

POWER 30 SERIES 2: SESSION 7 2/5/23

*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 Back Squat

2:00 - 5 Barbell Back Squat

4:00 - 3 Barbell Back Squat

6:00 - 3 Barbell Back Squat

8:00 - 8 Left/8 Right - Forward Barbell Back Rack Lunge

11:00 - 8 Left/8 Right - Forward Barbell Back Rack Lunge

14:00 - 8 Left/8 Right - Forward Barbell Back Rack Lunge

17:00 - 7 Barbell Bench Press

19:00 - 5 Barbell Bench Press

21:00 - 3 Barbell Bench Press

23:00 - 3 Barbell Bench Press

From 25:00-30:00, 5 minute AMRAP

8 Push Up + Taps
12 Plate Tricep Extension

Coaches Notes

Try to finish today on the back squats and bench press with a slightly heavier weight compared to sessions 1 and 2. Start with the same weight or 5-10lbs heavier than the set of 7 from session 1. Remember, we want to be moving well above everything so if you are not feeling like you can go heavier today, that is totally fine!

For the back racked lunges, we are still shooting for a good burn in the legs and butt and if you want to try a few pounds heavier than session 1, go for it, but after the heavier squats, it is not necessary. Remember, the reps are still unbroken so rest as needed between sets and sides.

For the finisher, we'd rather have you moving slowly and for as close to 5 minutes continuously than a bunch of stop and start.