

POWER 30 SERIES 2: SESSION 4 1/15/23

*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 Front Squat

3:00 - 5 Barbell Front Squat

6:00 - 3 Barbell Front Squat

9:00 - 3 Barbell Front Squat

12:00-24:00 - Every 3 Minutes on the Minute

8 Left (Reverse) Barbell Front Rack Lunge

8 Right (Reverse) Barbell Front Rack Lunge

25:00-30:00 - 5 Minute AMRAP

10 Single Leg (Left) Glute Bridge

10 Single Leg (Right) Glute Bridge 5 (**) - Plank Complex 2

Coaches Notes

We want you to start heavy and end heavier on the front squats. Take 2-3 warm up sets before starting with the set of 7. Each set should feel very challenging but your form should not change. Make sure you are keeping the belly tight and elbows high in every rep. Add a little load between sets.

For the reverse lunges, do all 8 reps on one leg then all 8 with the other. Ideally you are keeping the bar racked on your shoulders the whole time but if you need to put it down between sides, that's fine. We definitely want you to be able to do all 8 unbroken on each leg.

For the finisher at the end, you should be moving continuously but it shouldn't be fast. All movement should be slow and controlled. Squeeze your butt tight at the top and take a little pause on each rep of the single leg glute bridges. If you need to break during the plank complex, do it between reps, not during.

**Plank Complex 2:

1 Rep = Plank Knee to Opposite Elbow Right + Plank Knee to Opposite Elbow Left + Plank Shoulder Tap Right + Plank Shoulder Tap Left