

POWER 30 SERIES 1: SESSION 12 12/18/22

*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 Back Squat

1:00 - 4-8 Unbroken Strict Pull Up

2:00 - 30 Second Hollow Rock

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

15:00 - 5 Barbell Shoulder Press

16:00 - 7 Barbell Bent Over Row

17:00 - 30 Second Plank Shoulder Tap

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

Goal: Quality movement with a challenging load.

Coaches Notes

Keep the load the same for all 5 sets of the back squats. Obviously, you will use a different weight for the shoulder presses but it should be consistent for all 5 sets. In choosing your weight, each set should be a challenge but you are at no risk of failure.

Focus on controlled movement on the pull ups and bent over rows. Really try to connect to the lats and let them be the primary drivers of the movement.