



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



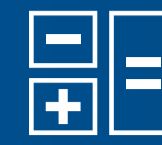
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8 WEEK POWER PHYSIQUE WORKOUT

Forget what you know about the squat, bench press, and deadlift. There's 3 new big lifts in town to help you transform your body and increase your strength.

Link to Workout: <https://www.muscleandstrength.com/workouts/power-physique-8-week-program>

Main Goal: Increase Strength

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 4 Day

Time Per Workout: 60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Roger "Rock" Lockridge

Front Squat (Or Pause Squat) Day

Exercise	Sets	Reps	Rest Between Sets
Front Squat (Warm-up)	3	4 (light weight)	2 minutes
Front Squat Work Sets	3	Refer to Chart	3 minutes
Deadlift	3	5	2 minutes
Hack Squat or Leg Press	3	8	2 minutes
Single Lying Leg Curl	3	8	2 minutes
Reverse Hyper	3	10	2 minutes

Incline Bench Press Day

Exercise	Sets	Reps	Rest Between Sets
Incline Bench Press (Warm-up)	3	4 (light weight)	2 minutes
Incline Bench Press Work Sets	3	Refer to Chart	3 minutes
Flat Dumbbell Press	3	5	2 minutes
Lateral Raise	3	8	2 minutes
Overhead Dumbbell Extension	3	8	2 minutes
Triceps Rope Pressdown	3	10	2 minutes

Pendlay Row Day

Exercise	Sets	Reps	Rest Between Sets
Pendlay Row (Warm-up)	3	4 (light weight)	2 minutes
Pendlay Row Work Sets	3	Refer to Chart	3 minutes
Dumbbell Pullover	3	5	2 minutes
Reverse Grip Lat Pulldown	3	8	2 minutes
Rear Delt Flyes with Pause	3	8	2 minutes
Dumbbell Preacher Curl	3	8	2 minutes
Standing Cable Curl	3	10	2 minutes
Smith Machine Shrugs	3	10	2 minutes

Abs and Calves Day

Exercise	Sets	Reps	Rest Between Sets
Hanging Leg Raise	2	10	2 minutes
Weighted Crunch	3	10	2 minutes
Oblique Crunch	3	10 per side	2 minutes
Seated Calf Raise	3	8	2 minutes
Calf Press	3	10	2 minutes