

# POWER 30 SERIES 1: SESSION 6 11/6/22

\*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 Deadlift**

**1:00 - 4 Tempo Push Up**

**2:00 - 30 Second Hollow Body Hold**

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

**15:00 - 5 Barbell Shoulder Press**

**16:00 - 4 Tempo Pull Up**

**17:00 - 30 Second Hollow Body Hold**

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

See Coaches Notes for Tempos!

**Goal:** No failed reps and consistent form!

## Coaches Notes

This is 5 rounds of the deadlifts, tempo push ups, and hollow hold followed by 5 rounds of the shoulder press, tempo pull ups, and hollow holds. Use the same weight on the deadlifts for all 5 rounds. Obviously lower the weight when you get to the shoulder presses but keep it the same for all 5 rounds once you do.

Tempo for Push Ups:

3 seconds down

3 seconds hover at the bottom

3 seconds up

3 seconds hold at the top

Tempo for Pull Ups

1 second controlled pull up to the bar

3 second chin over bar hold

3 second lower

No rest at the bottom, go right into next rep

Customize as needed to maintain these tempos. We want to make this time under tension a priority over doing the movements unassisted.

Do your best to go the full 30 seconds on the hollow hold. Switch to a tuck hold if you need to.