

POWER 30 SERIES 1: SESSION 8 11/20/22

*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 Deadlift

2:00 - 7 Barbell Deadlift

4:00 - 5 Barbell Deadlift

6:00 - 5 Barbell Deadlift

8:00 - 3 Barbell Deadlift

10:00 - 3 Barbell Deadlift

12:00 - Max Reps (Single Set) Barbell Deadlift

15:00 - Begin Part 2:

15:00 - 10 Barbell Bench Press

17:00 - 10 Barbell Bench Press

19:00 - 8 Barbell Bench Press

21:00 - 6 Barbell Bench Press

23:00 - 4 Barbell Bench Press

25:00 - Max Reps (Single Set) Barbell Bench Press

27:00-30:00 Max Reps Strict No-Jump Burpee

Goal: 5-10lbs heavier than the deadlifts from Session 2 and bench press from Session 1!

Coaches Notes

Take a look at what you used for the deadlifts in session 2 and for the bench press in session 1 and see if you can start and/or end 5-10lbs heavier. Use the same weight you used in the max reps sets and see if you can get a couple more reps in today's session. Pay attention to how you are feeling today.

Don't feel like you **HAVE** to go heavier and use that as an excuse to slip into bad habits or risky positions. We still have 5 sessions to go. For the finisher, keep the burpees strict so you get a really solid push up on every rep.