

SarcoFlex

Athleticism / Physique: Powerlifter

Notes: This workout will focus on the prime movers and stability work for becoming a strength sports athlete. Perform stretching exercises at the end of every workout. Additionally perform stretches on days off if required for more mobility.

Purpose

Muscular Strength & Size
Muscular Endurance
Stability
Mobility

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Barbell Bench	Chest, Triceps	3 x 12	3 x 10	4 x 8	4 x 5	1 - 2 Min.
Barbell Squat	Quads, Glutes	3 x 12	3 x 10	4 x 8	4 x 5	1 - 2 Min
Lat Pulldown	Lats, Traps	2 x 12	3 x 12	3 x 10	4 x 10	30 - 60 Sec
Cable Row	Traps, Lats	2 x 12	3 x 12	3 x 10	4 x 10	30 - 60 Sec
Dips	Chest, Triceps	2 x 12	3 x 12	3 x 12	4 x 10	30 - 60 Sec
Deadlift	Back, Quads, Glutes, Hamstrings	3 x 12	3 x 10	4 x 8	4 x 5	1 - 2 Min.
Leg Curl	Hamstrings, Glutes	2 x 12	3 x 10	3 x 8	4 x 8	30 - 60 Sec
Ez Bar Curl	Biceps	2 x 12	3 x 12	4 x 10	4 x 8	30 - 60 Sec
Tricep Pushdown	Triceps	2 x 12	3 x 12	4 x 10	4 x 8	30 - 60 Sec
Weighted Situp	Abs	2 x 15	2 x 15	3 x 15	3 x 20	30 - 60 Sec
Frequency: 2-4 Times Per Week						

Equipment Needed

Barbell
Flat Bench
Cable Machines
Leg Curl Machine
EZ Bar
Weights

Stretches

Exercises	Muscle Groups	WEEK				Rest Time
		1 (set x reps)	2	3	4	
Bar Hang	Back	1 x 30 sec	1 x 30 sec	1 x 30 sec	1 x 45 Sec.	x
Supine Flexion	Shoulders / Scapula	1 x 12	2 x 12	2 x 12	2 x 12	15-30 Sec.
Bench T Spine	Lats	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Pause Squat (Holding Weight in front)	Ankles (Knee Over Toe Position)	1 x 45 sec	2 x 45 sec	2 x 45 sec	3 x 45 Sec.	30 Sec.
Couch Stretch	Hip Flexors	1 x 45 sec	1 x 45 sec	1 x 45 sec	2 x 45 Sec.	15-30 Sec. (week 4)
Seated Goodmorning	Back, Glutes, Hamstrings	1 x 12	1 x 12	2 x 12	2 x 12	30 Sec.
Butterfly	Hips, Back, Groin	1 x 30 Sec.	1 x 45 Sec.	1 x 45 Sec.	2 x 45 Sec.	15-30 Sec.