



# A FEW THINGS BEFORE YOU GET STARTED!

## Nothing Happens Overnight.

Welcome to the 8-week powerbuild program. It takes 4-8 weeks of consistency to start to see results.

Note: This is a progressive program. Progressive programming means that you should be gradually adding weight during the program (approx 2-5lbs on most lifts) per week.

The first four weeks will start with a lower rep range while we work to build up the strength base. The first exercise each day is meant to be the most intense. The second exercise should be the second most intense, just a tad shy of the first. The exercises that follow will usually focus on isolation exercises. In week 5, you'll see an increase in reps while we move into a hypertrophy phase.

The program is designed to include lifting 4 days a week with one day dedicated to steady state cardio. One of the most useful activities for the program is a 20-30 minute walk. There are also two complete rest days programmed into the week with the idea that you're still getting in 7-10k steps a day with your regular everyday activity.

Rest days are important. Be sure to prioritize your food, sleep and hydration!

Now that we have set expectations, let's get to work. A program is only as good as the effort you put into it, and your level of commitment to follow it religiously.



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### Abbreviation Key

BB= Barbell

DB= Dumbbell

KB = Kettlebell

Negative= eccentric (fiber increases in length under load)

OH= Overhead

RDL= Romanian Deadlift

SA= Single Arm

SL= Single Leg



## DAY 1

- A. Military Press 4 x 5-8
- B. T Bar Rows 4 x 10
  
- C. Dead Stop Lateral Raises 3 x 10-12
- D. EZ Bar or BB Curls 3 x 10-12
- E. Bench Dips 3 x 12

## DAY 2

- A. Leg Press 4 x 5-8
- B. Deadlifts 4 x 10

### Superset 3 rounds

- C. KB/DB Goblet Squats x 12
- D. KB Swings x 12  
\*squeeze!

### Superset 2 rounds

- E. Single Leg Hip Thrust x 12 ea
- Leg Lifts x 15

## DAY 3

Steady state cardio  
20-30 min walk

# WEEK 1 LET'S GO!

## DAY 4

- A. Bench Press 4 x 5-8
- B. Pull-up Negatives 4 x 3 w a focus on a 5 sec lower
- C. Arnold Press 3 x 12-15
- D. EZ Bar Incline Triceps Extensions 3 x 12-15
- E.. Seated Neutral Grip Row 1 x heavy set x 6-8  
1 lighter set x 8-12

## DAY 5

- A. Front Squats 4 x 5-8
- B. KB Racked Back Lunge 4 x 10 ea
  
- C. Seated or Lying Leg Curl 3 x 10-12
- C. Bulgarian Split Squat x 10-12ea \*vertical shin

### Plank Sequence 2 min total

- D. R Side Plank x :10
- E.Plank x :10
- E. L Side Plank x :10

This is a progressive program. Don't start out too heavy, but make sure to challenge yourself!!  
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## DAY 1

- A. Military Press 4 x 5-8
- B. BB Bentover Row 4 x 10
- C. Standing Lateral DB Raises 3 x 10-12
- D. Hammer Curls 3 x 12-15
- E. Triceps Cable Press Downs 3 x 15

## DAY 2

- A. Leg Press 4 x 5-8
- B. Deadlifts 4 x 10
- C. Cossack Squats 3 x 10 ea \* start w BW only
- D. DB RDL 3 x 12
- Superset x 2
- E. Roman Chair Leg Lifts x 12-15
- F. Alternating Weighted Step-ups x 12 ea

## DAY 3

Steady State 20-30 min walk

# WEEK 2 JUST GETTING STARTED!

## DAY 4

- A. Bench Press 4 x 5-8
- B. Negatives \*lowering portion of pull up. strive for 4-5 sec 4 x 3
- C. Upright rows 3 x 10-12
- D. EZ Bar Skullcrushers 3 x 12
- E. Face Pulls 3 x 15

## DAY 5

- A. Front Squat 4 x 5-8
- B. Hack Squat or Sissy Squat 4 x 10
- C. Seated Leg Curls 3 x 12-15
- D. Weighted Split Squat 2 x 12ea
- Superset x 3
- Reverse Crunches x 15
- Russian Twists x 15ea

This is a progressive program. Challenge yourself by adding 2-5lbs each week!  
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## DAY 1

A. Military Press 4 x 5-8  
B. BB Bentover Row  
Supinated Grip 4 x 10

C. 6 Way Shoulders 3 x 6  
D. Preacher Curls 3 x 12-15

E. EZ Bar Incline Triceps  
Extensions 3 x 15

## DAY 2

A. Leg Press 4 x 5-8  
B. Deadlifts 4 x 10

C. Split Stance DB RDL  
3 x 12-15ea  
D. KB Swings 3 x 12

E. Heel Touches 3 x 8ea  
F. BB or Plate straight  
Leg Sit-ups 3 x 10-12

## DAY 3

Steady State 20-30  
min walk

# WEEK 3 YOU'RE DOING GREAT!

2 weeks down already!  
Progress, not perfection!!  
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## DAY 4

A. Bench Press 4 x 5-8  
B. Negatives \*lowering  
portion of pull up. strive  
for 4-5 sec 4 x 4

C. Alt. DB Upright Rows  
3 x 10-12  
D. Crossbody Cable  
Triceps Extensions 3 x 8-12  
E. Rear Delt Flys 3 x 15

## DAY 5

A. Front Squat 4 x 5-8  
B. Walking Lunges 4 x 10  
ea

C. Seated or Lying Leg  
Curls 3 x 12-15  
D. Smith Machine Hip  
Thrusts 3 x 15a

Superset x 3  
Hanging Leg Raises x 8-10  
Side Plank x :20-:30 ea



## DAY 1

- A. Military Press 4 x 5-8
- B. T- Bar Rows 4 x 10

C. Push up or Weighted  
Push-up 3 x 10-12

D. Alt. DB Curls 3 x 12-  
15

E. Triceps Cable Press  
Downs 3 x 20

## DAY 2

- A. Leg Press 4 x 5-8
- B. Deadlifts 4 x 10

C. Machine Adduction 2  
x 20

D. Smith Machine Hip  
Thrust 4 x 12-15ea

E. Ab Rollouts 3 x 8-12

F. Stability Ball  
Crunches 3 x 15-20

## DAY 3

Steady State 20-30  
min walk/bike

# WEEK 4 KILLING IT!

## DAY 4

A. Bench Press 4 x 5-8

B. Negatives \*lowering  
portion of pull up. strive  
for 4-5 sec 4 x 5-8

C. BB Upright Rows 3 x  
10-12

D. Dips 3 x 8- 12  
Then 1 set of 15-20  
assist as needed

E. Face Pulls 3 x 15

## DAY 5

A. Front Squat 4 x 5-8

B. Walking Lunges x 10 ea

C. Lying Leg Curls 3 x  
12-15

D. Leg Extensions 3 x  
15

**Superset x 3**  
Hanging Leg Raises x 8-  
10

Side Plank x :20-:30ea  
Plank x :40-:60

*Reminder:* This is a  
progressive program. Each  
week you should gradually  
try to increase your load.  
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## DAY 1

- A. Military Press 4 x 8-12
- B. Pendlay Rows 4 x 10
- C. DB Squeeze Press 3 x 12
- D. Standing SA DB OH Press 3 x 12-15ea
- E. Katana Cable Triceps Extensions 3 x 10-12

## DAY 2

- A. Leg Press 4 x 8-12
- B. Deadlifts 4 x 10
- C. Glute Kickback Machine or Single Leg Landmine Hip Thrust 4 x 12-15ea
- 3 Rounds
- D. Leg Lifts x 15
- E. Plank :45

## DAY 3

Steady State 20-30 min walk/bike

# WEEK 5 THE SHIFT!

## DAY 4

- A. Bench Press 4 x 8-10
- B. Lat Pull Downs 4 x 10
- Superset**
- C. DB Arnold Press 3 x 10-12
- D. Machine Row 3 x 12

- E. DB Curls 3 x 15
- F. Weighted Dips (BW if not able to weight) 3 x 6-10

## DAY 5

- A. Front Squat 4 x 8-12
- B. Racked Reverse Lunges x 10 ea
- C. BB RDLs 3 x 12-15
- D. Lying Leg Curls 3 x 12-15

- Superset x 3**
- BB Rollouts x 8-15
- Side Plank x :20-:30ea
- Plank x :30-:60

The first 4 weeks saw some lower reps ranges to build strength. This week, we shift!!  
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## DAY 1

- A. Military Press 4 x 8-12
- B. Pendlay Rows 4 x 10

Superset x 4

- C. DB Snatch Weak arm then strong arm x 10

- D. Close Grip Bench Pres 3 x 8-12

## DAY 2

- A. Leg Press 4 x 8-12
- B. Deadlifts 4 x 10

- C. BB Hip Thrusts  
1 lighter set of 15-20 then  
Pyramid 8-12-15-12-8

- D. Back Extensions 3 x 12-15

3 Rounds

- E. Side Plank x:30ea)
- E. Medball or DB/Plate Sit-up x 10-15

## DAY 3

Steady State 20-30 min walk/bike

## WEEK 6 CONSISTENCY!

## DAY 4

- A. Bench Press 4 x 8-10
- B. Lat Pull Downs 4 x 10

- C Machine Overhead Press 4 x 10-12
- D. Wide Grip Machine Row 4 x 12-15

Superset x 3

- E. Incline EZ/BB Triceps Ext x15
- F. EZ/BB Narrow Grip Curls x 10-12

## DAY 5

- A. Front Squat 4 x 8-12
- B. Weighted Walking Lunges x 10 ea

- C. BB RDLs 3 x 12-15
- D. Leg Extensions 3 x 12-15
- E. DB Split Squats 3 x 8-10ea

Superset x 3

- F. Decline Sit Up 8-15
- G. Leg Lifts x 15

The way to progress is through consistency.  
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## DAY 1

- A. Military Press 4 x 8-12
- B. Pendlay Rows 4 x 10
- C. DB Floor Press 4 x 12-15
- D. Pull-ups or Negatives 4 x 4-8  
Superset
- E. Hammer Curls x 10
- F. DB Triceps Kickbacks x 10

## DAY 2

- A. Leg Press 4 x 8-12
- B. Deadlifts 4 x 10
- Superset x 3
- C. KB Swings 4 x 15
- D. Single Leg RDL 4 x 12-15ea
- 3 Rounds
- D. Sprinter Sit-ups x 12ea
- E. Hanging Oblique Knee Raises 6-10ea

## DAY 3

Steady State 20-30 min walk

# WEEK 7 PROGRESS

## DAY 4

- A. Bench Press 4 x 8-10
- B. Lat Pull Downs 4 x 10
- C DB Incline Press 4 x 10-12
- D. SA DB Rows 3 x 12ea
- E. Strict Lateral Raises 3 x 10-12
- F. EZ or BB Curls 2 x 12-15

## DAY 5

- A. Front Squat 4 x 8-12
- B. Walking Lunges x 8 ea
- C. DB RDLs without full hip ext 3 x 12-15
- D. Leg Extensions 2 x 12-15
- E. Front Racked Split Pin Squats 2 x 12ea
- Superset x 3
- F. TRX Stir the Pot (use forearms on stability ball if no TRX) x 10
- G. Decline Sit-ups x 15

Progress is not inevitable.  
It's up to us to create it.  
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## DAY 1

- A. Military Press 4 x 10,6,3,1
- B. Pendlay Rows 4 x 10
- C. DB Bench Press 4 x 6-8 Moderate weight
- D. 6 way shoulder 4 x 6
- E. Machine Preacher Curl 3 x 12-15
- F. Cable Pressdowns 3 x 15-20

## DAY 2

- A. Leg Press 4 x 10,6,3, 1
- B. Deadlifts 4 x 10
- C. Goblet Squat 2 x 15
- D. Single Leg RDL 4 x 12-15ea
- E. Seated Leg Curl 3 x 12
- F. 3 Rounds
- D. Weighted Plank :40-:60a
- E. Hanging Oblique Knee Raises 6-10ea

## DAY 3

Steady State 20-30 min walk

# WEEK 8 FINAL PUSH

8 Weeks! You made it! Let's add some weight to those compounds!  
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## DAY 4

- A. Bench Press 4 x 10,6,3,1
- B. Weighted Pull-ups or Negatives 4 x 6-8
- C DB Seal Rows 4 x 12-15
- D. Narrow Grip Push-ups 3 x 12
- E. Narrow Grip Curls 2 x 10-12
- F. Prone Skiers 2 x 15
- G. Face Pulls 2 x 15-20

## DAY 5

- A. Front Squat 4 x 10,6,3,1
- B. Split Leg Pin Squats x 12 ea
- C. BB Hip Thrusts 3 x 3 w :10 hold at top
- D. Leg Extensions 3 x 8-10 lighter weight slow down!
- E. Superset x 3
- E. Decline Sit ups x 10
- F. Hanging Knee Raise x 10
- Plank w Shoulder Tap x 10 taps