

POWER
UP60

3.0

It Demands Effort. It Rewards Discipline.
And It Changes People.

PowerUp 60 3.0 is a 35-day elite-level program built for those who’ve done the groundwork and are ready to dominate. With a smart mix of Upper, Lower, Core, Full Body, and Recovery days, this plan pushes intensity, demands consistency, and rewards you with visible strength and performance gains.

Each week is uniquely structured for progressive overload, from locking in your form to pushing reps, lifting heavier, and finishing with high-volume capacity work.

You’ve trained before. Now it’s time to level up like never before.

Week 1: Lock in

Dial in your form, control your tempo, and set your base. This is where you establish your standard, mentally and physically.

MON	Week 1	DAY 1	Press & Control
TUE		DAY 2	Drop & Drive
WED		DAY 3	Core Under Pressure
THU		DAY 4	Full Body Throttle
FRI		DAY 5	Push, Pull, Dominate
SAT		DAY 6	Recovery 1

Week 2: Volume

Same form, more reps. Push your limits by reducing rest, increasing rounds, and building serious endurance.

MON	Week 2	DAY 7	Squat, Load, Conquer
TUE		DAY 8	Lats & Arms
WED		DAY 9	Center of Power
THU		DAY 10	Battle Ready
FRI		DAY 11	Rapid Fire
SAT		DAY 12	Recovery 2

Week 3: Strength

Lift heavier. Slow down the negatives. Focus on quality reps that challenge your muscles and build raw strength.

MON	Week 3	DAY 13	Press & Control
TUE		DAY 14	Hams & Gluteus
WED		DAY 15	Flow Cardio
THU		DAY 16	Last Rep Standing
FRI		DAY 17	Push, Pull, Dominate
SAT		DAY 18	Recovery 2

Week 4: Performance

Move like an athlete. Go unbroken. Hit every set with purpose, power, and pace. This is where efficiency meets intensity.

MON	Week 4	DAY 19	Drop & Drive
TUE		DAY 20	Lats & Arms
WED		DAY 21	Center of Power
THU		DAY 22	Battle Ready
FRI		DAY 23	Rapid Fire
SAT		DAY 24	Recovery 1

Week 5: Domination

Time to test everything you’ve built. Add rounds, beat your previous numbers, and finish what you started - stronger.

MON	Week 5	DAY 25	Squat, Load, Conquer
TUE		DAY 26	Full Body Throttle
WED		DAY 27	Hams & Gluteus
THU		DAY 28	Flow Cardio
FRI		DAY 29	Last Rep Standing
SAT		DAY 30	Recovery 2