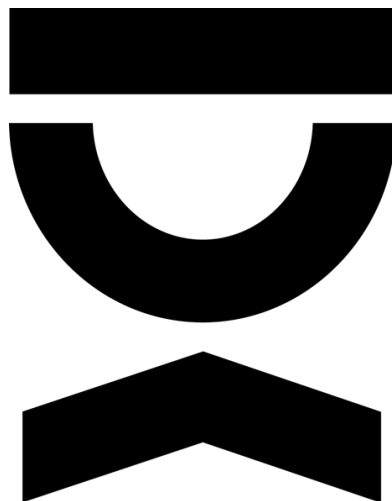




**POWERBUILDING
BLUEPRINT: BUILD
STRENGTH &
MUSCLE LIKE A
PRO**





POWERBUILDING BLUEPRINT: BUILD STRENGTH & MUSCLE LIKE A PRO

INTRODUCTION

Welcome to the **Powerbuilding Blueprint**—the ultimate guide to getting **bigger, stronger, and more powerful**. If you've struggled to build muscle or increase your lifts, it's not your genetics—it's your strategy. Powerbuilding is the solution.

This **hybrid training method** blends the best of powerlifting and bodybuilding, helping you **build size, strength, and aesthetics** at the same time. Powerlifters focus on **maximal strength**, while bodybuilders focus on **muscle growth and aesthetics**—but Powerbuilding **combines both**, creating the **perfect balance of strength and size**.

By the end of this guide, you'll know exactly **how to structure your training, nutrition, and recovery** for optimal results.

WHAT IS POWERBUILDING?

Powerbuilding is the **perfect fusion** of powerlifting (maximal strength) and bodybuilding (muscle hypertrophy). Unlike traditional training styles, powerbuilding allows you to **lift heavy like a powerlifter** while also **building a well-defined, aesthetic physique like a bodybuilder**.

Why Powerbuilding?

- ☒ **Increases strength and muscle mass simultaneously**
- ☒ **Uses the most effective training principles for strength and size**
- ☒ **Prevents plateaus by combining powerlifting & bodybuilding techniques**
- ☒ **Creates a powerful AND aesthetic physique—no compromises**
- ☒ **Builds a physique that looks as strong as it actually is**
- ☒ **Balances performance and aesthetics better than any other method**




Unlike bodybuilding, Powerbuilding **doesn't just focus on appearance**—you'll also be **strong as hell**. Unlike powerlifting, Powerbuilding ensures you **don't just get stronger**—you also **build a muscular, aesthetic physique**.

POWER BUILDING

THE 3 PILLARS OF POWERBUILDING




1 STRENGTH

Strength is the foundation of Powerbuilding. Prioritize **heavy compound lifts** like squats, deadlifts, and bench press to build maximal strength.

-  Train in the **3-5 rep range** for compound lifts
-  Use **longer rest periods (2-4 minutes)** to maintain power output
-  Focus on **progressive overload**—increase weight over time




2 HYPERTROPHY

Hypertrophy is about **maximizing muscle growth** to create a well-defined physique.

-  Train in the **8-12 rep range** for hypertrophy
-  Use **higher volume (3-5 sets per exercise)** to maximize muscle stimulation
-  Focus on **time under tension (TUT)**—control the negative portion of each lift

3 RECOVERY

If you aren't recovering, you aren't growing. Your body needs time to repair and build muscle.

-  **Sleep:** 7-9 hours per night for optimal growth hormone production
-  **Deload weeks:** Every 6-8 weeks, lower intensity to allow recovery
-  **Nutrition:** Eat **enough protein, carbs, and fats** to fuel your training

THE ULTIMATE POWERBUILDING WORKOUT STRUCTURE

A **4-day per week** Powerbuilding split balances strength and hypertrophy effectively.



SAMPLE 4-DAY POWERBUILDING SPLIT

Day 1 – Upper Body Strength

- **Bench Press – 5x5**
- **Overhead Press – 4x6**
- **Weighted Pull-Ups – 4x6**
- **Dumbbell Rows – 4x10**
- **Triceps Dips – 3x12**

Day 2 – Lower Body Strength

- **Squat – 5x5**
- **Romanian Deadlifts – 4x8**
- **Bulgarian Split Squats – 3x12**
- **Hamstring Curls – 3x12**
- **Standing Calf Raises – 4x15**

Day 3 – Upper Body Hypertrophy

- **Incline Dumbbell Press – 4x10**
- **Lat Pulldown – 4x12**
- **Dumbbell Shoulder Press – 4x10**
- **Barbell Curls – 3x12**
- **Rope Triceps Extensions – 3x12**


Day 4 – Lower Body Hypertrophy

- **Deadlifts – 4x6**
 - **Leg Press – 4x15**
 - **Lunges – 3x12 (each leg)**
 - **Seated Calf Raises – 4x15**
 - **Hanging Leg Raises – 4x15**
-



TOP 5 MISTAKES THAT KILL YOUR PROGRESS


Mistake #1: Ignoring Progressive Overload

 **Fix:** Add weight, reps, or sets weekly to ensure continuous gains.

Mistake #2: Not Eating Enough Protein

 **Fix:** Aim for **1g of protein per pound of body weight**.


Mistake #3: Overtraining & Under-Recovering

 **Fix:** **Prioritize sleep** (7-9 hours) and active recovery.






Mistake #4: Skipping Compound Lifts

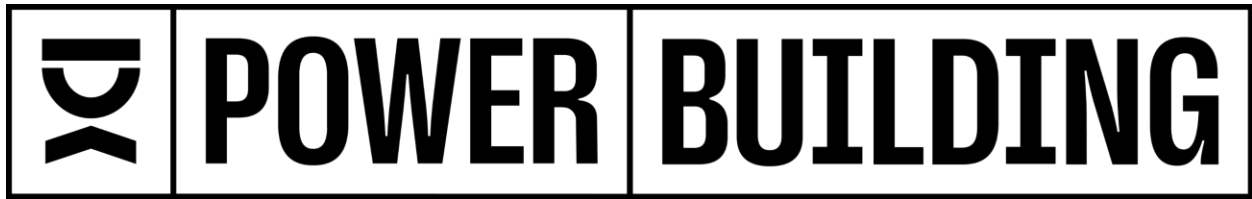
 **Fix:** Focus on **squats, deadlifts, bench, and overhead press**.

Mistake #5: Lack of Structure & Tracking

 **Fix:** Follow a structured program (like this one) and track your progress weekly.

POWERBUILDING NUTRITION – HOW TO EAT FOR SIZE & STRENGTH

-  **Protein:** 1g per pound of body weight
 -  **Carbs:** 2-3g per pound of body weight
 -  **Fats:** 0.4-0.6g per pound of body weight
 -  **Hydration:** At least **1 gallon of water per day**
 -  **Meal Timing:** Prioritize **pre/post-workout nutrition** for energy and recovery
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ADVANCED POWERBUILDING FAQ

1. Can I do Powerbuilding if I'm a beginner?

Yes! Powerbuilding is great for beginners because it teaches **proper strength-building mechanics** while also helping you **gain muscle efficiently**.

2. How long should my workouts be?

Each session should last **60-90 minutes**, including warm-ups.

3. Can I do cardio on a Powerbuilding program?

Yes! **Low-intensity cardio** (walking, cycling) is great for recovery. Avoid excessive HIIT, as it can interfere with strength gains.

READY TO TAKE YOUR TRAINING TO THE NEXT LEVEL?

You now have the blueprint, but having a **proven coach** will **skyrocket your results**. If you're serious about **getting stronger, more muscular, and transforming your physique**, I offer **customized in person & online coaching** to help you dominate your goals.

👉 **Join my coaching program today!** Let's build the strongest version of YOU. 💪

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🔥 **Let's build STRENGTH and SIZE—Powerbuilding style!** 🔥