

POWER 30 SERIES 2: SESSION 8 8/28/22

*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 - 9 Barbell Deadlift

2:00 - 7 Barbell Deadlift

4:00 - 5 Barbell Deadlift

6:00 - 3 Barbell Deadlift

9:00 - 15 Barbell Deadlift

Rest until the 13:00 mark.

At 13:00-25:00, Every 3 Minutes on the minute for 4 sets

8 Left Supported Single Leg Romanian Deadlifts

8 Right Supported Single Leg Romanian Deadlifts

From 25:00-30:00, 5 minute AMRAP

10 Single Leg (Left) - Glute Bridge

10 Single Leg (Right) - Glute Bridge

5 (**) Plank Complex 3

Coaches Notes

Take a look at what weight you used for the deadlifts in session 3. Try to start and end a few pounds heavier today. Go by how you feel. So, start a bit heavier on the set of 9 and go from there. The set of 15 should be unbroken. Drop the weight down to something likely much lighter than the set of 9.

For the RDLs, you will do 8 reps on both sides in that 3 minute window. The back leg is planted to help you balance and provide additional support, but it should not give you much assistance. Focus on using your front leg to move the weight.

For the AMRAP finisher at the end, think about trying to move continuously rather than going as fast as possible. Get that extra little squeeze of the glutes and hamstrings at the top of each single leg glute bridge and lower with control on every rep.

The plank complex is:

1 rep = 1 plank up down + 1 right knee to left elbow + 1 left knee to right elbow

Shift your body forward and try to actually make contact with the elbow if you can.