



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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Workouts



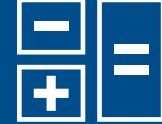
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JOE OHRABLO’S NON-LINEAR PERIODIZATION

Build a beastly body by alternating between intensity weeks and power weeks. Mr. NC Joe Ohrablo presents his incredibly effective muscle building system.

Link to Workout: <https://www.muscleandstrength.com/workouts/joe-ohrablo-non-linear-periodization.html>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 5 Days
Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Joseph Ohrablo

Power Week

Monday: Legs w/ Quad Focus

Exercise	Sets	Reps
Squat *	5 - 6	5
Hack Squat	4	10 CTF
Leg Extension	4 - 5	10 F
Reverse Hack Squat	5	8 CTF
Single Leg Curl	3	10 CTF or F
*Perform many warm up sets. Push hard on the last few work sets. CTF: Last set Close to Failure F: Last set to Failure A: All sets Close to Failure or Failure		

Tuesday: Chest, Side Delts, Rear Delts & Abs

Exercise	Sets	Reps
Dumbbell Bench Press *	5	5
Incline Hammer Strength Press	4	8 F
Incline Dumbbell Fly	3	10 F
Side Lateral	3	12 A
Rear Machine Lateral	3	12 A
*Perform a few warm up sets; Last 2 work sets: close to failure or failure.		

Wednesday: Back & Calves

Exercise	Sets	Reps
Deadlift *	6 - 7	Singles
Hammer Strength Row	4	8 CTF or F
Pull Up	3	Failure
Leg Machine Calf Press	6	10 F
*Perform many warm up deadlifts; Mostly singles for the last few work sets; close to failure.		

Friday: Legs w/ Hamstring Focus

Exercise	Sets	Reps
Stiff Leg Deadlift *	5 - 6	5
Wide Stance Lunge	3	12 F
Leg Curl	3	10 F
Smith Machine Squat	4	10 CTF
Leg Extension	4	10 F
*Perform a few warm up sets before working. Perform last work set to failure.		

Saturday: Arms

Exercise	Sets	Reps
EZ Bar Curls	5	5 F
Incline Dumbbell Curl	3	10 F
Dumbbell Hammer Curl	3	10 F
Close Grip Dumbbell Bench Press	5	5 F
Tricep Push Down	3	10 F
Dumbbell Skullcrusher	3	15 F

Sunday: Traps, Side Delts, Rear Delts, Calves & Abs

Exercise	Sets	Reps
Barbell Shrug	5	5 F
Side Lateral *	4	10
Dumbbell Reverse Fly on Incline Bench	4	12 F
Calf Press Machine	5	8 F
Standing Calf Raise	3	10 A
Rope Crunch	3	25
Lying Leg Raise (Butt off Bench)	3	25
Barbell Roll Out	3	30
*Fail on last 2 sets.		



Monday: Legs w/ Quad Focus

Exercise	Sets	Reps
Leg Extension *	5	15
Front Squat	5	10 F
Leg Press * *	5	10
Smith Machine Squat * * *	2 - 3	15 - 20
Good Mornings	5	10
Single Leg Curl * * * *	3	12 - 15
* Fail on last 1 - 2 sets; Drop sets to failure. * * Perform w/ feet low ; Superset w/ 10 reps w/ feet high. * * * Feet directly under bar w/ narrow stance, feet almost touching. * * * * Back & forth between legs; No rest; failure on all sets.		

Tuesday: Chest & Shoulders

Exercise	Sets	Reps
Incline Dumbbell Bench Press	5	10 F
Incline Hammer Strength Press *	4	12 F
Low Cable Crossover	4	15 F
Partial Side Lateral * *	5	10 A
Rear Machine Lateral * * *	4	12 F
Lying Dumbbell Reverse Fly on Incline Bench	2	10 A
Side Laterals * * * *	1	Failure
* After performing the last set to failure, I do 3 - 4 rest pause sets, all to failure. * * Heavy; Lock Arm Partial Laterals superset w/ light Full Range Laterals. * * * Perform 2 - 3 drop sets after failure * * * * Perform 1 set to failure, 10 drop sets to failure, & 1 final drop set to failure		

Wednesday: Back & Calves

Exercise	Sets	Reps
Barbell Row	5	10 F
Decline Bench Pullover	4	10 F
Pull Up *	4	Failure
Cable Row (Wide Grip)* *	3	10 F
Close Grip Reverse Lat Pull Down * * *	3	15 - 20
Standing Calf Raise	5	15 F
Leg Press Calf Raise * * * *	4	20 F
* Use different grips. * * After reaching failure, perform a drop set to failure. * * * Focus on stretch & contraction. * * * * After reaching failure, hold the stretch position like “DC” (Doggcrapp) calf stretches to failure.		

Friday: Legs w/ Hamstring Focus

Exercise	Sets	Reps
Reverse Hack Squat	6	10 F
Good Mornings	4	10 F
Single Leg Curl	4 - 5	10 F
Smith Machine Squat *	4	10 F
Adductor Machine	3	Failure
*Pause at bottom; Perform very close to failure.		

Saturday: Arms

Exercise	Sets	Reps
Incline Bench Dumbbell Curls	5	10 F
One Arm Dumbbell Preacher Curl *	4	10 F
Rope Hammer Curl * *	4	20 F
Tricep Push Down	5	10 F
Smith Machine Close Grip Bench Press	5	10 F
Rope Tricep Press Down * * *	3 - 4	10 F
* Perform on the flat side for 4 x 10; Partial failure on the last set. * * Fail on the last set w/ 1 to 5 drops. * * * Fail on the last set w/ 3 drops.		

Sunday: Traps, Side Delts, Rear Delts, Calves & Abs

Exercise	Sets	Reps
Dumbbell Shrug	5	15 F
Smith Machine Reverse Upright Row	5	10 F
Superset		
Side Lateral	5	15 CTF
Rear Lateral	5	15 CTF
Side Lateral *	1	Failure
Superset* *		
Hammer Calf	5	10 F
Standing Calf Raise	5	25 F
Medicine Ball Reverse Crunch	4	25
Decline Crunch	3	30
Jackknife Holding Body Bar	4	20 - 30
Plank	2	Failure
*Perform one set to failure on laterals using the rest pause method; goal is 30 reps. * *Perform standing calf raises without using weights. Fail on all sets for both Hammer Calf & Standing Calf Raises, if possible.		