

## **POWERBUILDING**

- What is "PowerBuilding?"

A lot of your favorite fitness influencers usually do a powerbuilding type training style, as you guys know. It is a discipline that combines bodybuilding and powerlifting. Usually, individuals who practice this "discipline" want a good physical appearance along with a good amount of strength. Usually, you start with one of the three main powerlifting lifts, which are bench, deadlift, and squat, in a powerbuilding program. You usually go heavier than normal with these three lifts and try to achieve "progressive overload" (what is progressive overload? - For example, say if you do a 5 x 5 on bench and get 185 for all five sets and reps, try to add 5 pounds to the bar next training session.) For your complementary exercises you usually do some hypertrophy work (what is hypertrophy? - (You're more worried about increasing muscle mass, as well as doing a lot more volume work, for example sets of 3 and 12 reps.)

- Progressive Overload VS Hypertrophy

Progressive overload is achieved when you have a maximum rep range that you could not previously (or new PR- (personal best)), there are other ways to progressively overload such as slowing the lift down, but changing reps and set numbers is the easiest to control. Hypertrophy work does not really need to measure your (RM - Repetition Maximum), instead of this it more so volume based meaning you would do (3 x 8, 10, 12 etc even going to failure). Meaning the three big lifts will be split up into three different days (Push Pull Legs, is just an example) (bench, deadlift, squat).

### **Bench**

- Arch your back (make sure you keep your back arch as you lock out your elbows and your thoracic extension as this can lead to injury (done this a few times did not feel good.))
- Keep your grip tight along with **DO NOT FLARE YOUR ELBOWS** keep them in and tight.
- Keep your shoulder blades nice back and kinda like your squeezing them together
- Use leg drive by pushing into the ground **BUT MAKE SURE YOUR BUTT DOES NOT GO OFF THE BENCH**
- Before benching I suggest to get a very light back pump as this could help with your bench, and not only that doing some thoracic extension on a foam roller

### **Squat**

- ❑ For your stance it honestly depends on you, since some people may like going shoulder width, a wider stance, or narrow. (personally I go a bit narrow)
- ❑ Low Bar or High Bar? Once again it depends on which one you like better. I find if I go low bar when I squat down I am only able to go down to parallel (90 Degrees), while if I go high bar I am able to break 90 degrees (giving me a better contraction). People who usually use low bars will have these characteristics - wide stance, hips pushed back, chest being a bit forward, and hands placement wider. While high bar - narrow and shoulder width stance, hips are pushed a bit back, chest being tall, and hands placement narrow. High bar squatters should tuck their elbows into their lats as much as possible and keep that position to have a strong upper body position. High bar is good for athletics (weightlifters) as it allows for better flexibility, while a low bar can be good for pushing more weight as well (powerlifters).
- ❑ Keep your core tight (flex it)
- ❑ Push from your heels not your toes.

### **Deadlift (sumo and conventional) I prefer sumo.**

- ❑ *For sumo go;*
  1. wide stance,
  2. toes turned out (30 to 45 degrees)
  3. make sure you are behind the bar
  4. Hips must start relatively
  5. Make sure **YOUR ARMS ARE STRAIGHT NOT BEND** as this can save you from a bicep tear. (also I suggest you stay away from mixed grip as you can tear your bicep from that as well.)
  6. While pushing push your knees out **NOT IN!**
  7. **MAKE SURE** your back is relatively lined up with your neck, do not curve your back could lead to injury
  8. Powerfully drive the bar up along with keeping it to you body as close as possible (keeping it in a straight line)
  9. Lastly push from your heels not your toes and push away from the ground
- ❑ *For conventional go;*
  1. Go for a shorter stance shoulder width apart or slightly more than shoulder width (just slightly as you do not want to go into a sumo).

2. Grab the bar shoulder width apart
  3. Keep your toes straight (or a bit out a tiny bit)
  4. Make sure you are behind the bar
  5. Make sure **YOUR ARMS ARE STRAIGHT NOT BEND** as this can save you from a bicep tear. (also I suggest you stay away from mixed grip as you can tear your bicep with heavier weights.)
  6. While pushing push your knees out **NOT IN!**
  7. Bend your knees
  8. Lift your chest up make sure you are not bending knees
  9. Lastly push from your heels not your toes and push away from the ground, keeping your back relatively straight for the whole lift
- RPE (Rate of Perceived Exertion). (load intensity and perceived intensity)
    - ❑ RPE refers to the amount of energy and intensity you are going at on a scale of (1-10). For example you would want to do your highest RPE movements at the beginning like deadlift, squat and bench (as this will take a lot of energy from your work out especially if you're going 1 RM, when you're going for a 1 RM you will be using maximum exertion). While something that is high volume will give you RPE (4-7), add in a superset you could be looking at higher exertion. How does this relate to load intensity and perceived intensity? - Load intensity is more so for volume putting you at a lower exertion while perceived intensity is higher exertion (lower RMs). You can look up on google "RPE SCALE" if you want to see it.

*\*There is much more to powerbuilding when it comes to learning but, that was a few things that I wanted to talk about.\**