

STRENGTH CYCLE | PowerBuilding

About | The goal of the PowerBuilding cycle is to build on the foundation established in the “10-Rep Cycle” and “Base Progression” phases. We’re focusing on developing both muscle mass and strength through progressive overload and strategic movement variation.

This cycle introduces new movements and follows an undulating progression model to target both hypertrophy and strength gains. The compound lifts with higher rep ranges on the odd weeks require greater time under tension, which stimulates growth hormone release, promoting muscle hypertrophy. The linear progression on primary power lifts contrasted with light explosive movements improves neuromuscular drive and enhances motor unit recruitment (muscle fibers engage better), leading to greater force production and absolute strength.

The PowerBuilding cycle also introduces a new training protocol, **contrast training**. Contrast training, a well-researched strategy, improves muscle power and strength simultaneously. Heavy resistance exercises with light explosive movements enhance neuromuscular drive, motor unit recruitment, and fast-twitch muscle fiber strength, increasing force production and absolute strength. The crucial rest period between movements activates the nervous system, optimizing the benefits of contrast training. Contrast training is an efficient method for improving power and performance. **Programming includes 2 contrast training sessions each strength-focused week.**

Why this matters | By alternating between hypertrophy-focused weeks and strength-based progressions, this cycle ensures balanced development. You’ll not only gain size but also sharpen the neuromuscular efficiency needed for muscle power and strength.

Lifts			Sets & Reps Structure	
Lower Body Push	Lower Body Pull	Upper Body Push/Pull	A Weeks Hypertrophy	B Weeks Strength & Power
Front Rack Lunge*	Deadlift	Strict Pull-Up	Week 1 3x12 (55-65%)	Week 2 3x5 (75-80%)
Back Squat	Sumo Deadlift	Push Press	Week 3 3x10 (60-70%)	Week 4 3x3 (80-85%)
Front Squat	Power Clean	Bench Press	Week 5 3x8 (65-75%)	Week 6 3x2 (83-90%)
		Strict Press	Week 7 3x6 (70-80%)	Week 8 4x1 (85-92%+)

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A dual focused cycle for maximal strength development & muscle growth.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 3x12	Front Rack Lunge		Power Clean		Thruster	
Week 2 3x5	Back Squat + Squat Jumps	Pull-up		Deadlift	Bench Press + Medball Throws	
Week 3 3x10	Front Squat	Strict Press		Sumo Deadlift		
Week 4 3x3		Back Squat	Pull-up + Medball Slam		Deadlift + Broad Jumps	Bench Press
Week 5 3x8	Front Rack Lunge		Power Clean		Thruster	
Week 6 3x2	Back Squat + Squat Jumps	Pull-Up		Deadlift	Bench Press + Medball Throws	
Week 7 3x6	Front Squat	Strict Press		Sumo Deadlift		
Week 8 4x1	Deadlift + Broad Jumps	Back Squat	Pull-up + Medball Slam	Bench Press		

Notes

- It's important that you emphasize *TTF (to technical failure)* for each of these lifts.
- Front rack lunge % is based off of your 1RM front squat. Reps are total, 12 reps = 6 each leg.
- Weighted strict pull-ups should be modified to same sets/reps with band assistance. Band should be fastened around the top of the rig and secured around the athlete's knee.
- All contrast training elements (*squat jumps, broad jumps, medball slams, and medball throws*) do not have the same reps assigned as the main lift, check programming for rep assignments.