

POWER 30 SERIES 2: SESSION 12 9/25/22

*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 - 3 Barbell Deadlift

2:00 - 3 Barbell Deadlift

4:00 - 3 Barbell Deadlift

6:00 - 3 Barbell Deadlift

8:00 - 1 Barbell Deadlift

10:00 - 1 Barbell Deadlift

12:00 - 1 Barbell Deadlift

15:00 - 5 Barbell Bench Press

17:00 - 5 Barbell Bench Press

19:00 - 3 Barbell Bench Press

21:00 - 3 Barbell Bench Press

23:00 - 1 Barbell Bench Press

25:00 - 1 Barbell Bench Press

27:00 - 1 Barbell Bench Press

28:00 - Max plate pull over + toe touch

29:00 - 1 min Max push ups from continuous plank hold

Coaches Notes

Final session! Remember, this program is designed to be repeated so you can take a week or two off and then come back to this, possibly adding a few pounds to your starting lifts.

We are going heavy today! For the sets of 3 deadlifts, keep the load the same for all 4 sets, so make sure you take plenty of warm up sets to get up to that working weight. Then add weight for each single. We want to get that heaviest single but make sure that you are still maintaining good technique.

For the bench press, you'll do 2 sets of 5 reps at the same weight, add load, then two sets of 3 at that heavier weight. For the singles, you can add a little bit of weight between each one. Make sure you have a spotter or you are comfortable with how to bail on a failed rep. But really, even though you are going heavy, we want you to successfully complete every rep. So don't think of this as an all out one rep max session.

We have a quick 2 minute finisher today. For the pull over + toe touch, we want you moving the entire time so don't put that plate down. If you need to rest for a few seconds with the arms extended over the chest, go for it. For the second minute, you should be holding a plank the entire time. Do as

many push ups as you can in that minute without coming out of the plank.
You can lower to the knees for the push up portion if you need to.