

POWER 30 SERIES 2: SESSION 3 1/8/23

*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 - 9 Barbell Deadlift

2:00 - 7 Barbell Deadlift

4:00 - 5 Barbell Deadlift

8:00 - 3 Barbell Deadlift

10:00 - 16:00, Every 2 Minutes on the Minute

8 Romanian Deadlifts

16:00 - 24:00, Every 2 Minutes on the Minute

8-12 (Tempo) Barbell Bent Over Row

Tempo:

1 second pull

1 second squeeze at the top

3 second lower

1 second pause in active bottom position

24:00-30:00 - 6 Minute Tabata

(:20 work / :10 rest)

Single Leg Glute Bridge

(Switch Legs Each Interval)

Coaches Notes

Start heavy on the deadlifts and end heavier. If you have a recent one rep max, start around 75-80% and go from there. If not, make sure you establish an 'opening' weight in your warm up. The last few reps of the set of 9 should be very difficult. Take small jumps from there as you decrease in reps.

The Romanian deadlifts should be performed with the same weight every time. Make sure you are keeping the lats really fired up the whole time and that you are feeling it in the glutes and hamstrings.

The bent over rows should be a slow controlled row, squeeze at the top, and an even slower lower back down to your starting position. These may feel easy at first, but they get challenging quick, so keep the weight pretty light. If your back is pretty lit up from the deadlifts, you can switch to single arm dumbbell bent over rows.

On the glute bridges, we are actually getting pretty deep into the hamstrings so focus on slow controlled movement, especially when lowering the hips back down to the floor.