

POWERLIFTER Workout Plan

For over 6 years, The Body Evolution has sponsored and supported the sport of Powerlifting. There is only one word for this group of individuals...POWER!! Powerlifters tear their muscle groups up more than any other group of people I know. They lift heavy and eat heavy. Try going to dinner with them. After your entrée, most of them are on their 2nd or 3rd. In spending years with Powerlifters, we have learned that they need to recuperate and recuperate well. Lifting most weight amounts that are more than cars, makes this group really strong and really special. The Powerlifter workout is designed to hit high plateaus of weight with massive loads. Powerlifting is a specific sport and we recommend anyone attempting powerlifting movements to consult with a Powerlifting trainer or Powerlifting association. Our workout is a simple introductory Powerlifting workout incorporating 4 days of lifting and 3 days of Cardio.

Monday = Back / Rear Shoulders / Abs / Calves / Cardio

Tuesday = Chest / Front Shoulders

Wednesday = Cardio / Abs / REST

Thursday = Legs

Friday = Biceps / Triceps / Calves / Abs

Saturday = Cardio

Sunday = Rest

WORKOUT SCHEDULE AS FOLLOWS

MONDAY

BACK/REAR SHOULDERS/ABS/CALVES/CARDIO

Think about what you do when you are working your back. You are already isolating your rear shoulders, so why should you focus on anything else other than that area. Breaking your arms up over two days really is not necessary because you are working your arms almost everyday anyway with exercises other than leg day. We also believe that back or legs should be the first day of your workout routine as it is the largest "full" muscle group on the body. That way you can really focus and concentrate on getting an excellent workout and really using that fresh recuperation after the weekend.

ABS - Do following abs in order counting all 4 exercises as 1 set. THIS IS YOUR WARM UP.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	20	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	20	Consistent Burn	1 minute
Behind Head Crossovers	4	20	Consistent Burn	1 minute

BACK

Exercise	Sets	Reps	Feeling	Rest Period
Lower Back Exercise (Dead Lift)	5	5,4,3,2,1	Increase Weight Each Set	1 minute
Upper Back Exercise (Heavy Pics)	4	10	Increase Weight Each Set	1 minute
Rear Shoulder (Rear Flies)	4	10	Increase Weight Each Set	1 minute
Rear Shoulder (Shrugs)	4	10	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

TUESDAY

CHEST/FRONT SHOULDERS

You have worked the back part of your body. Now move to the front and isolate the top and bottom portions of the chest. Focus on the front shoulders only in addition to your chest. You will find your shoulders will get worked even more because of your chest workout with the shoulder workout.

CHEST

Exercise	Sets	Reps	Feeling	Rest Period
Upper Chest Exercise (Flat Bench)	5	10,8,4,2,1	Increase Weight Each Set	1 minute
Lower Interior Chest (Incline/Push Press)	4	10	Increase Weight Each Set	1 minute
Front Shoulder Outside (Military Press)	4	10	Increase Weight Each Set	1 minute
Front Shoulder Front (Front Raises)	4	10	Increase Weight Each Set	1 minute

WEDNESDAY

CARDIO/ABS/REST

You do not want to lift halfway through your week. Let your body rest from lifting and get some muscle recuperation. Midway through the week, you should be feeling a bit beat up.

ABS - Do following abs in order counting all 4 exercises as 1 set.

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	20	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	20	Consistent Burn	1 minute
Behind Head Crossovers	4	20	Consistent Burn	1 minute

THURSDAY

LEGS

(no calves, you will want them fresh for your leg workout) Focus on the quad as one group and the hamstring as another group. One day is sufficient for legs if you are lifting heavy and doing heavy movements like squats and leg presses.

LEGS

Exercise	Sets	Reps	Feeling	Rest Period
Quadriceps Front (Squat or Leg Press)	4	10	Increase Weight Each Set	1 minute
Quads Posterior (Sitting Leg Curls)	4	10	Increase Weight Each Set	1 minute
Hamstrings (Stiff Leg Dead)	4	10	Increase Weight Each Set	1 minute
Hamstrings (Hamstring Curls or Lunges)	4	10	Increase Weight Each Set	1 minute

FRIDAY

BICEPS/TRICEPS/CALVES/ABS

You have now given your upper body sufficient time to rest and you are ready to kill those arms. Work hard and end strong. Make sure and lift to exhaustion. This can be done by burning out on your last set or increasing the weight.

ABS - Do following abs in order counting all 4 exercises as 1 set. THIS IS YOUR WARM UP

Exercise	Sets	Reps	Feeling	Rest Period
Feet Up Crunches	4	20	Consistent Burn	1 minute
Frog Kicks	4	20	Consistent Burn	1 minute
Feet Down Crunches	4	20	Consistent Burn	1 minute
Behind Head Crossovers	4	20	Consistent Burn	1 minute

ARMS

Exercise	Sets	Reps	Feeling	Rest Period
Biceps Interior (Straight Bar Curl)	4	10	Increase Weight Each Set	1 minute
Biceps Exterior (Hammer Curls)	4	10	Increase Weight Each Set	1 minute
Triceps (French Curls)	4	10	Increase Weight Each Set	1 minute
Triceps (Skull Crushers or Pull Downs)	4	10	Increase Weight Each Set	1 minute
Calves	4	20	Heavy Throughout	1 minute

SATURDAY CARDIO

You are now done with all of the major work and are resting the muscles and maintaining what you have worked for.

SUNDAY - REST

CARDIO - How much is adequate?

IN REGARDS TO CARDIO, WE BELIEVE THAT A POWERLIFTER SHOULD AT LEAST BE DOING 20 MINUTES OF INTERVAL CARDIO 3 DAYS A WEEK. SOME POWERLIFTERS TRYING TO CUT WEIGHT FOR A MEET, SHOULD DO CARDIO EVERYDAY.

CARDIO INTENSITY CHART

Minutes	Intensity	Feeling
1	5	Warm up
2	5	Warm up
3	6	Starting to feel tension
4	7	Feeling quite a burn
5	8	Consistent burn
6	9	Hurting Burn
7	6	Starting to feel tension
8	7	Feeling quite a burn
9	8	Consistent Burn
10	9	Hurting Burn
11	6	Starting to feel tension
12	7	Feeling quite a burn
13	8	Consistent Burn
14	9	Hurting Burn
15	6	Starting to feel tension
16	7	Feeling quite a burn
17	8	Consistent Burn
18	9	Hurting Burn
19	10	Excruciating burn
20	5	Rest and recuperate