

POWER

8 WEEK POWER / STRENGTH TRAINER



PLEASE NOTE: All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI Sports and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.





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PROGRAM OVERVIEW

Power-Up combines different plyometric exercises and a variety of Olympic lifts for a gradual increase in explosive power and muscle growth over a period of 8 weeks.



Use moderate to heavy weight. Allow 2-3 minutes for rest between sets.

	EXERCISE	CYCLE 1 WEEK 1-2	CYCLE 2 WEEK 3-4	CYCLE 3 WEEK 5-6	CYCLE 4 WEEK 7-8
WORKOUT 1	Box Jumps	3 x 10	3 x 12	3 x 14	3 x 14
	High-Pulls	3 x 6, 5, 4	3 x 7, 6, 5	4 x 6, 5, 4	5 x 6, 5, 4
	Jump Shrugs	3 x 6, 5, 4	3 x 7, 6, 5	4 x 6, 5, 4	5 x 6, 5, 4
	Clean and Press	3 x 6, 5, 4	3 x 7, 6, 5	4 x 6, 5, 4	5 x 6, 5, 4
	3 Minute Sprint on Treadmill w/ 30 Second Rest	2 Rounds	2 Rounds	3 Rounds	3 Rounds
WORKOUT 2	Chin-Ups	3 x to Failure	3 x to Failure	3 x to Failure	3 x to Failure
	One Arm Dumbbell Rows	3 x 8	3 x 10	4 x 10	4 x 12
	Preacher Curls	4 x 6	4 x 8	4 x 10	4 x 12
	Standing Calf Raises	4 x 10	4 x 12	4 x 14	4 x 16
	2 Minute Sprint on Treadmill w/ 30 Second Rest	5 Rounds	5 Rounds	5 Rounds	5 Rounds
WORKOUT 3	Squats	5 x 6	5 x 7	4 x 8, 7, 6	4 x 9, 8, 7
	Deadlifts (RDL)	3 x 6	3 x 7, 6, 5	3 x 8, 7, 6	3 x 9, 8, 7
	Lateral Hops	4 x 12	4 x 12	4 x 15	4 x 20
	Speed Skaters	4 x 12	4 x 12	4 x 15	4 x 20
	3 Minute Sprint on Treadmill w/ 30 Second Rest	2 Rounds	2 Rounds	3 Rounds	3 Rounds
WORKOUT 4	Snatches	3 x 6	3 x 6	3 x 7	3 x 7
	Barbell Rows	3 x 6, 5, 4	3 x 6, 5, 4	4 x 6, 5, 4	5 x 6, 5, 4
	Pull-Ups	3 x to Failure	3 x to Failure	3 x to Failure	3 x to Failure
	Bench Press	3 x 6, 5, 4	3 x 7, 6, 5	3 x 8, 7, 6	3 x 9, 8, 7
	5 Minute Jog on Treadmill w/ 30 Second Rest	2 Rounds	2 Rounds	2 Rounds	2 Rounds



REPEAT THE 4 WORKOUTS TWICE IN ONE CYCLE (2 WEEKS) TO COMPLETE ALL 8 WORKOUTS IN EVERY CYCLE.

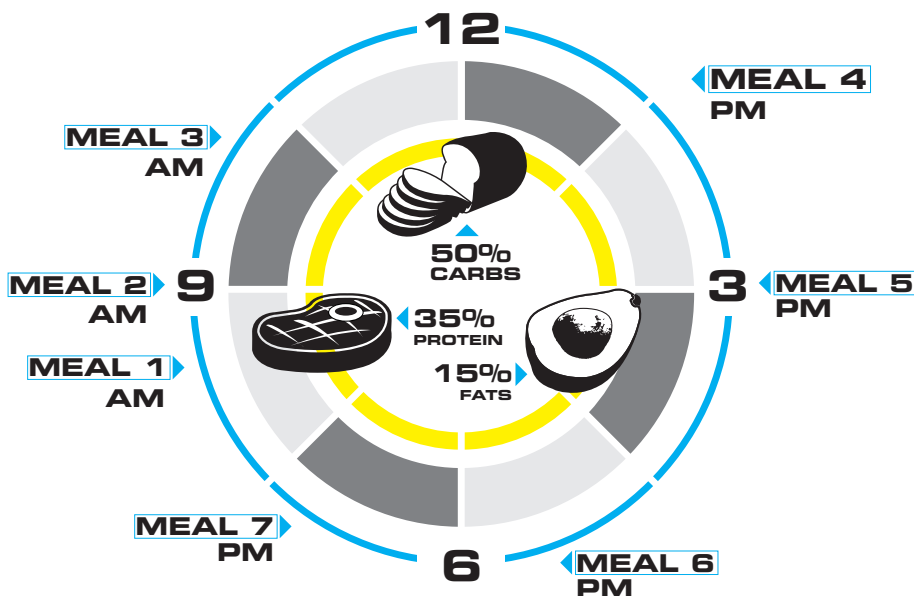


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SAMPLE MEAL PLAN

For gaining strength, you should be consuming 15-18 calories per pound of body weight. On workout days, it's OK to increase calorie intake by almost 300 cal/day, IF you are consuming GOOD calories. The goal here is to consume: 35% protein, 50% carbs, and 15% fat each day. Additionally, you should be eating 6-7 meals throughout the day to keep your metabolism high for the body to make the most of the nutrients you feed it. Here is a sample diet to get you started:



Early Morning Snack (pre-workout):

2 Slices of Whole Wheat Toast w/ Low-Sugar Jam

Breakfast:

4 Egg Whites + English Muffin + Slice of Cheese (optional)

Mid-Day Snack:

1 Cup Non-Fat Yogurt + Tbsp Peanut Butter

Lunch:

5 oz. Turkey + 2 Slices Wheat Bread + ¼ Cup Fresh Strawberries

Late Afternoon Snack:

2 Scoops Protein Powder Mixed w/ Water

Dinner:

8 oz. Chicken Breast + 1 Baked Potato (plain) + 1 Cup Steamed Veggies

Night Snack:

½ Cup Low Fat Cottage Cheese w/ Stevia (or low/no calorie sweetener of choice)

Snack Alternatives:

Protein Smoothies (1-2 Scoops Protein Powder + Banana + Strawberries + Tbsp PB), ¼ Cup Unsalted Almonds

2 Plain Unsalted Rice Cakes + 2 Tbsp Low Sugar Jam

1 Cup Raw Carrots

1 Cup Sliced Tomatoes + 2 tsp. Balsmic Vinegar

Meal Alternatives:

1 Cup Steel Cut Oats (cooked) + 2 Egg Whites

6-9 oz. Salmon or Other Fish + Garden Salad

Low-Fat Bran Muffin

5-6 oz. Turkey + Sweet Potato + ½ Cup Brown Rice

6 oz. Beef + Steamed Veggies