

# POWER 30 SERIES 2: SESSION 1 12/25/22

\*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 - 9 Barbell Back Squat**  
**2:00 - 7 Barbell Back Squat**  
**4:00 - 5 Barbell Back Squat**  
**6:00 - 3 Barbell Back Squat**  
**9:00 - 15 Barbell Back Squat**

Rest until the 13:00 mark.

At 13:00, Every 3 Minutes on the minute for 4 sets

(Until 25:00)

**8 (Forward/Right Leg) Barbell Back Rack Lunge**

## **8 (Forward/Left Leg) Barbell Back Rack Lunge**

From 25:00-30:00, 5 minute AMRAP

**10 (Single Leg/Left) Glute Bridge**

**10 (Single Leg/Right) Glute Bridge**

**5 (\*\*) Plank Complex 1**

## **Coaches Notes**

If you have a recent and LEGITIMATE 1 rep max, you can use percentages for the back squats. Start around 70% with the set of 9, finish around 85% with the set of 3, drop to 60% for the set of 15. We recommend taking at least 2-3 warm up sets, gradually building up to your working weight for the first set. This way, you can get a feel for what to start with. The last 1-3 reps of each set should feel challenging but you are not deviating from your proper form. The set of 15 reps should feel pretty moderate for the first 5-7 reps. It should be significantly lighter than the weight used in the set of 9.

For the back racked lunges, we are not looking for the max weight you can do for 8 reps on each leg. You should definitely feel the legs and glutes burning but are never in any danger of failing a rep. Do all 8 lunges on one side, unbroken. Then, all 8 unbroken on the other leg. Use the same load for all sets.

**\*\*Plank Complex 1: 1 Rep = Plank Knee to Elbow Right + Plank Knee to Elbow Left + Forward Reach Right + Forward Reach Left**

The 5 minute AMRAP is a quick finisher that is meant to be done as continuous and controlled movement, so don't move too fast and get sloppy. Squeeze the glutes and hamstrings at the top of each bridge rep. Focus on getting deep into the end range of each movement in the plank complex. Try shifting your weight forward to allow the knee to make contact with the elbow.