

POWER 30 SERIES 1: SESSION 7 11/13/22

*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 Back Squat

3:00 - 5 Barbell Back Squat

6:00 - 5 Barbell Back Squat

10:00 - Max reps (Single Set) Barbell Back Squat

15:00 - Max Strict Pull Up

18:00 - Max Chin Up

21:00 - Max Inverted Row

24:00 - 2x12 Barbell Bent Over Row

27:00 - 30:00

3 Unweighted Lungester

12 Plank Pull Across

Goal: 5-10lbs heavier than Session 1

Coaches Notes

Take a look at what weight you used on the back squats in session 1 and see if you can start and/or end 5-10lbs heavier. Use the same weight you used in session 1 on the max reps set (assuming you got at least 5 reps) and see if you can squeeze out 1-2 more reps this time. Customize as needed on the pull up movements so that you can get at least 7 reps in the max reps sets.