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100% POWERLIFTING WORKOUT

The 100% powerlifting workout. is specifically designed for someone competing in powerlifting. Also a great choice for someone building general strength.

Link to Workout: <https://www.muscleandstrength.com/workouts/20-6-day-weight-cardio-cutting-workout.html>

Main Goal: Increase Strength
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Team Muscle & Strength

Day 1: Chest & Back

Exercise	Sets	Reps
Chest		
Barbell Bench Press	5	*
Dumbbell Bench Press	4	8, 6, 6, 4
Weighted Chest Dip	4	4 - 6
Back		
Seated Row	5	10, 8, 8, 8, 6

*Bench Press: Warmup 10 reps of 50% 1 REP MAX. 4 sets of 2-3 reps 75-95% 1 REP MAX. Last set do your 1 REP MAX.

Day 2: Rest/Ab Work

Exercise	Sets	Reps
Active Rest/Abdominal Work		

Day 3: Legs

Exercise	Sets	Reps
Squat	6	*
Leg Curl	4	4 - 6
Leg Extension	4	4 - 6
Standing Calf Raise	4	15

*Warmup. 6 sets total. First 4 sets, 2-3 reps 90% 1 REP MAX. 5th set 1 REP MAX, 6th set increase 1 REP MAX.

Day 4: Rest/Ab Work

Exercise	Sets	Reps
Active Rest/Abdominal Work		

Day 5: Shoulders & Triceps

Exercise	Sets	Reps
Shoulders		
Military Press	4	6
Incline Bench Press	4	6
Dumbbell Front Raise	4	8
Triceps		
Close Grip Bench Press	4	10, 8, 6, 4
Lying Tricep Extension	4	6 - 8

Day 6: Legs

Exercise	Sets	Reps
Deadlifts	6	6 - 8
Leg Curl	4	10
Smith Machine Lunge	5	6 Each Leg
Standing Calf Raise	5	10 - 15