



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



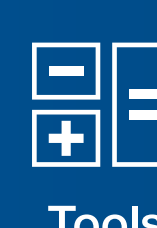
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Videos



Tools

6 DAY POWERBUILDING SPLIT

Hungry for some serious gym time and crazy gains? Nick Ludlow helps you to go heavy, go hard and improve your results with this intense, high volume rest-pause workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-day-powerbuilding-split-meal-plan>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 6 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Dumbbells, Machines
Author: Nick Ludlow

Push A

Exercise	Sets	Rep Goal Total	Rest
Chest, Shoulders & Triceps			
Flat Barbell Bench Press	5	15	90 - 120 sec
Flat Barbell Bench Press*	1	AMQRAP**	N/A
Seated Behind the Neck Press	3	25	60 sec
(Weighted) Tricep Dips	3	30	60 sec
Standing Cable Crossovers	5	50	30 sec
Seated Tricep Extensions (Dumbbell, Rope, or EZ Bar)	5	50	30 sec
Seated Dumbbell Lateral Raises	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.

Pull A

Exercise	Sets	Rep Goal Total	Rest
Back, Traps & Biceps			
Barbell Conventional Deadlift	5	15	90 - 120 sec
Barbell Conventional Deadlift*	1	AMQRAP**	N/A
(Weighted) Chin-ups	3	25	60 sec
Chest Supported Rows	3	30	60 sec
Shrugs (Dumbbell, Barbell, or Trap Bar)	5	50	30 sec
Standing Barbell Curls	5	50	30 sec
Standing Cable Reverse Fly	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.

Legs A

Exercise	Sets	Rep Goal Total	Rest
Quads, Hamstrings & Calves			
Barbell Back Squat	5	15	90 - 120 sec
Barbell Back Squat*	1	AMQRAP**	N/A
Barbell Good Mornings	3	25	60 sec
Leg Press	3	30	60 sec
Reverse Hyperextension	5	50	30 sec
Leg Curl (Seated or Lying)	5	50	30 sec
Calf Raise (Seated or Standing)	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.

Push B

Exercise	Sets	Rep Goal Total	Rest
Chest, Shoulders & Triceps			
Standing Overhead Press	5	15	90 - 120 sec
Standing Overhead Press*	1	AMQRAP**	N/A
Incline Bench Press (Dumbbell or Barbell)	3	25	60 sec
Close Grip Bench Press	3	30	60 sec
Seated Machine Fly	5	50	30 sec
Standing Tricep Pushdown (Rope, V-bar, or Straight Bar)	5	50	30 sec
Standing Cable Lateral Raises	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.

Pull B

Exercise	Sets	Rep Goal Total	Rest
Back, Traps & Biceps			
Barbell Snatch Grip Deadlift	5	15	90 - 120 sec
Barbell Snatch Grip Deadlift*	1	AMQRAP**	N/A
Barbell Rows	3	25	60 sec
(Weighted) Pull-ups	3	30	60 sec
1-Arm Rows (Dumbbell or Barbell)	5	50	30 sec
Incline Dumbbell Curl	5	50	30 sec
Seated Machine Reverse Fly	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.

Legs B

Exercise	Sets	Rep Goal Total	Rest
Quads, Hamstrings & Calves			
Barbell Front Squat	5	15	90 - 120 sec
Barbell Front Squat*	1	AMQRAP**	N/A
Barbell Romanian Deadlifts	3	25	60 sec
Barbell Hip Thrusts	3	30	60 sec
Dumbbell Lunges	5	50	30 sec
Seated Leg Extensions	5	50	30 sec
Hanging Leg Raises	5	50	15 sec

*Use 20% less weight than your previous working sets.
**As Many Quality Reps As Possible.