

# POWER 30 SERIES 1: SESSION 3 5/1/22

\*Power Series will be replacing “Butts and Guts” and “Suns Out Guns Out” for a short period of time. This series focuses on the three main lifts; Squats, Deadlifts, and Bench Press. It will also incorporate some other accessory work, such as shoulder presses, front squats, rows, etc. Each session is approximately 30 minutes long. Add this program once or twice a week to your regular programming.

## **WORKOUT**

Following a 30 minute clock:

**0:00 - 5 Barbell Front Squat**

**3:00 - 5 Barbell Front Squat**

**6:00 - 5 Barbell Front Squat**

**10:00 - Max Reps Barbell Front Squat**

**15:00 - 5 Barbell Shoulder Press**

**18:00 - 5 Barbell Shoulder Press**

**21:00 - 5 Barbell Shoulder Press**

**25:00 - Max reps Barbell Shoulder Press**

**27:00 - 30:00 - 3 min AMRAP (As Many Reps As Possible) of:**

**Barbell Thruster**

**Goal:** No failed reps, consistent form, and 7-10 reps on the max reps sets.  
For the finisher - 30-45 reps.

## Coaches Notes

For these Front Squat and Shoulder Press sets, add load between each set. The load increases should be relatively small. We want you to start heavy and end heavier.

Take smaller jumps with the Shoulder Press. Reduce the weight in the max reps sets. Make sure that you can get at least 5 reps in the max reps set but if you get more than 15, it's probably too light!

For the 3 minute AMRAP, it should be SUPER LIGHT. You might even go with an empty barbell or some lighter dumbbells. Focus on good positions and focus on big sets rather than moving really fast. The idea is to spend as much time under tension as possible.