Intermediate and Advanced Training Manual

Maximizing Strength and Muscular Physique.



Duncan Hoffman

Temu Thor Training LLC
Est. 2026

🏋️ THE 15-WEEK SBD POWERBUILDING PROGRAM

Intermediate → Advanced Strength • 4 Days/Week • Bench • Squat • Deadlift

Temu Thor Training

📄 TABLE OF CONTENTS

1. Welcome
2. My Training Philosophy
3. Nutrition Sleep and Recovery
4. Program Structure
5. Program Overview
6. How to use this program
7. Weeks 1–2: Volume Accumulation
8. Weeks 3–8: Strength Building
9. Weeks 9–12: Peak & Intensification
10. Weeks 13–14: Maxout Prep
11. Week 15: Maxout
12. **Exercise Library (30 Exercises)**
13. **15-Week Calendar**
14. **15-Week Progress Tracker**
15. Closing & Next Steps

👋 WELCOME

Welcome to the **Temu Thor Training 15-Week SBD Powerbuilding Program** — a hybrid strength and hypertrophy system designed for intermediate to advanced lifters who want to push their Bench, Squat, and Deadlift to new levels while building a powerful physique.

This program blends structured progression, intelligent volume, and heavy intensification phases to help you peak safely and effectively.

👋 My Training Philosophy

My training philosophy is simple. Keep the workouts simple, and keep your effort at 100% every single day. A client who works their tail off will progress way faster on a horrible program than someone who trains lazily on a perfect program. The more obsessive over this goal (and any other goal in your life) you are, the more efficiently you will achieve it. If you devote yourself to this eBook in its entirety, you will no doubt develop into a much stronger lifter than before you started.

You also need to know your own limits. Part of the reason this is an intermediate to advanced eBook is because you need to know proper lifting form, and your own limits. If you are unable to gauge how many reps you can get with a specific weight before starting this program, this program is not for you. I do not train percentages. I train rep ranges and Reps in Reserve (RiR). If you cannot decide in the middle of your set if you can, or cannot get another rep, and you routinely fail, or undershoot your weight, you are wasting your time on this program.

The reason I use RiR and rep ranges over percentages is because 80% one week will not always be 80% the next. You may be wondering what I mean by this. It's simple. Some days, or some weeks you simply may not perform as well as you want to and there is nothing any of us can do about that. Whether it's life, or your food and sleep were off for whatever reason, or maybe you came back from a family vacation, you cannot control how a weight will feel. But you can control the weight you use if you know what your rep range you must stay in. Aside from simply being practical, its much easier on someone lifting heavier weight to use a rep range than it is to get a calculator out and math out their lift every time they go in and then wonder if they should go up or down the 2.5 pounds because their 80% landed on 397.5 pounds. Like I said, keep it simple.

More importantly, I will never write a program, or suggest an exercise that I have not personally tested out on myself for an extended period of time. I have personally performed all of these listed exercises and have completed this program multiple times as well as run athletes through it. I have had a 100% success rate. I would never offer a training routine and waste weeks of your year on something that I was unsure would work.

Lastly, this should be fun. The gym should be fun. Training should be fun. Grab a gym partner (you'll at least need a spotter for week 14) and go dominate your gym for the next 4 months. I guarantee that not only is the training way more enjoyable, but it's way more fun to have a friend with you when someone approaches you and asks "how have you gotten so strong?". Because trust me. It will happen. It always does.

Train hard, eat hard, sleep hard. Update me in 4 months with your progress. Those stories make my day and that is why I do this.

- Duncan Hoffman
  Temu Thor Training

🥗 Nutrition Sleep and Recovery

Your nutrition, sleep and recovery will absolutely, without a doubt, dictate exactly how this training plan will workout for you. If you don't prioritize your food, sleep, and recovery habits, this program is going to not work for you, and it will be *entirely your fault*.

Your nutrition will be simple. I am not going to write out a diet plan for you as this is not a 1:1 coaching eBook. Instead, I will give you simple guidelines. You need to figure out your TDEE. This can be done easily online using a calculator. Simply put, you need to be eating in at least a small calorie surplus of 250-500 calories a day. Your protein should be upwards of .8-1.0g of protein per pound of body weight, high carbs, and necessary fats. If I were 200 pounds, my macro split would look something like this: 200g protein (800 cal), 400g carb (1600 cal), and 100g fat (900 cal) for 3300 total calories. On top of your food, you need to be getting adequate hydration. A gallon a day is a simple number to remember.

Your sleep is absolutely vital. Do not stay up to 4 am, get up at 8 am and then go try and workout. You will lift awful and set yourself back an entire week of training. Choose a bed time and a wake up time and stick to it 7 days a week. If either of these change, the one that should *always stay the same is the time you go to sleep*.

Your recovery involves your sleep and nutrition, however, other factors can influence this. This means stay away from alcohol and drugs. If you just read that sentence and thought to yourself "I can't do that!" consider help because that is a greater problem than you realize and this eBook is not for you. Maybe give it to one of your more driven friends who want more out of life. Things like foam rolling, soft tissue work with a massage gun (or seeing an actual masseuse), light daily cardio, stretching *after* your lift and *before* you sleep are all great ways to boost your recovery so you can lift harder your next training day.

If you manage your nutrition, sleep, and recovery, then I promise you that you will have similar results to my professional athlete who went from a ~275 Lbs bench to a 345 pound bench in 7 weeks. He fully dedicated himself to getting better and it obviously showed.

📘 PROGRAM STRUCTURE

- **Weeks 1–2:** Volume Accumulation
- **Weeks 3–8:** Strength Building
- **Weeks 9–12:** Peak & Intensification
- **Weeks 13–14:** Maxout Prep
- **Week 15:** Maxout

📘 PROGRAM OVERVIEW

- **Day 1 — Bench / Chest / Delts**
- **Day 2 — Squat / Legs**
- **Day 3 — Close-Grip Bench / Arms / Shoulders**
- **Day 4 — Deadlift / Back**

🔧 HOW TO USE THIS PROGRAM

- Follow the 4-day split in order.
- Give **2 days rest** between Day 4 and Day 1.
- Rest **3–5 minutes** (or more) between heavy sets.
- Rest **60–90 seconds** for accessory movements.
- Add weight only when reps feel smooth and controlled.
- Track weekly loads for Bench, Squat, and Deadlift.
- Do **NOT** max out until Week 15.
- Supplementing this program with additional training may affect results.

📅 FULL 15-WEEK TRAINING PLAN

🔴 WEEKS 1–2 — VOLUME ACCUMULATION

Higher reps, moderate load, build work capacity.

DAY 1 — Bench / Chest / Delts

- **Barbell Bench Press** — 6×6
- **Incline Dumbbell Press** — 3×10-15
- **Dumbbell Power Fly** — 3×8-10
- **Lateral Raise** — 3×15
- **Rear Delt Raise** — 3×15

DAY 2 — Squat / Legs

- **Back Squat** —
  - 1x8-10
  - 1x20
- **Hack Squat** —2 x 5-10
- **RDL** — 2×6-8
- **Walking Lunges** — 3×10/leg
- **Leg Extension** — 3×15
- **Calf Raise** — 3×20

DAY 3 — Close-Grip Bench / Arms

- **Close-Grip Bench Press** — 4×4
  - 1x4 spoto paused
  - 1x4 spoto
  - 1x4 paused
  - 1x4 regular
- **Dips** — 3× failure. (If more than 15 bodyweight, start adding weight)
- **Cable Extensions** — 3×12-18
- **Traditional DB Curl** — 3×12-18
- **Hammer Curl** — 3×10

DAY 4 — Deadlift / Back

- **Conventional Deadlift** — 5×3
- **Barbell Shrug**— 3×10
- **Lat Pulldown** — 3×10-12
- **Chest-Supported Row** — 3×8-12
- **Back Extension** — 3×15
- **Face Pull** — 3×15

🔴 WEEKS 3–8 — STRENGTH BUILDING

Lower reps, increasingly heavier load.

DAY 1 — Bench / Chest / Delts

- **Bench Press** — 2x6-8 1 RiR
    - If on set 1 you get 8 with 1 RiR, the next set goes heavier for a set of 4+ 0 RiR. *The next week you will begin your first working set with the heavier weight.*
    - If you get 6 or 7 reps with 1 RiR on set 1, do the set again for 6-8 0 RiR *and repeat the same weight for next week until you get 8 with 1 RiR.*
- **Incline Dumbbell Press** — 3×8-10+
- **Cable Fly** — 3×15
- **Lateral Raise** — 4×12
- **Rear Delt Raise** — 3×15

DAY 2 — Squat / Legs

- **Back Squat** — 2x6-8 1 RiR
    - If on set 1 you get 8 with 1 RiR, the next set goes heavier for a set of 4+ 0 RiR. *The next week you will begin your first working set with the heavier weight.*
    - If you get 6 or 7 reps with 1 RiR on set 1, do the set again for 6-8 0 RiR *and repeat the same weight for next week until you get 8 with 1 RiR.*
- **Hack Squat** — 1x10, 1x5-8
- **Romanian Deadlift** — 2x6
- **Walking Lunges** — 2×8/leg
- **Leg Extension** — 4×12
- **Calf Raise** — 4×15

DAY 3 — Close-Grip Bench / Arms / Shoulders

- **Close-Grip Bench Press** — 4×4
    - 1x4 spoto paused
    - 1x4 spoto
    - 1x4 paused
    - 1x4 regular
- **Dips** — 2× failure. (If more than 15 bodyweight, start adding weight)
- **Cable Extensions** — 3×12-18
- **Traditional DB Curl** — 3×12-18
- **Hammer Curl** — 3×10

DAY 4 — Deadlift / Back

- **Conventional Deadlift** — 4×3
- **Barbell Shrug**— 3×10
- **Lat Pulldown** — 3×10-12
- **Chest-Supported Row** — 3×8-12
- **Back Extension** — 3×15
- **Face Pull** — 3×15

🔴 WEEKS 9–12 — PEAK & INTENSIFICATION

Heavy, low-rep work. Strength peaks.

DAY 1 — Bench / Chest / Delts

- **Bench Press** —
    - 1x6-8 1 RiR
    - 1x3-5 0 RiR
- **Incline Dumbbell Press** — 2×8-10+
- **Cable Fly** — 3×15
- **Lateral Raise** — 4×12
- **Rear Delt Raise** — 3×15

DAY 2 — Squat / Legs

- **Back Squat** — 1x4-8 0 RiR
- **Hack Squat** — 1x5-10
- **Romanian Deadlift** — 2x6
- **Leg Extension** — 3×12
- **Calf Raise** — 4×15

DAY 3 — Heavy Bench / Arms / Shoulders

- **Heavy Bench Day** — Increase weight each set
    - 1x2 Regular
    - 1x1 Pause
    - 1x1 regular
- **Dips** — 2× failure. (If more than 15 bodyweight, start adding weight)
- **Cable Extensions** — 2×12-18
- **Traditional DB Curl** — 2×12-18
- **Hammer Curl** — 2×10

DAY 4 — Deadlift / Back

- **Conventional Deadlift** — 3×2
- **Barbell Shrug**— 2×10
- **Lat Pulldown** — 2×10-12
- **Chest-Supported Row** — 2×8-12
- **Face Pull** — 3×15

🔴 WEEKS 13—14 Maxout Prep

Minimal Volume. Getting used to heavy weight. .

DAY 1 — Bench / Chest / Delts

- **Bench Press** —
    - 1x2-4
    - 1x2
    - 1x1 Heavy Negative. (only for week 14, see comment)
        - Aim for 10% over your projected max for next week (if you think you will hit 300, do a controlled negative with 330 and have the spotter significantly lift the bar back to the rack.)

- **Incline Dumbbell Press** — 2×8
- **Lateral Raise** — 3×12
- **Rear Delt Raise** — 3×15

DAY 2 — Squat / Legs

- **Back Squat** —
    - 1x2-4 (week 13)
    - 1x2-3 (week 14)
    - 1x1 heavy single (week 14)
- **Hack Squat** — 1x5-10
- **Leg Extension** — 2×12
- **Calf Raise** — 2×15

DAY 3 — Heavy Bench / Arms / Shoulders

- **Heavy Bench Day** — Increase weight each set
    - 1x1 Pause
    - 1x1 regular
- **Traditional DB Curl** — 2×12-18
- **Hammer Curl** — 2×10

DAY 4 — Deadlift / Back

- **Conventional Deadlift** — 2×2
- **Lat Pulldown** — 2×10-12
- **Chest-Supported Row** — 2×8-12
- **Face Pull** — 3×15

🔴 WEEK 15 Maxout

This needs no explanation. Find a spotter.

DAY 1 — Bench / Chest / Delts

- **Bench Press** — 1x1

DAY 2 — Squat / Legs

- **Back Squat** — 1x1

DAY 4 — Deadlift / Back

- **Conventional Deadlift** — 1x1

CHEST & BENCH MOVEMENTS

1. Barbell Bench Press

Targets: Chest, shoulders, triceps

Cue: Pull shoulder blades together, lower bar to mid-chest, press explosively.

2. Close-Grip Bench Press

Targets: Triceps, chest

Cue: Hands shoulder-width, elbows tucked.

3. Spoto Press

Targets: Chest, triceps

Cue: Pause 1–2 inches above chest, maintain tension.

4. Paused Bench Press

Targets: Chest, stability

Cue: Full stop on chest, drive upward with leg drive.

5. Incline Dumbbell Press

Targets: Upper chest

Cue: Elbows at ~45°, press upward in smooth arc.

6. Dumbbell Power Fly

Targets: Chest

Cue: Slight elbow bend, explosive concentric, controlled eccentric.

7. Cable Fly

Targets: Chest

Cue: Hugging motion, squeeze chest hard at peak.

SHOULDERS

8. Seated Dumbbell Shoulder Press

Targets: Delts

Cue: Avoid arching back, press straight up.

9. Machine Shoulder Press

Targets: Delts

Cue: Keep elbows under wrists, smooth tempo.

10. Lateral Raise

Targets: Side delts

Cue: Lead with elbows, raise to shoulder height.

11. Rear Delt Raise

Targets: Rear delts

Cue: Hinge slightly, lift dumbbells outward behind you.

12. Face Pull

Targets: Rear delts, upper back

Cue: Pull rope toward forehead, elbows high.

SQUAT & LEG MOVEMENTS

13. Back Squat

Targets: Quads, glutes

Cue: Brace core, sit back, drive through mid-foot.

14. Front Squat

Targets: Quads

Cue: Keep elbows high, torso upright.

15. Hack Squat

Targets: Quads

Cue: Drive knees forward, keep back flat on pad.

16. Romanian Deadlift (RDL)

Targets: Hamstrings

Cue: Hinge at hips, keep bar close to legs.

17. Walking Lunges

Targets: Quads, glutes

Cue: Step long, push through front heel.

18. Leg Extension

Targets: Quads

Cue: Control the lowering phase.

19. Calf Raise

Targets: Calves

Cue: Full stretch, full squeeze.

20. Back Extension

Targets: Lower back

Cue: Squeeze glutes at top.

DEADLIFT & BACK MOVEMENTS

21. Conventional Deadlift

Targets: Posterior chain

Cue: Brace hard, push floor away, keep bar close.

22. Barbell Row

Targets: Lats, mid-back

Cue: Hinge to 45°, pull elbows toward hips.

23. Chest-Supported Row

Targets: Upper back

Cue: Keep chest on pad, pull elbows wide.

24. Lat Pulldown

Targets: Lats

Cue: Pull bar to chest, avoid leaning back.

25. Barbell Shrug

Targets: Traps

Cue: Pull shoulders straight up, avoid rolling.

ARMS

26. Dips

Targets: Chest, triceps

Cue: Lean slightly forward for chest emphasis.

27. Cable Tricep Extension

Targets: Triceps

Cue: Keep elbows pinned, extend fully.

28. Skull Crushers

Targets: Triceps

Cue: Lower dumbbells behind head, extend fully.

29. Traditional Dumbbell Curl

Targets: Biceps

Cue: Keep elbows pinned, avoid swinging.

30. Hammer Curl

Targets: Brachialis

Cue: Neutral grip, slow lowering.

🗓️ WEEKLY CALENDAR (15 WEEKS)

Week 1

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 2

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 3

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 4

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 5

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 6

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 7

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 8

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 9

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 10

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 11

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 12

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 13

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 14

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 Notes: _____

Week 15

☐ Day 1 ☐ Day 2 ☐ Day 3 Notes: _____

Weight Tracker

Week	Bench	Squat	Deadlift
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

🎯 CLOSING PAGE

You've completed the **Temu Thor Training 15-Week SBD Powerbuilding Program**.

Your strength, discipline, and consistency have brought you here — and this is only the beginning.

When you're ready for the next level, **consider signing up for Duncan's 1:1 coaching**.

Temu Thor Training is committed to helping you become the strongest version of yourself — physically and mentally.

Legal Disclaimer

The information contained in this eBook is provided for general educational and informational purposes only. **Temu Thor Training** and **Duncan Hoffman** make no representations or warranties, express or implied, regarding the accuracy, applicability, fitness, or completeness of the contents of this program. This material is not intended to replace or substitute for the advice of a licensed medical professional, certified trainer, or other qualified health provider.

By purchasing, accessing, or using this program, you acknowledge and agree that all forms of physical exercise, including strength training, carry inherent risks. You understand and accept full responsibility for your own safety and actions. You further agree that **Temu Thor Training**, **Duncan Hoffman**, and any associated parties shall not be liable for any injuries, damages, or losses of any kind arising directly or indirectly from your participation in any exercises, workouts, or recommendations contained within this eBook.

This program does **not** provide individualized coaching, personalized training guidance, form correction, or direct consultation. Use of this eBook does **not** establish a coach-client relationship between you and **Temu Thor Training** or **Duncan Hoffman**.

All sales of this digital product are **final**. Due to the nature of digital goods, **no refunds**, returns, or exchanges will be granted under any circumstances.

By continuing to use this program, you acknowledge that you have read, understood, and voluntarily agree to the terms of this disclaimer.