



MR

POWERBUILDING ROUTINE

NICK HAGOOD | MASCULINITY RISING

THE PROTOCOL

Primary:

5 sets, 5 reps.
Warmup to working sets. Add 5–10 lbs each session.

Accessory:

3–4 sets, 10–15 reps.
A/B are supersets.
Perform static holds as long as possible.

Conditioning:

Select one option after each workout.

Mobility:

Remain in each position for at least two minutes. Spend at least ten minutes foam rolling & deep breathing.

Schedule:

Strength train three days per week, rest in between. Example, train Mon/Wed/Fri, rest & mobility on Tue/Thu/Sat/Sun. Rotate ABA & BAB.

THE ROUTINE

STRENGTH • POWER • SIZE • INTEGRITY • RECOVERY

Routine A

Primary

1. Squat
2. Bench Press
3. Barbell Row

Accessory

1. a. Dip
b. Chin Up
2. a. Rope Hammer Curl
b. Rope Pressdown
3. Two-Point Plank
4. Hollow Body

BONUS: Pushup & Pullup to failure.

Routine B

Primary

1. Squat
2. Overhead Press
3. Deadlift

Accessory

1. Barbell Shrug
2. Static Barbell Hold
3. Reverse Fly
4. Lateral Raise
5. Scapulae Pushup
6. Farmer's Carry

BONUS: Sandball Slam, 4 min Tabata.

Conditioning A

1. Cardio Rower: 500m sprint x 3
2. Jump Rope: 60s on/off AMRAP
3. Stairmaster: 50 floors, loaded vest
4. Swimming: 100m sprint x 3

Conditioning B

1. Cardio Rower: 1,000m sprint
2. Sprint: 100m x 3
3. Stairmaster: 50 floors, intervals
4. Swimming: 225m, focus on form

Mobility

1. 90/90
2. Butterfly
3. V-Sit
4. Pidgeon
5. Squat Position
6. Shoulder Dislocates
7. Spinal Decompression
8. Lacrosse Ball Work
9. Foam Roll
10. Deep Breathing

Email nickhagood@masculinityrising.com if you have any questions.