

# POWER 30 SERIES 1: SESSION 10 12/4/22

\*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 Power Clean

2:00 - 5 Barbell Power Clean

4:00 - 5 Barbell Power Clean

6:00 - 3 Barbell Power Clean

8:00 - 3 Barbell Power Clean

10:00 - 1 Barbell Power Clean

12:00 - 1 Barbell Power Clean

14:00 - 1 Barbell Power Clean

17:00 - Begin part 2:

Every 3 Minutes for 12 Minutes

(4 Rounds)

**8 (Forward) - Barbell Back Rack Lunge**

**8 (Reverse) - Barbell Back Rack Lunge**

**15 Push Up**

29:00 - Begin part 3:

**1 Min Max Reps Air Squat**

**Goal:** 5-10lbs heavier than session 4 on the power cleans. Good technique and consistent form!

## Coaches Notes

Take a look at what you used for the power cleans in session 4 and see if you can start and/or end 5-10lbs heavier. This is about power development. In order to achieve that, the cleans must be performed with adequate technique. So, no STARFISHING! For the back racked forward lunges, choose a load that is going to burn for the last few reps but that you are at no risk of failure at any point. We want you to step forward on the forward lunges so we get that good quad engagement but customize to make it work for you. Push ups should be completed in 1-2 sets every time. Go as hard as you can on the air squats. Make sure you are standing up all the way and getting deep enough but this should be all out for 60 seconds without stopping.