

# POWER 30 SERIES 1: SESSION 9 11/27/22

\*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:

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**0:00 - 5 Barbell Front Squat**

**3:00 - 5 Barbell Front Squat**

**6:00 - 5 Barbell Front Squat**

**10:00 - Max Reps Barbell Front Squat**

**15:00 - 8 Barbell Bent Over Row**

**17:00 - 8 Barbell Bent Over Row**

**19:00 - 8 Barbell Bent Over Row**

**21:00 - 8 Barbell Bent Over Row**

**23:00 - 8 Barbell Bent Over Row**

25:00 - 5 min Continuous

## **8 Braced Squat**

### **10 - (Plate) - Tricep Extension**

**Goal:** 5-10lbs heavier than session 3!

## Coaches Notes

Take a look at what you used for the front squats in session 3 and see if you can start and/or end 5-10lbs heavier on the sets of 5. For the max reps set, keep the weight the same (assuming you got between 5-15 reps the last time around) and try to squeeze out a couple more reps.

Use the same load for all 5 sets of bent over rows. Remember that they should be controlled and the torso/back angle should not change during the movement.

Think of the last 5 minutes as continuous movement not as much work as possible. Choose a weight on the tricep extensions that you can go unbroken the whole time. Shoot for about 5 rounds.