

Power-Building Program (8 week)

Aftermath Key

1. Power-building programs rely on Heavy compound movements, and is very straight forward. Your objective is to always work for those last 3-4 hard reps, for example, if you squat 225 pounds for 4 sets of 8 reps, try to find that sweet spot when it comes to completing 8 reps, if on the last 3 reps you are not sure you can complete set reps, then you for a fact are not doing enough weight. So, keep up with your weight % when training. A good way to see progress is keeping track of your exercises.

2. Each workout should be no longer then 02hr00min ret time depends on you to give

above 80% effort depending on exercise, I suggest between 60sec to 120 sec

3. Calculate TDEE (total daily energy Expenditure base template)
Male formula: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age(y)} + 5 = \text{REE}$

Women formula: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age(y)} - 161 = \text{REE}$

1. Sedentary

Normal everyday activity like a little walking, casual conversations etc. (REE X 1.2)

2. Light activity

Burns an additional 200-400 calories for females or 250-500 calories for a males more than your sedentary amount. (REE x 1.375)

3. Moderate activity

Burns an additional 400-650 calories for females or 500-800 calories for males more than your sedentary amount. (REE x 1.55)

4. Very Active

Burns more than about 650 calories for females or more than 800 calories for males in addition to your sedentary amount. (REE x 1.725)

REE Activity

Answer x .20 (weight gain)

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Body Type

Ectomorph: slender, smaller build with fast metabolism. The typical hard gainer that needs to intake a lot more than others.

Diet recommendation: high carbs, between 50-60% of total calories 30% protein and 10-15% fat

Mesomorph: more muscular, strong and athletic, hard-body type with defined muscle. Have trouble gaining muscle and losing fat, but put on fat more easily than ectomorph.

Diet recommendation: carbs between 40-50% of total calories, protein 30-40%, Fat 15-20%

Endomorph: Soft body, rounder appearance, with stocky build and slow metabolism.

Diet Recommendation: low carbs 30-40% of total calories, 40-45% protein fat 10-20%

Diet

As any diet it should be healthy, but don't overdue it. There is room to cheat here and there, I would say every 3 days. You are going to need it due to the stress your body will be going under. It is not a must to eat 5 meals a day, you can do 3 or 4, but I say 5 because it gives the body time to break down protein the more you spread it up. I understand some people are just too busy to get that many meals in, just try your best to keep up with protein/carbs/fats.

You want to take in 25-35g of protein each meal, taking in more than that will be useless as the body can only breakdown so much at a time. Results will happen, muscle will grow and strength will rise with this protein intake.

Meat	Serving size	Protein
Ground beef	1 oz.	7g(5 fat)
Chicken	1 oz.	8g
breast	1 large	3g
Egg white	1 oz.	8g
Turkey	1 oz.	10g
breast		
Veal		
Seafood	1 oz.	7g(1 fat)
Bass	1 oz.	7g (1 fat)
Clams	1 oz.	6g
Cod	1 oz.	6g
Crab	1 oz.	7g
Halibut	1 oz.	6g
Lobster	1 oz.	5g
Scallops	1 oz.	7g
Sea bass	1 oz.	6g
Shrimp	1 oz.	7g
Tuna	1 oz.	6g (3 fat)
(canned)		
salmon		

Protein Sources

Fruit	Serving size	Carbs
Apple	½ medium	11g
Apricots, dried	1 oz	10g
Banana	½ medium	14g
Cantaloupe	1 cup	14g
Cherries with pits	1 cup	13g
Grapefruit	½ medium	11g
Grapes	1 cup	15g
Kiwi	1 medium	12g
Mango, peeled	2 oz	10g
Nectarine	1 medium	16g
Orange	1 medium	17g
Peach	1 medium	10g
Pear	½ medium	13g
Pineapple	½ cup	10g
Plum	1 medium	9g
Raisins	2 tbsp.	16g
Strawberries	½ cup	6g
Watermelon	1cup	12g

Carbohydrate sources

Cereals/Grains	Serving size	Carbs
Cream of wheat	1 cup	30g
Grape-Nuts	1 oz.	24g
Nutri-Grain	¾ cup	24g
Oatmeal	½ cup dry	27g
Puffed wheat	1 cup	11g
Shredded Wheat	1 piece	19g
Pasta/Potatoes/Rice		

Pasta	1 oz. uncooked	21g
Potato, baked	½ medium	26g
Potato, boiled	1 medium,	27g
Potato, sweet	peeled	25g
Rice, brown	½ cup baked	25g
Rice, white	½ cup cooked	25g
Rice cakes	½ cup cooked	20g
Yam	½ cup cooked	9g
	1 regular	19g
	½ cup boiled/baked	
Breads	Serving size	Carbs
Bagel	1 large	43g
Pita Bread, white	1 slice	29g
Pumpernickel	1 slice	16g
Rye bread	1 slice	16g
Wheat bread	1 slice	12g
Veggies	Serving size	Carbs
Asparagus	1 cup/12 spears	9g
Beans, green	½ cup	4g
Beets, sliced	½ cup	9g
Broccoli	1 cup	10g
Brussels sprouts	1 cup	13g
Cabbage	1 cup	7g

Carrots	½ cup or 1	8g
Cauliflower	whole raw	6g
Celery	1 cup	4g
Corn	1 cup/4 stalks	7g
Cucumber	¼ cup	6g
Eggplant	2 cups	6g
Lentils	1 cup	10g
Lettuce, iceberg	¼ cup	6g
Lettuce, romaine	½ head	4g
Mushrooms (cooked)	3 cups	8g
Mushrooms, raw	1 cup	3g
Onion	1cup	6g
Peas	½ cup raw	6g
Peppers, green, red	½ cup	4g
Radishes	1 pepper	1g
Sauerkraut	4 medium	10g
Spinach	1 cup	7g
Tomatoes	1 cup	5g
Squash, summer	1 raw	8g
Squash, winter	1 cup	9g
	½ cup	

Fats sources

Nuts	Serving size	Fat
Almonds	½ oz.	8
Almond butter	½ oz.	8
Cashews	½ oz.	7
Cashew butter	½ oz.	7
Macadamia nuts	¼ oz.	6
Peanuts	½ oz.	7
Peanut butter	1 tbsp.	8
Walnuts	½ oz.	8
Oils		
Almond		
Canola	1 tsp	5
Corn	1 tsp	5
Olive	1 tsp	5
Peanut	1 tsp	5
Sesame	1 tsp	5
Other	1 tsp	5
Avocado		
Guacamole	1 oz. trimmed	5
Olives	1 tbsp.	6
	1 oz. green, pitted	4

Training

Supplements

24k pre-strength formula (30min before workout)

Test-O (testosterone pill)

(use code “aftermath” for discount)

(www.gammalabs.net)

Agmatine sulfate (best used 30min before workout and 2 times a day, for maximum muscular contraction and endurance)

(<https://www.bodybuilding.com/store/rsp-nutrition/agmatine-sulfate.html>)

Karbolyn

(best used 30min before workout 25-50g of carbs)

<https://www.bodybuilding.com/store/aap/karbolyn.html>

Monday

Front squats: 3 sets 10 reps

50% workload of squat max

Incline bench: 3 sets 10 reps

70% workload on bench of 1 Rep max reps

Wide grip Rack pulls: 5 sets 5 reps (50% deadlift max)
(In power rack, place pins below knee level as starting point)
Lat pull down (reverse grip): 4 sets 8 reps
(Elbow locked in close, Chest up with a slight lean back. Focus on
shoulder blades coming together)
Shoulder press (dumbbell): 3 sets 10 reps (60% workload)
(Unilateral work) Single arm dumbbell floor press: 5 sets 6-8 reps
(80% effort)
Hyperextensions: 3 sets 12 reps (weighted 20% deadlift max)

Tuesday

Hex bar deadlift: 5 sets 8 reps
70% squat max
Leg press: 3 sets 12 reps
85% squat max
Bulgarian split squats: 3 sets 10 (each leg)
One leg on bench in a lung position, the knee from leg on bench
should touch close to floor each rep, step out more if you want to
hit hamstrings/glute, closer for quads.
Elevated heel bottom half squats to full squat: 3 sets of 8 (40%
squat max)
Squat regularly all the way down, come halfway up and back
down, then up fully, that equals 1 Rep (have a plate under heels
to elevate, and toes out and close stance to hit the inner tear drop
of quad)
A.1 Leg extensions: 3 sets 20
(Do not fully extend legs each Rep, go right past halfway and
back down, this is a superset, do A1 first then A2.
A2. Stationary lunges: Amrap for 20secs

(As many reps as possible in given time)

Wednesday

Deadlifts: 5 sets 3 reps

(80% deadlift max)

Standing dumbbell shoulder press: 5 sets 5 reps

(70% effort) keep core tight

Face pull: 3 sets 20 reps

Lateral raises: 4 sets 10 reps

Incline lateral raises: 3 sets 12 reps

(Lay on an incline bench, with arm that is off bench lateral raise from hip to shoulder height)

Leg raises: 3 sets 15 reps

(Keep form and do not swing legs up as high as you can, go slow and in control, only go as high as you can in control with no swing)

Ab wheel or (barbell) roll-out : 4 sets 10 reps

(Full stand or from knees, whatever you can accomplish)

Decline sit ups: 3 sets 15 (weighted 25/35or45lb)

Thursday

Barbell Bench press: 3 sets 10 reps

(60% Bench max)

Incline dumbbell press: 3 sets 10 reps

A.1 mid Chest Cable flys: 3 sets 10 reps

A.2 pushups (Amrap 20sec)

Neutral grip pull ups: 8 sets 6 reps
(First 4 sets weighted, last 4 I want speed, pull hard and fast as if weight is still there)

Dumbbell rows: 3 sets 12 reps (each arm)
(Full extension, Pull elbow back hard and squeeze)

Neutral grip Cable rows: 3 sets 8 reps

Or

Chest supported dumbbell row
(Lay on an incline bench and row with 2 dumbbells)

Friday

Back squat: 3 sets of 10 reps
(70% of squat max)

Wide stance squat: 2 sets of 20
(40% squat max)

Step ups: 3 sets 8 reps each leg
(30% squat max)

Use a box shin height if too high, lower to a safe height

GHR (glute ham raises) 3 sets 6 reps
(stay tight, keep glutes squeezed and slowly descend)

*Each week try to go up 5% on lifts

Repeat cycle for 8 weeks, by this Time 2nd version will be out)

Part 2 Coming soon...

www.aklan.fitness