** 2 myo-rep sets
- **Rest:** 90 seconds between myo-rep sets

### **Exercise 3: Smith Row**

- **Protocol:** Same as Reverse Band Incline Press
- **Method:** Work up to hard set of 8-12, repeat until failure
- **Rest:** 2-3 minutes

### **Exercise 4: Lat Pulldown**

- **Sets:** 2 myo-rep sets
- **Rest:** 90 seconds between myo-rep sets

### **Exercise 5: Wide Grip Stiff-Leg Deadlift**

#### **4-Week Rotation (Use Competition 1RM for percentages):**

- **Week 1:** 70% 1RM × AMRAP
- **Week 2:** 75% 1RM × AMRAP
- **Week 3:** 80% 1RM × 5 sets × 5 reps
- **Week 4:** Repeat rotation + 5-10 lbs

**Rest:** 3-4 minutes

## Exercise 6: Glute-Ham Raise

- **Protocol:** Maximum reps in 12 minutes
- **Method:** Perform as many quality reps as possible, rest as needed

## WEEKLY SCHEDULE RECOMMENDATION

| Day       | Workout                | Focus             |
|-----------|------------------------|-------------------|
| Monday    | Day 1                  | Chest & Shoulders |
| Tuesday   | Day 2                  | Quads & Abs       |
| Wednesday | REST                   | Recovery          |
| Thursday  | Day 3                  | Arms              |
| Friday    | Day 4                  | Back & Hamstrings |
| Saturday  | REST                   | Recovery          |
| Sunday    | REST or Light Activity | Recovery          |

## PROGRESSION GUIDELINES

### For Beginner Lifters:

- Follow the specified percentages and rep schemes
- Add 5-10 lbs every 4 weeks on major movements
- Focus on form and consistency

### For Advanced Lifters:

- Use RPE-based progression
- Add weight when you can exceed the rep ranges consistently
- Listen to your body for deload needs

### General Tips:

- Track all weights and reps
- Prioritize sleep and nutrition
- Stay consistent with the program for best results
- Adjust weights based on daily readiness

## **IMPORTANT NOTES**

- **Warm-up thoroughly** before each session
  - **Focus on form** over weight lifted
  - **Progressive overload** is key to continued progress
  - **Rest periods** are guidelines - adjust based on recovery needs
  - **Myo-rep sets** should be taken to near failure on the initial set
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*This program is designed for intermediate to advanced lifters seeking to build both strength and muscle mass. Consult with a qualified trainer if you're unsure about any exercises or techniques.*