

POWER 30 SERIES 2: SESSION 2 1/1/23

*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

2:00 - 7 Barbell Bench Press

4:00 - 7 Barbell Bench Press

6:00 - 5 Barbell Bench Press

8:00 - 5 Barbell Bench Press

10:00 - 5 Barbell Bench Press

12:00 - 3 Barbell Bench Press

14:00 - 3 Barbell Bench Press

16:00 - 3 Barbell Bench Press

18:00 - Max Reps (Tempo) - Barbell Bench Press

Tempo:

1 second press

1 second pause at the top

1 second lower

1 second pause in active bottom position

22:00-30:00 - 8 Minute Tabata

(:20 work / :10 rest)

Seated w/Plate - Tricep Extension
Russian Twist

Coaches Notes

This is a lot of benching today. These sets are not meant to be all-out max load for the respective load, you'll want to go a bit lighter. You should add load between sets where the reps decrease. You can go with the same load or take small jumps between sets where the reps stay the same. Think about where you want to end up and let that inform where you will start. Every set should be challenging, so take some warm up sets before you begin. Remember, the last set of 3 should be very difficult but you absolutely must maintain good technique. Drop the weight for the max reps set to something that feels moderately light. The tempo changes things a lot.

Choose something pretty light for the Tabata finisher. We are going for volume not load. Ideally, you are getting 8-12 reps of the tricep extensions and 15-20 twists each time.