

A muscular man with a power-look physique is shown from the waist up, shirtless. He has a short, buzzed haircut and a serious expression. He is wearing blue athletic shorts. His arms are crossed in front of his chest, and he is surrounded by a spray of water droplets, creating a misty effect. On his left chest, there is a tattoo of the Japanese characters '柔術' (Jiu-Jitsu). The background is dark and out of focus.

TRAINING THE POWER-LOOK

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This program isn't simply designed to make you look strong...it will make you strong. Period.

THE POWER-LOOK PROGRAM

The Power-Look program is a four-day per week focusing mainly on strength and power, with hypertrophy as a secondary goal. Our strength and power exercises will help us add size, and we'll add in assistance, higher-rep work to round things out.

MAIN LIFTS

Each workout is designed around 1-2 main lifts, with built-in progression each week, by either increasing the reps, the sets, or both, while keeping the weight the same.

ASSISTANCE WORK

The assistance exercise work is going to stay the same each week, as far as sets and reps go. Your goal is to add weight to these lifts each week.

SCHEDULE

There is no exact schedule for the Power-Look program that you have to follow; just two rules:

- 1). Don't train more than two days in a row.
- 2). Make sure you are getting in all four workouts per week.

That's it. As long as you're following those two rules, train however best fits your schedule.

(For any exercises you need demos of, check out my [Youtube channel](#)).

THE WORKOUTS

WEEK ONE - DAY ONE

Workout Set A

Select a weight that is approximately 80% of your one-rep max.
Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Snatch-Grip High Pull	5	3

Workout Set B

Select a weight that is approximately 80% of your one-rep max.
Rest 3 minutes between sets.

Exercise	Sets	Reps/Time
B1) Deadlift	4	3

Workout Set C

Select a weight that is approximately 75% of your one-rep max.
Rest 90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Barbell Dead-Stop Row	4	5

Workout Set D

Perform D1 & D2 back-to-back, resting 60 seconds after each.

Exercise	Sets	Reps/Time
D1) One-Arm Dumbbell Rows	3	10
D2) Seated or Lying Leg Curls	3	10

WEEK ONE - DAY TWO

Workout Set A

Select a weight that is approximately 80% of your one-rep max. Rest 3 minutes between sets.

Exercise	Sets	Reps
A1) Barbell Push Press	4	4

Workout Set B

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
B1) Incline Dumbbell Bench Press	4	8

Workout Set C

Perform C1 for as many reps as possible, resting 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Push-Ups	3	AMRAP

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Close-Grip Bench Press	3	10

WEEK ONE - DAY THREE

Workout Set A

Select a weight that is approximately 80% of your one-rep max.
Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Front Squats	5	3

Workout Set B

Select a weight that is approximately 80% of your one-rep max.
Rest 2 minutes between sets.

Exercise	Sets	Reps/Time
B1) Snatch-Grip Deadlifts	4	3

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Dumbbell Step Ups	3	10

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Seated Leg Extensions	3	10

WEEK ONE - DAY FOUR

Workout Set A

Select a weight that is approximately 80% of your one-rep max. Rest 2-3 minutes between sets.

Exercise	Sets	Reps
A1) Seated Dumbbell Shoulder Press w/ Constant Tension	3	6

Workout Set B

Rest 90 seconds between sets

Exercise	Sets	Reps/Time
B1) Two-Arm Kettlebell Swings	5	20

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Behind the Back Barbell Shrugs	4	15

Workout Set D

Rest 30 seconds between exercises and 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Face Pulls	3	15
D2) Barbell Curls	3	12

WEEK TWO - DAY ONE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Snatch-Grip High Pull	5	4

Workout Set B

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps/Time
B1) Deadlift	4	4

Workout Set C

Use the same weight as the week before. Rest 90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Barbell Dead-Stop Row	4	6

Workout Set D

Perform D1 & D2 back-to-back, resting 60 seconds after each.

Exercise	Sets	Reps/Time
D1) One-Arm Dumbbell Rows	3	10
D2) Seated or Lying Leg Curls	3	10

WEEK TWO - DAY TWO

Workout Set A

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps
A1) Barbell Push Press	5	4

Workout Set B

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
B1) Incline Dumbbell Bench Press	4	8

Workout Set C

Perform C1 for as many reps as possible, resting 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Push-Ups	3	AMRAP

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Close-Grip Bench Press	3	10

WEEK TWO - DAY THREE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Front Squats	5	4

Workout Set B

Use the same weight as the week before. Rest 2 minutes between sets.

Exercise	Sets	Reps/Time
B1) Snatch-Grip Deadlifts	4	4

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Dumbbell Step Ups	3	10

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Seated Leg Extensions	3	10

WEEK TWO - DAY FOUR

Workout Set A

Use the same weight as the week before. Rest 2-3 minutes between sets.

Exercise	Sets	Reps
A1) Seated Dumbbell Shoulder Press w/ Constant Tension	4	6

Workout Set B

Rest 90 seconds between sets

Exercise	Sets	Reps/Time
B1) Two-Arm Kettlebell Swings	6	20

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Behind the Back Barbell Shrugs	4	15

Workout Set D

Rest 30 seconds between exercises and 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Face Pulls	3	15
D2) Barbell Curls	3	12

WEEK THREE - DAY ONE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Snatch-Grip High Pull	5	5

Workout Set B

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps/Time
B1) Deadlift	4	5

Workout Set C

Use the same weight as the week before. Rest 90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Barbell Dead-Stop Row	5	5

Workout Set D

Perform D1 & D2 back-to-back, resting 60 seconds after each.

Exercise	Sets	Reps/Time
D1) One-Arm Dumbbell Rows	3	10
D2) Seated or Lying Leg Curls	3	10

WEEK THREE - DAY TWO

Workout Set A

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps
A1) Barbell Push Press	5	5

Workout Set B

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
B1) Incline Dumbbell Bench Press	4	8

Workout Set C

Perform C1 for as many reps as possible, resting 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Push-Ups	3	AMRAP

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Close-Grip Bench Press	3	10

WEEK THREE - DAY THREE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Front Squats	6	4

Workout Set B

Use the same weight as the week before. Rest 2 minutes between sets.

Exercise	Sets	Reps/Time
B1) Snatch-Grip Deadlifts	5	4

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Dumbbell Step Ups	3	10

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Seated Leg Extensions	3	10

WEEK THREE - DAY FOUR

Workout Set A

Use the same weight as the week before. Rest 2-3 minutes between sets.

Exercise	Sets	Reps
A1) Seated Dumbbell Shoulder Press w/ Constant Tension	5	6

Workout Set B

Rest 90 seconds between sets

Exercise	Sets	Reps/Time
B1) Two-Arm Kettlebell Swings	7	20

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Behind the Back Barbell Shrugs	4	15

Workout Set D

Rest 30 seconds between exercises and 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Face Pulls	3	15
D2) Barbell Curls	3	12

WEEK FOUR - DAY ONE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Snatch-Grip High Pull	5	6

Workout Set B

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps/Time
B1) Deadlift	4	6

Workout Set C

Use the same weight as the week before. Rest 90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Barbell Dead-Stop Row	5	6

Workout Set D

Perform D1 & D2 back-to-back, resting 60 seconds after each.

Exercise	Sets	Reps/Time
D1) One-Arm Dumbbell Rows	3	10
D2) Seated or Lying Leg Curls	3	10

WEEK FOUR - DAY TWO

Workout Set A

Use the same weight as the week before. Rest 3 minutes between sets.

Exercise	Sets	Reps
A1) Barbell Push Press	5	6

Workout Set B

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
B1) Incline Dumbbell Bench Press	4	8

Workout Set C

Perform C1 for as many reps as possible, resting 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Push-Ups	3	AMRAP

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Close-Grip Bench Press	3	10

WEEK FOUR - DAY THREE

Workout Set A

Use the same weight as the week before. Rest 2-4 minutes between sets.

Exercise	Sets	Reps
A1) Front Squats	6	5

Workout Set B

Use the same weight as the week before. Rest 2 minutes between sets.

Exercise	Sets	Reps/Time
B1) Snatch-Grip Deadlifts	5	5

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Dumbbell Step Ups	3	10

Workout Set D

Rest 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Seated Leg Extensions	3	10

WEEK FOUR - DAY FOUR

Workout Set A

Use the same weight as the week before. Rest 2-3 minutes between sets.

Exercise	Sets	Reps
A1) Seated Dumbbell Shoulder Press w/ Constant Tension	6	6

Workout Set B

Rest 90 seconds between sets

Exercise	Sets	Reps/Time
B1) Two-Arm Kettlebell Swings	8	20

Workout Set C

Rest 60-90 seconds between sets.

Exercise	Sets	Reps/Time
C1) Behind the Back Barbell Shrugs	4	15

Workout Set D

Rest 30 seconds between exercises and 60 seconds between sets.

Exercise	Sets	Reps/Time
D1) Face Pulls	3	15
D2) Barbell Curls	3	12

POWER-LOOK PROGRAM QUICK NUTRITION TIPS

Since the goal of this program is strength, and hypertrophy, you're going to be eating slightly above maintenance calories on Training Days. Here's how to set that up:

- Multiply your bodyweight x 15 or 16. This will give you how many calories you should consume on training days. So for example, if you weigh 200 lbs you would take $200 \times 15 = 3,000$ calories. If you're fairly lean, more active, or someone who has a hard time gaining weight, use 16. If you're someone who adds fat easily, use 15.
- Next, take your bodyweight and multiply it by 1.25 - 1.50. This will give you how many grams of protein to eat per day. Taking the same example, someone weighing 200 lbs would eat 250 grams of protein per day ($200 \times 1.25 = 250$). Note, this is per day, and not just on training days.
- Fill in the rest of your daily calories with carbs and fat, eating higher carb on training days, and higher fat on rest days.
- For rest days, subtract 200 - 400 calories from your training day calories, and eat that, while keeping protein intake the same.

More questions about your Power-Look
Training Program? Email:
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