

Sample Power-Building Program

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Day 1:

Exercise	Sets	Reps	Rest
1a) Squat	4	5	As needed, plus one minute
2a) Pullup	3	AMAP	As needed
2b) DB Bench Press	3	10-12	As needed
3a) RDL	3	10-12	As needed
3b) Face Pull	2	20+	As Needed
4a) Walking Lunge	2	AMAP	None
4b) McGill Side Plank	2 (each side)	ALAP	None

Day 2:

Exercise	Sets	Reps	Rest
1a) Barbell Bench Press	4	5	As needed, plus one minute
2a) BSS	3	8-10	As needed
2b) TRX Row	3	10-12	As needed
3a) SLDL	2	8	As needed
3b) Pushups	2	AMAP	None
4a) Farmers Carries	2	ALAP	None

Day 3:

Exercise	Sets	Reps	Rest
1a) Deadlift	5	3	As needed, plus one minute
2a) Shoulder press	3	8	As needed
2b) DB Row	3	10-15	As needed
3a) Reverse Lunge	3	12-15	None
3b) Stir the Pot	2	ALAP	None