



JACKHAMMER

American Muscle

WEEK

01 OF 04

POWER ATHLETE MISSION STATEMENT



Power Athlete is a worldwide strength and conditioning organization, founded by 10 year NFL veteran John Welbourn.

We started Power Athlete because other training systems think you are stupid. They sell you a vision of vanity. They talk the talk but they don't walk the walk.

We go to battle with bullshit!

We do performance for the people, strength and conditioning made simple and real world ready.

It doesn't matter if you are a 10 year NFL pro like John, a rec league MVP, a sprinter, baller, hurdler, wrestler, surfer, lifter, drifter or soldier. Or a chump stuck behind a desk wanting to change their life.

We tailor our systems to empower those that know they always have more to give and further to go as athletes.

Be the most powerful athlete you can be.
Be a **Power Athlete**.

JACKHAMMER IS SPECIFICALLY DESIGNED AS THE 'GO TO' PROGRAM FOR 10 YEAR NFL VETERAN JOHN WELBOURN. CREATED TO JUMP-START HIS OWN TRAINING, THIS PROGRAM IS BUILT ON THREE KEY PHASES WHICH DRIVE THE ADAPTATIONS TO BUILD SOME GOOD OL' FASHIONED 'MERICAN MUSCLE AND EARN A PLACE ON JACKED STREET. WE PUT THE POWER IN YOUR HANDS WITH THIS HASSLE FREE, EASY TO FOLLOW WEEKLY TRAINING GUIDE. IT'S TIME TO FLIP THE SWITCH & FIRE UP THE JACKHAMMER.

JACKHAMMER // THE BASICS

BY JOHN WELBOURN

This program starts with 4 workouts the first week, and then moves to my standard 5 day a week approach for weeks 2-4. The first week is all about acclimation; I want to formally introduce you to the Jackhammer. This is our introduction week so you can get a feel for what is in front of you.

Weeks 2 & 3 are adding an extra training day to attack any particular body part that might lag behind. This is a great way to address and realize any weaknesses and prioritize them. For these two weeks, we are tapping into the central nervous system by prioritizing EXPLOSIVE movements. We are going to hit the compound movements with some rep ranges that allow you to move the weights fast. Conventional thinking will tell you to focus on time under tension. I have found that by adding dynamic, EXPLOSIVE movements we can jump start the training and quickly get the stimulus we are looking for.

The 4th week is called MAXIMAL as I am expecting you to dig deep and grind through increased volume in the compound movements and in the accessory movements. Get ready for a pump that will tear your skin.

Here is the deal, my goal is to create a balance between breaking muscles down and recovery to maximize growth, and therefore, I only calculate the volume for top end sets. That means if you need more warm up sets to get ready to hit your bigger compound movements, then take them.

Part of creating a positive anabolic environment is threefold: break the muscles down with the training, adequately feed the body to accelerate recovery, then let the muscles grow during rest.

With that said, I want you to take your nutrition as seriously as your training. Combining this program with our nutrition protocol will maximize results.

Another pearl of wisdom, don't come out of the gate too fast or add extra work. The volume will increase as you adapt. The body is very smart and we have to keep tweaking training variables - volume, intensity, frequency, workout timing and exercise arrangement. Combining a sound nutrition protocol with the right manipulation of these variables is a game changer. We've taken care of that for you. But, to really hammer your goal, you need to stack up as much sleep as you can muster without getting fired or divorced.

JACKHAMMER // PROGRAM OVERVIEW

Week One Acclimation

Day 1 — Legs (heavy)
Day 2 — Chest/Shoulders (heavy)
Day 3 — Off
Day 4 — Back (heavy)
Day 5 — Off
Day 6 — Arms (heavy)
Day 7 — Off

Week Two Explosive.01

Day 1 — Legs (heavy)
Day 2 — Chest/Shoulders (heavy/light)
Day 3 — Arms (heavy)
Day 4 — Off
Day 5 — Back/Legs (heavy/light)
Day 6 — Shoulders (heavy)
Day 7 — Off

Week Three Explosive.02

Day 1 — Legs (heavy)
Day 2 — Chest/Shoulders (heavy)
Day 3 — Back (heavy)
Day 4 — Off
Day 5 — Chest (light)
Day 6 — Arms (heavy)
Day 7 — Off

Week Four Maximal

Day 1 — Legs (heavy)
Day 2 — Chest/Shoulders (heavy)
Day 3 — Back (heavy)
Day 4 — Off
Day 5 — Legs (light)
Day 6 — Arms (heavy)
Day 7 — Off

JACKHAMMER // WEEK ONE

ACCLIMATION



JACKHAMMER // WEEK ONE

INTRODUCTION

The goal for week one is to acclimatize you to the new program and the way I do things in my training. I hate throwing people into the deep end, so be smart with how you attack this training.

I will give you descriptions and goals for each day and movement, so when in doubt just follow the notes. The biggest issue I see when people attack this program is not doing enough volume in the warm up sets to prime the muscle and get ready for work.

As I stated in the introduction, I program working or top sets. These are the hard work sets that are responsible for the creating the result we are searching for. If you don't take time to hit 3-7 warm-up sets and make the choice to jump right in with no warm up then you are leaving serious gains on the table.

Day 1 — Legs (heavy)

Day 2 — Chest/Shoulders (heavy)

Day 3 — Off

Day 4 — Back (heavy)

Day 5 — Off

Day 6 — Arms (heavy)

Day 7 — Off

JACKHAMMER // FREE STUFF

Tag

#JackhammerChallenge

and share your
training/progression
for the chance
to win free stuff!!

**JACKHAMMER // WEEK ONE
ACCLIMATION**

**READY
STEADY
GET IT!**

01 WEEK ONE // DAY ONE

LEGS

Seated leg curls // 3 x 10

Guidance: I want 2 - 4 warm up sets before you hit your 3 working sets. I want these done very specifically – I want you to bring your heels as close to your butt as you can and hold for a full 1 count. Then smoothly and slowly extend your knees for at least a 2-count cadence; this is the eccentric phase. Once you reach your starting point jump right back in for another rep. I want 90 seconds rest between the working sets.

Objective: Pump the hamstrings to get ready to hit some heavy compound movements.

Barbell Back Squat // 1 x (10 + 10 + 10 + 10)

Guidance: I want 3-6 warm up sets on the barbell back squat. That means start with an empty bar for 10 reps and start adding weight to the bar. I want you to work up to a set of 10 reps where you barely eke out your set of 10. Once you hit your set of 10, then this is where the magic starts. I want you to rest 90 seconds and pull 10-20 pounds off the bar. Perform a set of 10 reps. Rest 90 seconds and pull another 10-20 pounds off the bar and do 10 reps. Then for your final set, pull off 10-20 pounds and perform one more set of 10 reps. These are going to be a grinder – this is good. You should feel crushed and a massive leg pump. Remember, that final hard set of 10 followed by the 3-drop sets are your working sets for the day.

Objective: Massive leg pump.

Lateral Banded Lunges // 5 x 20

Guidance: I want 5 working sets here with 20 reps. This means 10 reps with your right leg and 10 reps with your left leg. I want the band attached on a rack or something similar so you can wrap it around your thigh above your knee with some good band tension. Keep rest to 90 seconds on these.

Note: Use the green or gray band for these. I want some resistance so make sure you get a strong enough band and add some distance to get good band tension.

Objective: Unilateral quad pump.

One and Half Squats // 3 x 10-12

Guidance: Go back to the rack and pick a lightweight you could handle for 20 reps. Let's see how much you can take here. It's pretty easy to perform one and a half squats; start by doing a normal squat on the way down. The difference is on the way back up where you pause halfway up for 3 seconds, before going back down, and coming all the way back up to finish the rep. I want your first set to be on the lighter side, for sets 2 & 3 make sure you add weight to the bar as long as you are getting 10-12 reps. Keep the rest down to 2 minutes on these.

Objective: To finish off your quads.

Barbell RDLs // 3 x 10

Guidance: I want 3 hard working sets. You should be good and warmed up but take a 1-2 sets to get your bearings. I want these to be full range of motion. As you descend into the RDL, stay tight with a slow and controlled 2 count. Once you hit your end point, I want you to focus on squeezing your glutes as hard as you can as you come back up. Then back down for another rep. You can use straps on these, as I am not concerned with your grip, just the posterior chain: your glutes, hams, and back.

Objective: Finish off the hamstrings.

02 WEEK ONE // DAY TWO

CHEST & SHOULDERS

Elevated Chest Push Ups // 3 x 15-20

Guidance: Do plenty of warm up sets of 20 reps a set to get your chest ready to crush it. Once you are warm, I want you to throw on a weighted vest (20-50 pounds) and bang sets of 20 reps. I want you to control the eccentric and explode on the way up as long as your chest is good and warm. Keep the rest down to 90 seconds for the three working sets.

Objective: Warm up the chest and shoulders.

Barbell Incline // 10, 10, 8, 8, 6

Guidance: The key to this is controlling the barbell on the weight down, then exploding on the way up but just coming 1" shy of locking out before going into another rep. I want 5 working sets on these. Start with 3-5 warm up sets before hitting your working sets. I want you to add weight to the bar for each set and hitting the required rep range. Rest 2-3 minutes per working set.

Objective: Killer chest pump.

Hex Press // 4 x 10

Guidance: I want you to grab a set of dumbbells and a flat bench. Start the movement by smashing the DBs together and start doing reps. I am more concerned with how hard you are smashing the DBs together. Keep constant pressure on them as you perform your reps. I want 4 hard working sets with some heavy dumbbells. Remember keep the rest down to 60-90 seconds.

Objective: More chest pump.

Parallel Bar Dips // 3 x MAX reps

Guidance: I want three hard working sets to failure. Keep your feet and legs uncrossed and under you, not behind you. I find that this will focus the work on the chest instead of the shoulders - want to hit the chest. Do 3 sets of MAX reps.

Objective: Finishing movement to keep the chest pumped.

4 x Dumbbell laterals raises // 12 reps

+

4 x Front Plate Raises // 12 reps

Guidance: I want you to grab a set of dumbbells and do standing lateral raises. I want you to bring the DBs up to 90 degrees and back down in a controlled manner. I want 12 reps. Once done head over a grab a 25-45 pound plate and do 12 front raises. I don't want you to rest between these movements; just enough time to a breath or two and get your mind right. Rest as needed and back in for more sets.

Objective: Max shoulder pump.

03 WEEK ONE // DAY THREE
OFF

DAY OF REST

04 WEEK ONE // DAY FOUR BACK

Supine Ring Pull Up // 3 x 10-12

Guidance: Do a few warm ups to get your back ready for work. I want three hard working sets. Pull hard and fast into the bar and hold for a one count. Then slowly lower your body for a 2–3 count. Once back at the start, explode back up the bar and then slow back down. I want three hard working sets following this cadence.

Objective: Good old fashion lat and arm pump to get ready for back day.

Lat Pull Down // 4 x 12

Guidance: I want you grab the lat pull down bar with an overhand grip and perform 3-4 warm up sets. Tilt your body back and pull the late bar to your chest. I want a one second pause at the top of each movement as I find the original pulls to be the best ones. Go heavy and get some blood flowing into the back. Remember 4 hard working sets.

Objective: Get the lats and biceps hammered.

Dumbbell pullovers // 4 x 10

Guidance: I want 4 sets of 10 reps on these. Do some warm up sets to get you ready, then jump right in – remember slow and controlled on each rep.

Objective: Get a massive stretch in the lats.

Conventional Deadlifts // 3 x 10

Guidance: I know deadlifts are hard so I put them at the end of the day to make sure we finish off any leftovers. I want you to do 2-4 warm up sets to make sure your technique is on point. Load the bar and pull 10 reps. Rest 90 seconds before hitting the next set. During your rest, add some weight if you thought the set was easy. If you barely hit your 10 reps and it felt a bit heavy... do nothing. Work with that weight for the next 2 sets. Keep the rest down to 90 seconds.

Objective: Empty the tank with explosive movement.

Banded Good Mornings 3 x 20

Guidance: I want three sets of 20 reps. Keep the rest down to 60 seconds and learn to love the back pump. If you do this right, you should walk out of the gym wishing you had some help getting into your car.

Objective: Erector pump.

05 WEEK ONE // DAY FIVE
OFF

DAY OF REST

06 WEEK ONE // DAY SIX

ARMS

This one is going to be hard, heavy and fast; hence the reason I call this program the Jackhammer. Objective – Arm pump of epic proportions!!

Barbell Straight Bar Curl // 4 x 10

Guidance: I want you to get some warm up sets here with a straight bar; slow and controlled working full range of motion. Once you get 3-5 warm up sets, I want 4 working sets. Add weight to the bar and do strict curls. That means full extension top and bottom. Keep the rest down to 90 seconds. Remember, 4 working sets here.

Banded Hammer Curls // 3 x 20 reps

Guidance: Loop the band under the end of a rack or anywhere you can affix it. I want palms facing in and thumbs up. Lean back to get some stretch on the band and start doing curls. I want sets of 20 reps working to control the eccentric portion of the movement. Keep the rest down 60 seconds.

Banded Push Downs // 3 x 20 reps

Guidance: Same deal loop the band around the top of the rack or pull up bar and start doing triceps push down. I want slow and controlled on the way up. On the way down, push hard and try to flair the hands out at the bottom to get some medial head activation on the triceps - 3 working sets of 20 reps.

Decline Skull Crushers // 4 x 10

Guidance: I want 4 hard working sets here. Put the adjustable bench to a slight decline and start doing skull crushers. Your triceps should be good and warmed up, so maybe 1-2 sets to make sure you are good with the movement pattern. Once you have it, hit 4 hard working sets of 10 reps with full extension on each rep.

---Finisher---

Chest Incline Push Ups // 3 x MAX reps

Guidance: I want you to set up a bar in the rack and with a narrow grip start doing push ups with just body weight. I want max reps. Rest 60 seconds for another set of max reps with a slightly wider grip. And final set rest 45 seconds for max reps with a wider grip than the first two.

07 WEEK ONE // DAY SEVEN
OFF

DAY OF REST



JACKHAMMER
american muscle

PowerAthleteHQ.com