



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Diet Plans



Expert Guides



Videos



Tools

POWER HYPERTROPHY UPPER LOWER (P.H.U.L) WORKOUT

Build both size and strength in this 4 day split based around basic compound movements. Get the best of both worlds with bodybuilding and powerlifting.

Link to Workout: <https://www.muscleandstrength.com/workouts/phul-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Dumbbells, Machines

Author: Brandon Campbell

Day 1

Exercise	Sets	Reps
Upper Power		
Barbell Bench Press	3 - 4	3 - 5
Incline Dumbbell Bench Press	3 - 4	6 - 10
Bent Over Row	3 - 4	3 - 5
Lat Pull Down	3 - 4	6 - 10
Overhead Press	2 - 3	5 - 8
Barbell Curl	2 - 3	6 - 10
Skullcrusher	2 - 3	6 - 10

Day 2

Exercise	Sets	Reps
Lower Power		
Squat	3 - 4	3 - 5
Deadlift	3 - 4	3 - 5
Leg Press	3 - 5	10 - 15
Leg Curl	3 - 4	6 - 10
Calf Exercise (choose any exercise)	4	6 - 10

Day 4

Exercise	Sets	Reps
Upper Hypertrophy		
Incline Barbell Bench Press	3 - 4	8 - 12
Flat Bench Dumbbell Fly	3 - 4	8 - 12
Seated Cable Row	3 - 4	8 - 12
One Arm Dumbbell Row	3 - 4	8 - 12
Dumbbell Lateral Raise	3 - 4	8 - 12
Seated Incline Dumbbell Curl	3 - 4	8 - 12
Cable Tricep Extension	3 - 4	8 - 12

Day 5

Exercise	Sets	Reps
Lower Hypertrophy		
Front Squat	3 - 4	8 - 12
Barbell Lunge	3 - 4	8 - 12
Leg Extension	3 - 4	10 - 15
Leg Curl	3 - 4	10 - 15
Seated Calf Raise	3 - 4	8 - 12
Calf Press	3 - 4	8 - 12