

# POWER 30 SERIES 1: SESSION 1 10/2/22

\*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**

LOWER THE WEIGHT

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

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

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

**25:00 - Max Reps (Single Set) - Barbell Bench Press**

27:00 - 30:00 - 3 min AMRAP

(As Many Rounds + Reps As Possible)

**1 Push Up**

**1 Squat Jump**

**Goal:** No failed reps, consistent form, and 7-10 reps on the max reps sets!

## Coaches Notes

For these Squats and Bench Press sets of 5, 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 Bench 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, just work constantly for 3 minutes. Take a moment to set yourself up in a proper starting position before each rep. If you are unable to jump you may do a fast air squat but keep the feet on the floor!