

# POWER 30 SERIES 2: SESSION 6 1/29/23

\*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**

Every Minute on the Minute for 30 Minutes

Min 1-5

**5 Heavy Barbell Thruster**

Min 6-10

**8-10 Barbell Power Clean**

Min 11-15

**8-10 Barbell Back Squat**

Min 16-20

### **6-8 Barbell Shoulder Press**

Min 21-25

### **8-12 Barbell Bent Over Row**

Min 26-30

### **20-25 Air Squat**

**Score:** Weight used on thrusters

**Goal:** Try to go heavier than you normally would for thrusters. Listen to your body and move correctly. If you experience mechanical breakdown, lower the weight.

## **Coaches Notes**

Today's focus is power conditioning! This means that you will be moving a barbell, performing movements that involve strength and power, but the loads will be a bit lighter, the rest will be shorter, your heart rate is going to be high so be prepared to sweat.

All the movements should be unbroken, so you should have at least 30 seconds to rest between each set if not more.

For some of you, you'll be able to use the same weight for all the movements. But for a lot of you'll likely want to drop the weight a little bit once you get to the shoulder presses. So you'd keep the same weight for the thrusters, power cleans, and back squats. Then, once you finish your last set of 8-10 back squats, adjust the weight during the remaining time in that minute so you'll be good to go for the shoulder presses in the next minute.

The goal would be to start with a weight that is a bit heavier than what you would normally use for thrusters in a daily workout and use that weight for all 5 barbell movements. But, that weight shouldn't feel crazy heavy at first. It will become challenging with the amount of reps that you will be doing across all the movements so pick something that you are comfortable moving for reps. Again, the sets should be unbroken in each minute.