

# Saiyan Powerbuilding

## Intro:

First off this program is designed to help you build power in your major compound lifts that you choose and build muscle utilizing the hypertrophy work later in the week. After 10 years of training this has a great mix of power lifting and bodybuilding and the most fun program I've ever done.

First thing you'll need to do is establish a "Training Max" (TM) to do this figure out a weight you can do for a 3 rep max, and subtract that by 10 lbs. Starting lighter is highly recommended as your body will need time to acclimate to the new program.

Ab work can be done on your off days or after workouts. Here's my ab program that I do all super sets back to back 2-3 times a week.

Hanging leg raises – Ball crunches – Bicycles  
3 sets as many reps as possible on each.

Rest times should be 2-5 mins on your heavy compound % based movements. And 1-2 mins on accessory exercises. (Feel free to super set if short on time)

As far as diet goes if you want to make ideal strength gains make sure your body is in a caloric surplus and in a lean bulking phase.

If you're not sure how to do certain exercises utilize youtube and find a high rated video, there will be thousands that will help perfect your form. Form over weight always.

If your gym doesn't have a certain machine, use another machine that hits the same part of the muscle.

All working sets use the same weight. Increase weight as strength increases if you fail either decrease the weight or keep it the same.

Training Max's increase by 5-10 lbs after all 3 phases are completed without failure. If you do fail re-do the cycle at the same training max.

Before every workout make sure to foam roll and warm up properly.  
Upper body warm up: [https://www.youtube.com/watch?v=o0\\_-AGbveyQ](https://www.youtube.com/watch?v=o0_-AGbveyQ)  
Lower body warm up: <https://www.youtube.com/watch?v=CQsfy6F70DY>

Feel free to customize the big compound movements and change them to your needs and goals. (Squat, Bench, Deadlift, OHP)

# Phase 1

## **Day 1 - Upper Power:**

Bench using 70% of your TM (TM x .70) – 4 sets 6 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
T bar rows – 5 sets 5 reps  
Dumbbell shoulder press - 4 sets 10 reps  
Weighted pull ups or machine pull ups – 5 sets 5 reps  
Weighted dips – 4 sets 6-8 reps  
Dumbbell bicep curls – 5 sets 5 reps  
Reverse pec deck machine – 3 sets 10 reps

## **Day 2 - Lower Power:**

Squats using 70% of your TM – 4 sets 6 reps  
Drop weight by 20% and do 2 sets 8-10 reps (Dynamic)  
Romanian deadlifts or Stiff legged deadlifts – 3 sets 6-8 reps  
Single legged leg press (start with weaker leg) – 4 sets 10 reps (Each leg)  
Lying hamstring curls – 4 sets 10 reps  
Standing calf raise machine – 4 sets 10 reps (Last set drop set to failure)  
Seated calf machine – 3 sets 15 reps

## **Day 3 - Rest**

## **Day 4 - Pull Hypertrophy**

Bent over rows – 4 sets 8 reps  
Weighted pull ups – 4 sets 8 reps  
T bar row machine or low row machine – 3 sets 12 reps  
Close grip pull downs – 3 sets 15 reps  
1 arm dumbbell rows – 3 sets 15 reps  
Straight bar curls – 3 sets 10 reps  
Dumbbell hammer curls – 3 sets 20 reps

## **Day 5 – Push Hypertrophy + Heavy Shoulders**

Overhead press 70% of your TM – 4 sets 6 reps  
Drop weight by 20% and do 2 sets of 8-10 reps  
Incline dumbbell bench – 4 sets 10 reps  
Cable or dumbbell side lateral raises – 4 sets 20 reps  
Close grip bench – 3 sets 10 reps  
Cable or machine chest flys – 3 sets 15 reps  
Tricep pushdowns – 3 sets 20 reps  
Face pulls – 4 sets 15 reps

## **Day 6 – Lower Hypertrophy + Heavy Deadlifts**

Deadlifts using 70% of your TM – 4 sets 6 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
Leg press Super set – 3 sets 10 reps Close stance then 10 reps Wide stance  
Lunges – 3 sets 20 steps  
Leg extensions – 3 sets 20 reps  
Seated hamstring curl – 3 sets 20 reps  
Standing calf machine – 4 sets 10 reps (Last set do a drop set to failure)  
Seated calf machine – 3 sets 20 reps

## **Day 7 - Rest**

## **Phase 2**

### **Day 8 - Upper Power:**

Bench using 75% of your TM (TM x .75) – 5 sets 5 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
T bar rows – 5 sets 5 reps  
Dumbbell shoulder press - 4 sets 10 reps  
Weighted pull ups or machine pull ups – 5 sets 5 reps  
Weighted dips – 4 sets 6-8 reps  
Dumbbell bicep curls – 5 sets 5 reps  
Reverse pec deck machine – 3 sets 10 reps

### **Day 9 - Lower Power:**

Squats using 75% of your TM – 5 sets 5 reps  
Drop weight by 20% and do 2 sets 8-10 reps (Dynamic)  
Romanian deadlifts or Stiff legged deadlifts – 3 sets 6-8 reps  
Single legged leg press (start with weaker leg) – 4 sets 10 reps (Each leg)  
Lying hamstring curls – 4 sets 10 reps  
Standing calf raise machine – 4 sets 10 reps (Last set drop set to failure)  
Seated calf machine – 3 sets 15 reps

## **Day 10 - Rest**

### **Day 11 - Pull Hypertrophy**

Bent over rows – 4 sets 8 reps  
Weighted pull ups – 4 sets 8 reps  
T bar row machine or low row machine – 3 sets 12 reps  
Close grip pull downs – 3 sets 15 reps

1 arm dumbbell rows – 3 sets 15 reps  
Straight bar curls – 3 sets 10 reps  
Dumbbell hammer curls – 3 sets 20 reps

### **Day 12 – Push Hypertrophy + Heavy Shoulders**

Overhead press 75% of your TM – 5 sets 5 reps  
Drop weight by 20% and do 2 sets of 8-10 reps  
Incline dumbbell bench – 4 sets 10 reps  
Cable or dumbbell side lateral raises – 4 sets 20 reps  
Close grip bench – 3 sets 10 reps  
Cable or machine chest flys – 3 sets 15 reps  
Tricep pushdowns – 3 sets 20 reps  
Face pulls – 4 sets 15 reps

### **Day 13 – Lower Hypertrophy + Heavy Deadlifts**

Deadlifts using 75% of your TM – 5 sets 5 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
Leg press Super set – 3 sets 10 reps Close stance then 10 reps Wide stance  
Lunges – 3 sets 20 steps  
Leg extensions – 3 sets 20 reps  
Seated hamstring curl – 3 sets 20 reps  
Standing calf machine – 4 sets 10 reps (Last set do a drop set to failure)  
Seated calf machine – 3 sets 20 reps

### **Day 14 – Rest**

## Phase 3

### **Day 15 - Upper Power:**

Bench using 80% of your TM (TM x .80) – 7 sets 4 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
T bar rows – 5 sets 5 reps  
Dumbbell shoulder press - 4 sets 10 reps  
Weighted pull ups or machine pull ups – 5 sets 5 reps  
Weighted dips – 4 sets 6-8 reps  
Dumbbell bicep curls – 5 sets 5 reps  
Reverse pec deck machine – 3 sets 10 reps

### **Day 16 - Lower Power:**

Squats using 80% of your TM – 7 sets 4 reps  
Drop weight by 20% and do 2 sets 8-10 reps (Dynamic)

Romanian deadlifts or Stiff legged deadlifts – 3 sets 6-8 reps  
Single legged leg press (start with weaker leg) – 4 sets 10 reps (Each leg)  
Lying hamstring curls – 4 sets 10 reps  
Standing calf raise machine – 4 sets 10 reps (Last set drop set to failure)  
Seated calf machine – 3 sets 15 reps

### **Day 17 - Rest**

### **Day 18 - Pull Hypertrophy**

Bent over rows – 4 sets 8 reps  
Weighted pull ups – 4 sets 8 reps  
T bar row machine or low row machine – 3 sets 12 reps  
Close grip pull downs – 3 sets 15 reps  
1 arm dumbbell rows – 3 sets 15 reps  
Straight bar curls – 3 sets 10 reps  
Dumbbell hammer curls – 3 sets 20 reps

### **Day 19 – Push Hypertrophy + Heavy Shoulders**

Overhead press 80% of your TM – 7 sets 4 reps  
Drop weight by 20% and do 2 sets of 8-10 reps  
Incline dumbbell bench – 4 sets 10 reps  
Cable or dumbbell side lateral raises – 4 sets 20 reps  
Close grip bench – 3 sets 10 reps  
Cable or machine chest flys – 3 sets 15 reps  
Tricep pushdowns – 3 sets 20 reps  
Face pulls – 4 sets 15 reps

### **Day 20 – Lower Hypertrophy + Heavy Deadlifts**

Deadlifts using 80% of your TM – 7 sets 4 reps  
Drop weight by 20% and do 2 sets of 8-10 reps (Dynamic)  
Leg press Super set – 3 sets 10 reps Close stance then 10 reps Wide stance  
Lunges – 3 sets 20 steps  
Leg extensions – 3 sets 20 reps  
Seated hamstring curl – 3 sets 20 reps  
Standing calf machine – 4 sets 10 reps (Last set do a drop set to failure)  
Seated calf machine – 3 sets 20 reps

### **Day 21 - Rest**

### **Deload Week: (Optional)**

Do the same workout just decrease all weights by 50%.

After deload week repeat Phase 1 from the beginning and keep going!

Please read below the following questions,

If you answer 'Yes' to any, please consult a physician before attempting the program.

Have you ever had either high or low blood pressure, and/or high cholesterol level?

Have you ever had a stroke?

Is there a history of heart disease in your immediate family (before the age 55)?

Have you ever had a heart attack?

Do you suffer from chest pains?

Do you often feel faint and have spells of severe dizziness?

Have you ever had a seizure (fit)?

Have you ever had asthma, chronic bronchitis or any other chest ailments?

Do you suffer from severe headaches or migraines?

Have you ever had any muscle, joint or bone illnesses or injuries (including your back)?

Do you have any muscle, joint or bone problems that affect you now?

Are you pregnant?

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