

# POWER 30 SERIES 1: SESSION 11 12/11/22

\*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 Bench Press**

**1:00 - 8-10 Inverted Row**

**2:00 - Rest**

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

**15:00 - 7 Barbell Deadlift**

**16:00 - 10-15 (Unbroken) Push Up**

**17:00 - 30 Seconds Alternating V-Up**

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

**Goal:** Unbroken movement. Quality movement with a challenging load.

## Coaches Notes

Keep the weight the same for all 5 rounds of the bench press. Choose a weight that you can do unbroken but the last couple of reps of the last couple sets are going to be a fight. Use the same load for all 5 rounds of the deadlifts.

Take the same approach for choosing your load as with the bench. Inverted rows and push ups should be unbroken. Customize as needed to stay within that rep range for all 5 rounds.