



## 5 Day Powerbuilding Split

**Time Per Workout:** 45-60 Mins

**Equipment:** Dumbbells, Machines, Bodyweight & EZ Bar

**Main Goal:** Building Muscle

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

### Push A

Exercise	Sets	Rep Goal Total	Rest
<b>Chest, Shoulders &amp; Triceps</b>			
Flat Bench Smith Machine Bench Press	5	15	19-120 sec
Flat Bench Smith Machine Bench Press	1	AMQRAP**	N/A
Seated Behind the neck Press	3	25	60 sec
(Weighted) Tricep Dip	3	30	60 sec
Standing Cable Crossovers	5	50	30 sec
Seated Tricep Extensions (Dumbbell, Rope, or EZ Bar)	5	50	30 sec
Seated Dumbbell Lateral Raises	5	50	15 sec

\*Use 20% less weight that pervious working sets.

\*\* As Many Quality Reps As Possible.

### Pull A

Exercise	Sets	Rep Goal Total	Rest
<b>Back, Traps &amp; Biceps</b>			
Barbell Conventional Deadlift	5	15	19-120 sec
Barbell Conventional Deadlift	1	AMQRAP**	N/A
(Weighted) Chin-ups	3	25	60 sec
Chest Supported Row	3	30	60 sec
Shrugs (Dumbbell, Barbell, or Trap Bar)	5	50	30 sec
Standing EZ Bar Curls	5	50	30 sec
Standing Cable Reverse Fly	5	50	15 sec

\*Use 20% less weight that pervious working sets.

\*\* As Many Quality Reps As Possible.



## Legs

Exercise	Sets	Rep Goal Total	Rest
<b>Quads, Hamstrings &amp; Calves</b>			
Smith Machine Back Squat	5	15	19-120 sec
Smith Machine Back Squat	1	AMQRAP**	N/A
Leg Press	3	30	60 sec
Leg Extension	5	50	60 sec
Leg Curl	5	50	30 sec
Calf Raise	5	50	30 sec
Dumbbell Lunges	5	50	15 sec

\*Use 20% less weight that pervious working sets.

\*\* As Many Quality Reps As Possible.

## Push B

Exercise	Sets	Rep Goal Total	Rest
<b>Chest, Shoulders &amp; Triceps</b>			
Standing Dumbbell Overhead Press	5	15	19-120 sec
Standing Dumbbell Overhead Press	1	AMQRAP**	N/A
Incline Bench Press (Dumbbell or Smith Machine)	3	25	60 sec
Close Grip Bench Press	3	30	60 sec
Seated Cable Fly	5	50	30 sec
Standing Tricep Pushdown (Rope, V-Bar or Straight Bar)	5	50	30 sec
Standing Cable Lateral Raises	5	50	15 sec

\*Use 20% less weight that pervious working sets.

\*\* As Many Quality Reps As Possible.

## Pull B

Exercise	Sets	Rep Goal Total	Rest
<b>Back, Traps &amp; Biceps</b>			
Smith Machine snatch Grip Deadlift	5	15	19-120 sec
Smith Machine snatch Grip Deadlift	1	AMQRAP**	N/A
Babell Row	3	25	60 sec
(Weighted) Pull-ups	3	30	60 sec
Single Arm Dumbbell Row	5	50	30 sec
Incline Dumbbell Curl	5	50	30 sec
Seated Cable Reverse Fly	5	50	15 sec

\*Use 20% less weight that pervious working sets.

\*\* As Many Quality Reps As Possible.