12-Week Powerbuilding Program with PDF

This powerbuilding workout program combines the most effective methods of strength-building and muscle growth.

There are variations for newer trainees and more advanced lifters, so pick one based on your experience.

The most important things to keep track of during this program are your weight on the compound lifts: the big three, plus the military press and barbell row.

Every time you complete the five sets of five (or 6x3 in advanced) make sure you progress the weight by 5lbs (or 2.5kg).

If you keep this up for the 12 weeks, you could add up to 90 lb (45 kg) to these lifts on the beginner program, or up to 60 lb (30 kg) on the advanced one.

For pro tips on diet, tracking your progress and recovery, see the full article at exercisewithstyle.com/powerbuilding-program-with-pdf

Beginner Powerbuilding Program

This beginner powerbuilding workout involves two sessions, to be alternated three days per week.

This means that your schedule will look like this:

Day	Week 1	Week 2
Monday	Workout 1	Workout 2
Wednesday	Workout 2	Workout 1
Friday	Workout 1	Workout 2

Again, work on progressing your weight in the big lifts first. Don't skip rest periods if you're plateauing or losing form.

Stay consistent over the 12 weeks, and this will build you a solid foundation of strength and size.

Workout 1

Warm-Up: General warm-up 5 min, 10 leg swings, 10 torso twists, 10 arm circles, 2 warm-up sets squats/bench press.

Exercise	Sets x Reps	Rest
Squat	5x5	3-5 mins
Bench Press	5x5	3-5 mins
Barbell Row	5x5	3-5 mins
Lying Triceps Extension	3x8-10	2-3 mins
Barbell Curl	3x8-10	2-3 mins

Estimated Workout Duration: about 1 hr 10 min to 2 hr including warm-up

Workout 2

Warm-Up: General warm-up 5 min, 10 leg swings, 10 torso twists, 10 arm circles, 2 warm-up sets deadlift/military press.

Exercise	Sets x Reps	Rest
Deadlift	5x5	3-5 mins
Military Press	5x5	3-5 mins
Incline dB Curl	3x8-10	1-2 mins
OH Triceps Extension	3x8-10	2-3 mins
Standing Calf Raise	3x12-15	1-2 mins

Estimated Workout Duration: about 1 hr to 1 hr 40 min including warm-up

Advanced Powerbuilding Program

The advanced powerbuilding program changes things up a little.

This powerbuilding workout is a 4-day split, modifying the 3-day PPL formula.

While still keeping the focus on strength, these sessions provide more volume to grow the major muscle groups.

There are focus sessions for chest, legs, back, and shoulders, with arms and calves added as well.

The schedule for this program is as follows:

Day	Week 1
Monday	Workout 1
Wednesday	Workout 2
Thursday	Workout 3
Friday	Workout 4

Don’t hesitate to include an additional rest day if you feel overly sore or fatigued.

Progress the weight in the big lifts slowly, and also focus on pushing out those extra reps on the final sets of hypertrophy exercises.

Workout 1: Horizontal Push

Warm-Up: General warm-up 5 min, 10 torso twists, 10 arm circles, 2 warm-up sets bench press.

Exercise	Sets x Reps	Rest
Bench Press	6x3	3-5 mins
Incline Bench	3x6-8	2-3 mins
Weighted Dips	3x8-10	2-3 mins
Cable Chest Fly	3x10-12	1-2 mins

Estimated Workout Duration: about 45 min to 1 hr 15 min including warm-up

Workout 2: Legs

Warm-Up: General warm-up 5 min, 10 leg swings, 10 torso twists, 2 warm-up sets squats.

Exercise	Sets x Reps	Rest
Squat	6x3	3-5 mins
Split Squat	3x6-8 each side	2-3 mins
Leg Extension	3x10-12	1-2 mins
Standing Calf Raise	3x10-12	1-2 mins

Estimated Workout Duration: about 45 min to 1 hr 15 min including warm-up

Workout 3: Vertical Push

Warm-Up: General warm-up 5 min, 10 torso twists, 10 arm circles, 2 warm-up sets military press.

Exercise	Sets x Reps	Rest
Military Press	6x3	3-5 mins
Arnold Press	3x6-8	2-3 mins
Lateral Raise	3x10-12	1-2 mins
OH Cable Tricep Extension	3x10-12	1-2 mins

Estimated Workout Duration: about 45 min to 1 hr 15 min including warm-up

Workout 4: Pull

Warm-Up: General warm-up 5 min, 10 leg swings, 10 torso twists, 10 arm circles, 2 warm-up sets deadlift.

Exercise	Sets x Reps	Rest
Deadlift	6x3	3-5 mins
Barbell Row	3x6-8	2-3 mins
Lat Pulldown	3x8-10	2-3 mins
Barbell Curl	3x8-10	2-3 mins

Estimated Workout Duration: about 45 min to 1 hr 15 min including warm-up