



**6-Day (PPL)**

# **POWERBUILDING**

**WORKOUT  
SPLIT**





## DAY 1: PUSH WORKOUT A

### MUSCLE GROUP TARGET: CHEST, SHOULDERS & TRICEPS

Exercise	Sets	Reps	Rest
Flat Barbell Bench Press	5	15	90-120 sec
Flat Barbell Bench Press (Use 20% less weight than your previous working sets)	1	AMRAP	N/A
Seated Shoulder Press	3	15-20	60 Sec
(Weighted) Tricep Dips	3	20-25	60 Sec
High to Low Cable Crossovers	5	20-25	30 Sec
Seated Tricep Extensions (Dumbbell, Rope, or EZ Bar)	5	20-25	30 Sec
Seated Dumbbell Lateral Raises	5	20-25	15 Sec



## DAY 2: PULL WORKOUT A

### MUSCLE GROUP TARGET: BACK, TRAPS & BICEPS

Exercise	Sets	Reps	Rest
Barbell Conventional Deadlift	5	15	90-120 sec
Barbell Conventional Deadlift (Use 20% less weight than your previous working sets)	1	AMRAP	N/A
(Weighted) Chin-ups	3	25	60 Sec
Chest Supported Rows	3	30	60 Sec
Shrugs (Dumbbell, Barbell, or Trap Bar)	5	20-25	30 Sec
Standing Barbell Curls	5	20-25	30 Sec
Standing Cable Reverse Fly	5	20-25	15 Sec



## DAY 3: LEG WORKOUT A

### MUSCLE GROUP TARGET: QUADS, HAMSTRINGS & CALVES

Exercise	Sets	Reps	Rest
Barbell Back Squat	5	15	15-20 Sec
Barbell Back Squat (Use 20% less weight than your previous working sets)	1	AMRAP	N/A
Barbell Good Mornings	3	25	60 Sec
Leg Press	3	30	60 Sec
Reverse Hyperextension	5	20	30 Sec
Leg Curl (Seated or Lying)	5	20	30 Sec
Standing Calf Raise	5	20	15 Sec



## DAY 4: PUSH WORKOUT B

### MUSCLE GROUP TARGET: CHEST, SHOULDERS & TRICEPS

Exercise	Sets	Reps	Rest
Standing Overhead Press	5	15	90-120 Sec
Standing Overhead Press (Use 20% less weight than your previous working sets)	1	AMRAP	N/A
Incline Bench Press DB	3	30	60 Sec
Close Grip Bench Press	3	30	60 Sec
Seated Machine Fly	5	20	30 Sec
Standing Tricep Pushdown (Rope, V-bar, or Straight Bar)	5	25	30 Sec
Standing Cable Side Lateral Raises	5	15-20	15 Sec



## DAY 5: PULL WORKOUT B

### MUSCLE GROUP TARGET: BACK, TRAPS & BICEPS

Exercise	Sets	Reps	Rest
Barbell Snatch Grip Deadlift	5	15	90-120
Barbell Snatch Grip Deadlift (Use 20% less weight than your previous working sets)	1	AMQRAP	N/A
Barbell Rows	3	25	60 sec
(Weighted) Pull-ups	3	30	60 sec
1-arm Rows (Dumbbell or Barbell)	5	50	30 sec
Incline Dumbbell Curl	5	50	30 sec
Seated Machine Reverse Fly	5	50	15 sec



## DAY 6: LEG WORKOUT B

### MUSCLE GROUP TARGET: QUADS, HAMSTRINGS & CALVES

Exercise	Sets	Reps	Rest
Barbell Front Squat	5	15	90-120 sec
Barbell Front Squat (Use 20% less weight than your previous working sets)	1	AMQRAP	N/A
Barbell Romanian Deadlifts	3	25	60 sec
Barbell Hip Thrusts	3	30	60 sec
Dumbbell Lunges	5	50	30 sec
Seated Leg Extensions	5	50	30 sec
Hanging Leg Raises	5	50	15 sec



## **DAY 6: LEG WORKOUT B**

**MUSCLE GROUP TARGET:  
QUADS, HAMSTRINGS & CALVES**

**EARLY-INTERMEDIATE LIFTERS SHOULD PERFORM THE ROUTINE  
IN AN EVERY-OTHER-DAY MANNER – PUSH A/REST/PULL  
A/REST/LEGS A/REST/PUSH B/REST/PULL B/ REST/LEGS  
B/REST/REPEAT**

**INTERMEDIATE LIFTERS SHOULD PERFORM THE ROUTINE IN A 3-  
ON/1-OFF MANNER – PUSH A/PULL A/LEGS A/REST/PUSH B/  
PULL B/LEGS B/REST/REPEAT**

**ADVANCED LIFTERS SHOULD PERFORM THE ROUTINE IN A 6-  
ON/1-OFF MANNER – PUSH A/PULL A/LEGS A/PUSH B/PULL  
B/LEGS B/REST/REPEAT**

