

# Workout Sheet

# Muscular Power Split 4 Routine

Name:

<u>Exercise</u>	<u>Max Wt.</u>	<u>Set 1</u>		<u>Set 2</u>		<u>Set 3</u>		<u>Set 4</u>		<u>Set 5</u>	
		<u>65% 1RM</u>	<u>Reps</u>	<u>70% 1RM</u>	<u>Reps</u>	<u>75% 1RM</u>	<u>Reps</u>	<u>80% 1RM</u>	<u>Reps</u>	<u>85% 1RM</u>	<u>Reps</u>
Monday/Thursday <b>Bench Press</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Squats / Leg Press</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Power Cleans</b>			5		5		5		5		Max effort
Monday/Thursday <b>Incline Press</b>			5		5		5		5		Max effort
Monday/Thursday <b>Lat. Pulls</b>			5		5		5		5		Max effort
Monday/Thursday <b>Arm Curls</b>			5		5		5		5		Max effort
Monday/Thursday <b>Triceps / Dips</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Leg Extensions</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Leg Curls</b>			5		5		5		5		Max effort
Monday/Thursday <b>Shoulder Press</b>			5		5		5		5		Max effort
Monday/Thursday <b>Seated Rows</b>			5		5		5		5		Max effort
Monday/Thursday <b>Pec Deck</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Wted. Hip Flexor</b>			5		5		5		5		Max effort
Monday/Thursday <b>Seated Milt.Press</b>			5		5		5		5		Max effort
Monday/Thursday <b>Bench Flies</b>			5		5		5		5		Max effort
Tuesday/Friday <b>Neck Machine</b>			5		5		5		5		Max effort
Everyday <b>Sit-ups</b>			5		5		5		5		Max effort
Monday/Thursday <b>Dips</b>			5		5		5		5		Max effort

**Max Effort = On The 4th set, do as many reps as possible. When you achieve 15 or more reps on this set, it is time to increase your weight selection. Add 10 pounds to Core lifts. add 5 pounds to Aux. Lifts.**