

POWER 30 SERIES 1: SESSION 4 10/23/22

*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 Power Clean

2:00 - 5 Barbell Power Clean

4:00 - 5 Barbell Power Clean

6:00 - 3 Barbell Power Clean

8:00 - 3 Barbell Power Clean

10:00 - 1 Barbell Power Clean

12:00 - 1 Barbell Power Clean

14:00 - 1 Barbell Power Clean

17:00 - Begin part 2:

Every 3 Minutes for 12 Minutes
(4 Rounds)

8 Barbell Bent Over Row

8 (per leg) - Bulgarian Split Squats

From 29:00-30:00

15-20 Squat Jump

Goal: Good technique and consistent form!

Coaches Notes

Today is all about increasing fast twitch activation which will be helpful for getting through those sticking points on the major power lifts and building muscle in the stabilizing muscles involved in squatting and deadlifting.

Add load on the power cleans as reps decrease, you can also add load between any set. Just make sure your form does not deviate. **NO STARFISH CLEANS!** Don't use today as a 1 rep max power clean testing day. Instead, focus on speed standing up with the bar and getting under it.

Bent over rows and split squats are unbroken and performed relatively slowly. Think at least 3 seconds down and 2 seconds up.

You can use a barbell, 2 dumbbells, or a single DB in the goblet position for the split squats.

Reset your feet between each squat jump. Lower slowly into the bottom of a squat then explode up with the highest vertical jump you can do each time. Make sure you lead with the chest on the way up, like you would in a squat. Don't tip forward then throw your shoulders back.