

The Fit Apprentice Powerbuilding Program PDF from HashiMashi.com																
From the Post:																
Powerbuilding Program for Beginners: Get Big AND Strong																
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 Used	Weights	Weights	Weights	Weights	Weights	Weights	Weights	Weights	Weights	Weights
1	Squats	5	5	2-3 minutes												
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	12	60 seconds												
6	Cable crunches	3	12	60 seconds												
Workout 2																
	Exercise	*Sets*	*Reps*	*Recovery*												
1	Bench press	5	5	2-3 minutes												
2	Seated rows	3	10	60 seconds												
3	Incline dumbbell press	4	8	90 seconds												
4	Single-arm rows	3	10	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	6	90 seconds												
3	Leg curls	3	8	90 seconds												
4	Bulgarian split squats	3	10 per leg	60 seconds												
5	Standing calf raises	3	12	60 seconds												
6	Ab wheel rollouts	3	12	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	12	60 seconds												
4	Lat pulldowns	3	12	60 seconds												
5	Dips	3	8	90 seconds												
6	Dumbbell curls	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										

