

POWER 30 SERIES 2: SESSION 11 9/18/22

*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:

Every 2 minutes:

0:00 - 5 Barbell Back Squat
2:00 - 5 Barbell Back Squat
4:00 - 5 Barbell Back Squat
6:00 - 5 Barbell Back Squat
8:00 - 5 Barbell Back Squat

Every 3 minutes:

11:00 - 3 Barbell Back Squat
14:00 - 3 Barbell Back Squat
17:00 - 3 Barbell Back Squat

Every 3 minutes from 20:00-29:00

8 Left/8 Right Bulgarian Split Squat

29:00-30:00

Max Continuous Plate Hug Squat

Coaches Notes

For this session, we want you to keep the load the same for all 5 sets of 5 reps on the back squat. Make sure you take a few warm up sets to work up to the weight you will use for those 5 sets. Add weight before you begin your sets of 3. Those 3 reps should be extremely challenging. Keep the load the same for each set of 3. Remember, you will be resting for longer between the sets of 3. Don't short the rest, we want you to get close to a full recovery for each set so you can get those gains!

Keep the load the same on the Bulgarian split squats. You can use a barbell, dumbbell in each hand, or single dumbbell held in the goblet position for these. Go with whatever allows you to move smoothly however we do want to challenge your ability to stabilize just a bit. Those adductors, quads, and glutes should all be really working during all 8 unbroken reps on each side. In each 3 minute window, you'll do 8 on one leg and 8 on the other.

For the final minute, we are looking to burn it out with one minute of continuous movement. The goal is more to never stop moving than to go as fast as possible or get as many reps as possible. Choose a load that allows for this, it should be pretty light. Think 10-15lbs for women, and around 25lbs for men. Depending on how you are feeling after all the back squats, and split squats, you may even just want to go with air squats!