The Fit Apprentice Powerbuilding Program PDF
Sheet1

The Fit Appren	tice Powerbuilding Progra	_ am PDF from Has	shiMashi.com													
From the Post:																
	Program for Beginners: 0	Get Big AND Stro	ng													
	, Degamoro.															
4 Day Split with	Sunday Off															
*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*										
Workout 1	Workout 2	Rest day	Workout 3	Rest day	Workout 4	Rest day										
	,															
*Workout 1*					Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	*Exercise*	*Sets*	*Reps*	*Recovery*	Weights Used Per Exercise		Weights									
*1*	Squats	5	-	5 2-3 minutes	<u> </u>	3	J	3	3	3	3	3	3	3	3	3
*2*	Romanian deadlifts	4		6 90 seconds												
*3*	Leg extensions	3		8 90 seconds												
*4*	Lunges		3 10 per leg	60 seconds												
*5*	Seated calf raises	3		2 60 seconds												
*6*	Cable crunches	3		2 60 seconds												
*Workout 2*																
	*Exercise*	*Sets*	*Reps*	*Recovery*												
*1*	Bench press	5	-	5 2-3 minutes												
*2*	Seated rows	3		0 60 seconds												
*3*	Incline dumbbell press	4		8 90 seconds												
*4*	Single-arm rows	3		0 60 seconds												
*5*	EZ bar skull crushers	4		8 90 seconds												
*6*	EZ bar biceps curls	4		8 90 seconds												
*Workout 3*																
	*Exercise*	*Sets*	*Reps*	*Recovery*												
*1*	Deadlifts	5		5 2-3 minutes												
*2*	Front squats	4	1	6 90 seconds												
*3*	Leg curls	3	3	8 90 seconds												
*4*	Bulgarian split squats	3	3 10 per leg	60 seconds												
*5*	Standing calf raises	3	3 1	2 60 seconds												
*6*	Ab wheel rollouts	3		2 60 seconds												
*Workout 4*																
	*Exercise*	*Sets*	*Reps*	*Recovery*												
*1*	Barbell overhead presses	5	5 Reps	2-3 minutes												
*2*	Pull-ups	4	-	8 90 seconds												
*3*	Dumbbell side raises	3	1	2 60 seconds												
*4*	Lat pulldowns	3	1	2 60 seconds												
*5*	Dips	3	3	8 90 seconds												
*6*	Dumbbell curls	3	3	8 90 seconds												
ALTERNATIVE	SPLIT DAY OPTIONS															
4 Day Split with	the Weekend Off															
*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*										
Workout 1	Workout 2	Rest day	Workout 3	Workout 4	Rest day	Rest day										
4 Day Split with	Saturday Off															
*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*										
Workout 1	Workout 2	Rest day	Workout 3	Rest day	Workout 4	Rest day										

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