

POWER 30 SERIES 1: SESSION 5 10/30/22

*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 Bench Press

1:00 - 15 Goblet Squat

2:00 - 15 Weighted Sit Up

... Repeat until the 15:00 mark (5 total rounds)

15:00 - 7 Barbell Back Squat

16:00 - 10-15 Unbroken Push Up

17:00 - 15 Weighted Sit Up

... Repeat until the 30:00 mark (5 total rounds)

Goal: Unbroken sets the whole way. Don't get crazy with the loading today!

Coaches Notes

The main components here are the bench press and the back squat. The goblet squats, push ups, and weighted sit ups are there to add a layer of difficulty and conditioning to the bench and back squat sets. Everything is unbroken. You should have at least 20-30 seconds of complete rest in each minute. Keep the load the same for each round of your respective movement.