

POWER BUILDER

POWER BUILDER

Day 1: Hypertrophy

© darebee.com

30 seconds rest
between exercises



16 squats

5 sets | 30 seconds rest



16 calf raises

5 sets | 30 seconds rest



12 side lunges

5 sets | 30 seconds rest



18 alternating bicep curls

5 sets | 30 seconds rest



12 chest rows

5 sets | 30 seconds rest



12 bent over lateral raises

5 sets | 30 seconds rest

POWERBUILDER

Day 2: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



2



3



4



5



6



POWER BUILDER

Day 3: Strength

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5 sets in total

2 minutes rest between sets



10 3-count squats



10 3-count calf raises



10-count calf raise hold



10 3-count bicep curls



max 3-count push-ups



10-count push-up hold

POWERBUILDER

Day 4: Stretching [© darebee.com](https://darebee.com)

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



2



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4



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6



POWER BUILDER

Day 5: Hypertrophy

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30 seconds rest
between exercises



16 lunge step-ups
5 sets | 30 seconds rest



16 calf raises
5 sets | 30 seconds rest



18 alternating bicep curls
5 sets | 30 seconds rest



10 deadlifts
5 sets | 30 seconds rest



10 lateral raises
5 sets | 30 seconds rest



10 forward raises
5 sets | 30 seconds rest

POWERBUILDER

Day 6: Stretching [© darebee.com](https://darebee.com)

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

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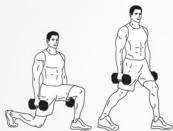
POWER BUILDER

Day 7: Strength

© darebee.com

5 sets in total

2 minutes rest between sets



10 3-count split lunges



10 3-count calf raises



10 3-count bicep curls



10 3-count renegade rows



max 3-count push-ups



10-count push-up hold

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Day 8: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



2



3



4



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6



POWER BUILDER

Day 9: Hypertrophy

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30 seconds rest
between exercises



16 lunges
5 sets | 30 seconds rest



16 side lunges
5 sets | 30 seconds rest



12 shoulder press
5 sets | 30 seconds rest



18 alternating bicep curls
5 sets | 30 seconds rest



12 chest rows
5 sets | 30 seconds rest



12 bent over lateral raises
5 sets | 30 seconds rest

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Day 10: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



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POWER BUILDER

Day 11: Strength

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5 sets in total

2 minutes rest between sets



10 3-count squats



10 3-count calf raises



10 3-count shrugs



10 3-count kickbacks



max 3-count push-ups



10-count push-up hold

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Day 12: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

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POWER BUILDER

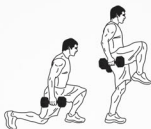
Day 13: Hypertrophy

© darebee.com

30 seconds rest
between exercises



16 split lunges
5 sets | 30 seconds rest



16 lunge step-ups
5 sets | 30 seconds rest



16 calf raises
5 sets | 30 seconds rest



10 deadlifts
5 sets | 30 seconds rest



18 alternating bicep curls
5 sets | 30 seconds rest



10 lateral raises
5 sets | 30 seconds rest

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Day 14: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

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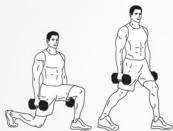
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Day 15: Strength

© darebee.com

5 sets in total

2 minutes rest between sets



10 3-count split lunges



10 3-count calf raises



10 3-count bicep curls



10 3-count deadlifts



max 3-count push-ups



10-count push-up hold

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Day 16: Stretching darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



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POWER BUILDER

Day 17: Hypertrophy

© darebee.com

30 seconds rest
between exercises



16 squats
5 sets | 30 seconds rest



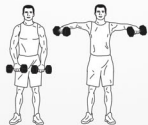
16 side lunges
5 sets | 30 seconds rest



18 alternating bicep curls
5 sets | 30 seconds rest



12 chest rows
5 sets | 30 seconds rest



10 lateral raises
5 sets | 30 seconds rest



10 bent over lateral raises
5 sets | 30 seconds rest

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Day 18: Stretching [© darebee.com](https://darebee.com)

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



2



3



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POWER BUILDER

Day 19: Strength

© darebee.com

5 sets in total

2 minutes rest between sets



10 3-count squats



10 3-count shoulder press



10 3-count bicep curls



10 3-count renegade rows



max 3-count push-ups



10-count push-up hold

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Day 20: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

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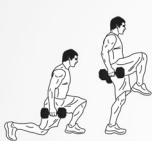


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Day 21: Hypertrophy

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30 seconds rest
between exercises



16 lunge step-ups
5 sets | 30 seconds rest



16 calf raises
5 sets | 30 seconds rest



16 split lunges
5 sets | 30 seconds rest



10 lunge bicep curls
5 sets | 30 seconds rest



10 deadlifts
5 sets | 30 seconds rest



10 forward raises
5 sets | 30 seconds rest

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Day 22: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable. Then move on to the next pose.

1



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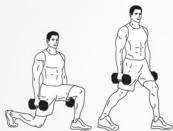
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Day 23: Strength

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5 sets in total

2 minutes rest between sets



10 3-count split lunges



10 3-count calf raises
+ 3-count calf raise hold



10 3-count forward raises



10 3-count deadlifts



max 3-count push-ups



10-count push-up hold

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Day 24: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.



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Day 25: Hypertrophy

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30 seconds rest
between exercises



16 squats

5 sets | 30 seconds rest



16 side lunges

5 sets | 30 seconds rest



16 split lunges

5 sets | 30 seconds rest



10 lunge bicep curls

5 sets | 30 seconds rest



12 chest rows

5 sets | 30 seconds rest



10 bent over lateral raises

5 sets | 30 seconds rest

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Day 26: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



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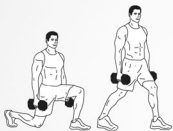
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Day 27: Strength

© darebee.com

5 sets in total

2 minutes rest between sets



10 3-count split lunges



10 3-count calf raises
+ 3-count calf raise hold



10 3-count bent over raises
+ 3-count arm extended hold



10 3-count renegade rows



max 3-count push-ups



10-count push-up hold

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Day 28: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

1



2



3



4



5



6



POWER BUILDER

Day 29: Hypertrophy

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30 seconds rest
between exercises



16 lunge step-ups

5 sets | 30 seconds rest

16 split lunges

5 sets | 30 seconds rest

10 lunge bicep curls

5 sets | 30 seconds rest



16 squats

5 sets | 30 seconds rest

10 deadlifts

5 sets | 30 seconds rest

18 alternating bicep curls

5 sets | 30 seconds rest

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Day 30: Stretching © darebee.com

Hold each pose for 30 seconds. Repeat again on the other side, if applicable.
Then move on to the next pose.

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