

POWER 30 SERIES 2: SESSION 5 1/22/23

*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:

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0:00 - 9 Barbell Shoulder Press

2:00 - 9 Barbell Shoulder Press

4:00 - 7 Barbell Shoulder Press

6:00 - 7 Barbell Shoulder Press

8:00 - 5 Barbell Shoulder Press

10:00 - 5 Barbell Shoulder Press

12:00 - 3 Barbell Shoulder Press

15:00 - 3 Barbell Shoulder Press

17:00 - 8-10 Plate Raise To Overhead

18:00 - 10-12 Tricep Extension

19:00 - 8-10 Plate Raise To Overhead

20:00 - 10-12 Tricep Extension

21:00 - 8-10 Plate Raise To Overhead

22:00 - 10-12 Tricep Extension

23:00 - 8-10 Plate Raise To Overhead

24:00 - 10-12 Tricep Extension

25:00-30:00 - 5 Minute AMRAP

10 Alternating V-Up

10 Plank Up Down

10 (Unweighted) - Reverse Snow Angel

Coaches Notes

It's a good amount of shoulder and tricep work today so make sure you warm up thoroughly for this one. Add weight as the reps decrease. So keep it the same load for both sets of 9, then add a small amount of weight for the sets of 7 and so on. In terms of choosing how much weight to start with and how much to increase, think about what weight you think you can do for the sets of 3, then work your way backward.

The plate raises and tricep extensions are there to increase muscle in the shoulders and triceps, not necessarily train strength. There is also very little rest between sets so go lighter than you think you need to and be prepared for a pretty intense pump!

The finisher at the end is not meant to be full send. Move at a pace that allows you to keep rest to a minimum.