

POWER 30 SERIES 2: SESSION 10 9/11/22

*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

Every 2 minutes on the Minute for the first 24 minutes, followed by a 6 minute finisher.

0:00-10:00

8 Barbell Bench Press

12-15 Push Up + Taps

10:00-12:00

Rest

Load barbell for deadlifts

12:00-22:00

8 Barbell Deadlift

8 Left/8 Right Single Leg - Glute Bridge

22:00-24:00

Rest

24:00-30:00

6 minute Tabata (Alternating rounds)

(w/Plate) Tricep Extension

Light Barbell Bent Over Row

Make sure you can go unbroken on both the bench press and the deadlifts!

Coaches Notes

You've got 5 supersets of pressing and 5 supersets of deadlifts and bridges today. Go right into the push up + taps after each set of bench, then use the remaining time in the 2 minute window to rest. The push up + taps are going to create additional fatigue so choose a pretty moderate load on the bench press that you can perform 8 unbroken reps each time. The first couple sets should be very doable and the last one should be a fight but not close to failure. The load should be the same for all 5 sets.

With the deadlifts, same deal. Use the same load for all 5 sets, and pick a weight you can go unbroken. The glute bridges won't be quite as taxing as the push up + taps but you will have less rest in each 2 minute window. Don't rush the glute bridges, get that squeeze at the top and lower with control on every rep.

Finally with the Tabata finisher at the end. You've got 20 seconds of tricep extensions, rest 10, then 20 seconds of bent over rows, rest 10 seconds. You'll do that a total of 6 times. Choose a weight and move at a speed that you get 8-12 tricep extensions in each 20 seconds interval. Go light on the bent over rows and keep the movement slow and controlled. We want you getting around 10 reps each time and to be holding onto the bar for the entire interval.