

# POWER 30 SERIES 1: SESSION 2 10/9/22

\*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 - 7 Barbell Deadlift**

**2:00 - 7 Barbell Deadlift**

**4:00 - 5 Barbell Deadlift**

**6:00 - 5 Barbell Deadlift**

**8:00 - 3 Barbell Deadlift**

**10:00 - 3 Barbell Deadlift**

**12:00 - Max Reps (Single Set) - Barbell Deadlift**

**15:00 - Begin Part 2:**

Every 2 Minutes for 10 Minutes

(5 Total Sets)

**8-10 Strict Pull Up**

25:00 - 5 minute AMRAP

(As Many Rounds and Reps As Possible)

**5 Barbell Bent Over Row**

## 10 Plank Up Down

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

### Coaches Notes

The idea here is to start at a weight that is challenging but that you are not in any danger of failing or losing good technique. Gradually increase the load by a small amount each set until you get to the max reps set at which point you will reduce the load to something less than what you used for your first set. The strict pull ups should be unbroken, use a band or go with inverted rows if you need to. We'd rather see 8-10 reps with some assistance than multiple sets of unassisted reps. For the 5 minute finisher at the end, we are looking for quality over output. Don't feel like you have to go super fast. Instead, focus on a good solid row with moderate weight without moving your torso and maintaining a really active plank position in the up downs.