## Day 1

### Upper Power
- **Barbell Bench Press**: 3-4 sets, 3-5 reps
- **Incline Dumbbell Bench Press**: 3-4 sets, 6-10 reps
- **Bent Over Row**: 3-4 sets, 3-5 reps
- **Lat Pull Down**: 3-4 sets, 6-10 reps
- **Overhead Press**: 2-3 sets, 5-8 reps
- **Barbell Curl**: 2-3 sets, 6-10 reps
- **Skullcrusher**: 2-3 sets, 6-10 reps

## Day 2

### Lower Power
- **Squat**: 3-4 sets, 3-5 reps
- **Deadlift**: 3-4 sets, 3-5 reps
- **Leg Press**: 3-5 sets, 10-15 reps
- **Leg Curl**: 3-4 sets, 6-10 reps
- **Calf Exercise (choose any exercise)**: 4 sets, 6-10 reps

## Day 4

### Upper Hypertrophy
- **Incline Barbell Bench Press**: 3-4 sets, 8-12 reps
- **Flat Bench Dumbbell Fly**: 3-4 sets, 8-12 reps
- **Seated Cable Row**: 3-4 sets, 8-12 reps
- **One Arm Dumbbell Row**: 3-4 sets, 8-12 reps
- **Dumbbell Lateral Raise**: 3-4 sets, 8-12 reps
- **Seated Incline Dumbbell Curl**: 3-4 sets, 8-12 reps
- **Cable Tricep Extension**: 3-4 sets, 8-12 reps

## Day 5

### Lower Hypertrophy
- **Front Squat**: 3-4 sets, 8-12 reps
- **Barbell Lunge**: 3-4 sets, 8-12 reps
- **Leg Extension**: 3-4 sets, 10-15 reps
- **Leg Curl**: 3-4 sets, 10-15 reps
- **Seated Calf Raise**: 3-4 sets, 8-12 reps
- **Calf Press**: 3-4 sets, 8-12 reps

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**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  

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**Link to Workout:** [https://www.muscleandstrength.com/workouts/phul-workout](https://www.muscleandstrength.com/workouts/phul-workout)