

# POWER 30 SERIES 1: SESSION 7 5/29/22

\*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 Back Squat**

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

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

**10:00 - Max reps (Single Set) - Barbell Back Squat**

**15:00 - Max Strict Pull Up**

**18:00 - Max Chin Up**

**21:00 - Max Inverted Row**

**24:00 - 2x12 Barbell Bent Over Row**

**27:00 - 30:00**

**3 Unweighted Lungester**

**12 Plank Pull Across**

**Goal:** 5-10lbs heavier than Session 1

## Coaches Notes

Take a look at what weight you used on the back squats in session 1 and see if you can start and/or end 5-10lbs heavier. Use the same weight you used in session 1 on the max reps set (assuming you got at least 5 reps) and see if you can squeeze out 1-2 more reps this time. Customize as needed on the pull up movements so that you can get at least 7 reps in the max reps sets.