



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



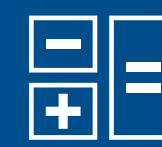
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POWER MUSCLE BURN 5 DAY POWERBUILDING SPLIT

Rapidly build size and strength with this powerbuilding 5 day split which focuses on strength building power sets, and crazy-intense burn sets. You have been warned!

Workout Link: <https://www.muscleandstrength.com/workouts/power-muscle-burn-5-day-powerbuilding-split.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 5 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Author: Steve Shaw

Day 1 - Chest & Triceps

Exercise	Sets	Reps
Chest		
Bench Press - Power	2 - 4	3 to 5
Incline Bench Press - Muscle	2 - 3	6 to 12
Dumbbell Bench Press - Muscle	2 - 3	6 to 12
Dumbbell Flys - Burn	1	40
Triceps		
Closegrip Bench Press - Power	2	3 to 5
Seated French Press - Muscle	2	6 to 12
Cable Tricep Extension - Burn	1	40

Day 2 - Back & Traps

Exercise	Sets	Reps
Back		
Barbell Rows - Power	2 - 4	3 to 5
Dumbbell Rows - Muscle	2 - 3	6 to 12
Lat Pull Down - Muscle	2 - 3	6 to 12
Seated Cable Row - Burn	1	40
Traps		
Power Barbell Shrugs - Power	2	3 to 5
Dumbbell Shrugs - Muscle	2	6 to 12
Power Barbell Shrugs - Burn	1	40

Day 3 - Quads & Calves

Exercise	Sets	Reps
Quads		
Squat - Power	2 - 4	3 to 5
Leg Press - Muscle	2 - 3	6 to 12
Front Squat - Muscle	2 - 3	6 to 12
Leg Press - Burn	1	40
Calves		
Seated Calf Raise - Muscle	2	10 to 15
45 Degree Calf Raise - Burn	2	40

Day 5 - Shoulders & Biceps

Exercise	Sets	Reps
Shoulders		
Seated Barbell Press - Power	2 - 4	3 to 5
Seated Arnold Press - Muscle	2 - 3	6 to 12
Barbell Front Raise - Muscle	2	6 to 12
Dumbbell Lateral Raise - Burn	1	40
Biceps		
Pinwheel Curl - Power	2	3 to 50
Standing Barbell Curl - Muscle	2 - 3	6 to 12
Cable Preacher Curl - Burn	1 - 2	40

Day 6 - Deadlift & Hamstrings

Exercise	Sets	Reps
Deadlift & Hamstrings		
Deadlift - Power	2 - 4	3 to 5
Romanian Deadlift - Muscle	3 - 4	6 to 12
Leg Curl - Muscle	3 - 4	6 to 12
Leg Curl - Burn	1	40