

POWER 30 SERIES 2: SESSION 9 2/19/23

*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:

Every 3 minutes for 15 minutes (5 Rounds)

5 Barbell Front Squat
25 Air Squat

At 15:00

Every 3 minutes for 15 minutes (5 Rounds)

5 Barbell Shoulder Press
15 Plate Overhead Raises

Coaches Notes

For this session, the idea is to challenge yourself on the first movement in terms of load (but without failing any sets!), then go right into the second movement. So, after your 5 front squats, go right into the 25 air squats and try to do them unbroken. You can keep the load the same for all 5 rounds or progressively add load between sets. If you are adding weight, each set should count, so start heavy and end heavier!

The same applies with the shoulder presses. Go right into the overhead raises after your 5th rep.

Do not go so heavy that you are failing reps or getting sloppy. If you feel your core giving out or your front rack slipping on the squats, or you are leaning back on the shoulder presses, just lower the weight.