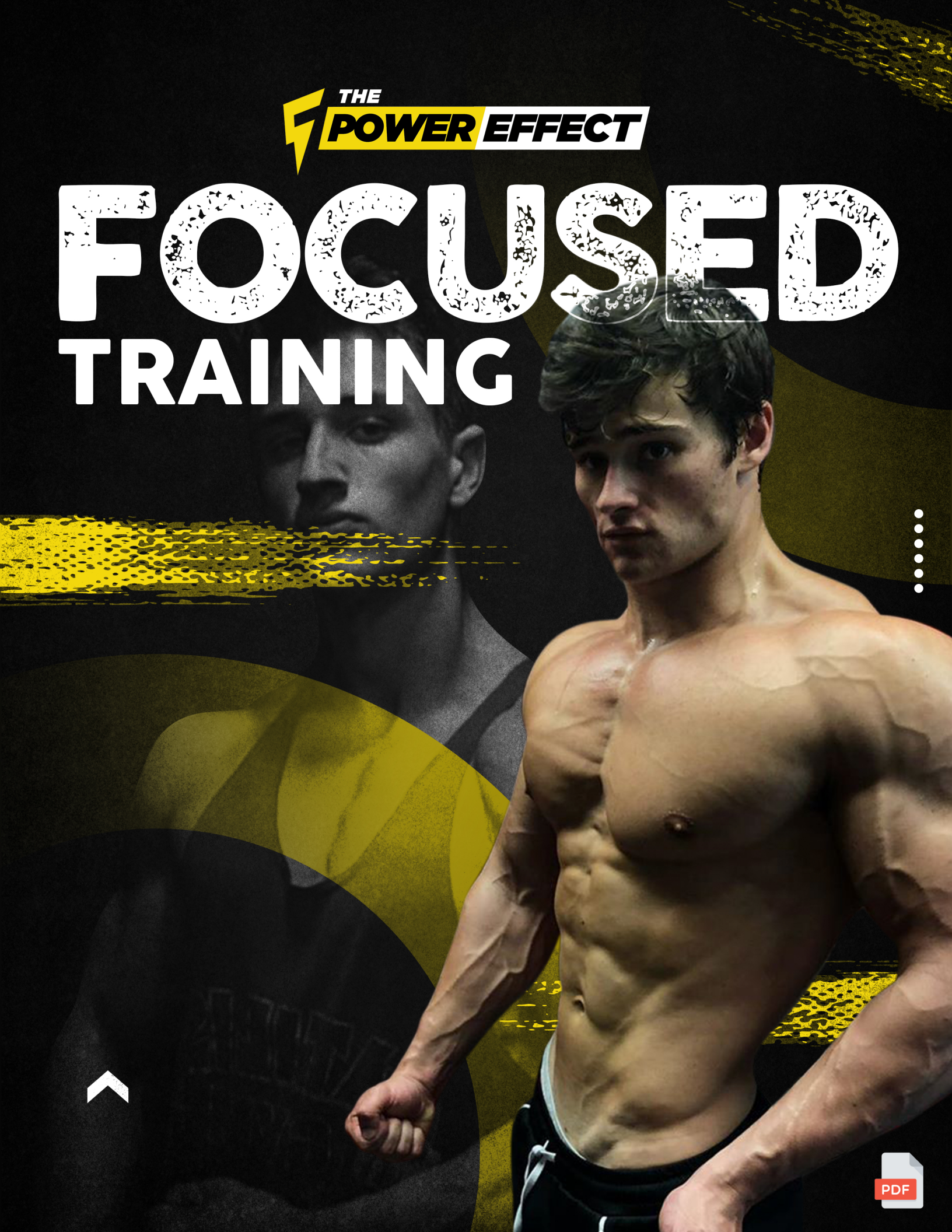


**THE
POWER EFFECT**

FOCUSED TRAINING



PDF

WELCOME TO THE EXCLUSIVE POWER EFFECT BONUS PDF. IN THIS DOCUMENT YOU WILL FIND 7 FOCUSED WORKOUTS TO DEVELOP STRENGTH AND SIZE! OUR RECOMMENDATION IS TO FOLLOW THE POWER EFFECT MEMBERSHIP FIRST, THEN IMPLEMENT THESE WORKOUTS AS NEEDED.

IF YOU END UP FOLLOWING THE LEVEL 1 POWER EFFECT WORKOUTS, THEN YOU CAN IMPLEMENT SOME OF THESE WORKOUTS INTO SOME OF THE REST DAYS. LEVEL 2 YOU SHOULDN'T, UNLESS YOU SEE FIT

THE POWER EFFECT MEMBERSHIP CONSISTS OF CUSTOM MEAL PLANS AND WORKOUT PROGRAMS THAT YOU CAN FOLLOW DAILY. EACH CUSTOM MEAL PLAN IS DESIGNED ACCORDING TO YOUR GOALS AND THE WORKOUT PROGRAMS ARE STRUCTURED WITH PROPER PROGRESSION!

IF YOU'RE A BEGINNER, WE RECOMMEND THE LEVEL 1 POWER EFFECT WORKOUTS. IF YOU'RE MORE ADVANCED, WE RECOMMEND THE LEVEL 2 POWER EFFECT WORKOUTS.

AS FOR THESE WORKOUTS — BE SURE YOU SCHEDULE OUT YOUR WORKOUTS FOR THE WEEK BEFORE YOU GET STARTED. IT MAY BE BEST TO ONLY COMPLETE EACH BODY PART TWICE PER WEEK, WITH 1 REST DAY TO RECOVER FROM TRAINING.

IF YOU HAVE ANY QUESTIONS, YOU CAN ALWAYS EMAIL SUPPORT@THEPOWEREFFECT.US. ENJOY!



CHEST

4
SETS

16, 12, 8, 20 INCLINE DUMBBELL PRESS

3
SETS

8-10 FLAT BENCH PRESS MACHINE

4TH SET 15 REPS

4
SETS

10 CABLE FLIES

(HOLD AT THE TOP FOR 2 SECONDS)

3
SETS

12 DECLINE CHEST PRESS MACHINE

3
SETS

20 DIP MACHINE

(LEAN FORWARD TO ENGAGE CHEST)





SHOULDERS

4
SETS

12 SEATED OVERHEAD PRESS

3
SETS

15 OVERHEAD PRESS

DUMBBELL, STANDING

3
SETS

20 LATERAL RAISES

4
SETS

8-10 SHOULDER PRESS MACHINE

8-10 REPS

3
SETS

12 CABLE UPRIGHT ROWS





BACK

3
SETS

10-12 WEIGHTED PULL UPS

2
SETS

15 ASSISTED PULL UPS

4
SETS

16, 12, 8, 20 BARBELL ROWS

3
SETS

20 LAT PULLDOWNS

10 REPS 3-4 SECOND BREAK 10 MORE REPS

3
SETS

12 STANDING V BAR ROWS

3
SETS

15 CABLE LAT PULLOVER



QUADS

4
SETS

15 CLOSE STANCE HIGH BAR SQUAT

3
SETS

12 CLOSE STANCE LEG PRESS

4TH SET 20

LOW FOOT PLACEMENT

3
SETS

12 GOBLET SQUATS

4
SETS

16, 12, 8, 20 QUAD EXTENSIONS

3
SETS

10 SISSY SQUATS



HAMSTRINGS

4
SETS

12-15 RDLS
BARBELL

3
SETS

10 DUMBBELL HAMSTRING CURLS

3
SETS

15 LEG PRESS
WIDE STANCE, HIGH FOOT PLACEMENT

4
SETS

12 SINGLE LEG HAMSTRING CURLS

3
SETS

10 GLUTE HAM RAISE





FOREARMS

4
SETS

20 HAMMER CURLS

4
SETS

20 BENCH FOREARM CURLS

PALMS FACING UP

4
SETS

20 BENCH FOREARM CURLS

PALMS FACING DOWN

3
SETS

15 STANDING FOREARMS CURLS

BARBELL, BEHIND THE BACK

4
SETS

15 WRIST ROLL UP



CALVES

6
SETS

20 STANDING CALF RAISE MACHINE

4
SETS

LEG PRESS CALVE RAISES

3
SETS

80 BODYWEIGHT CALF RAISES

4
SETS

20 SMITH MACHINE CALF RAISES

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INCLINE TREADMILL WALK

20 MINUTES

