

# POWERLIFTING - August 2018

<p><b>Wk 3</b></p>	<p>box jump 4 x 2 x 95%</p> <p><b>BACK SQUAT</b> 50% / 5 60% / 3 70% / 2 75% / 1 80% AMRAP</p> <p><b>SUMO DEADLIFT</b> 12x2 AHAP</p>	<p>3x15 kb cossack squats 3x12 <a href="#">single leg SLDL</a> 3x30 wall bridge-up</p> <p>midline, 150 reps</p>	<p><b>POWER CLEAN</b> 5x5</p> <p><b>BENCH</b> 50% / 5 60% / 3 70% / 2 75% / 1 80% AMRAP</p>	<p>db/kb bench 3x20 Tate press 3x20 JM press 3x20</p> <p><a href="#">bicep opener</a> 5x5</p> <p>midline, 150 reps</p>	<p>2x4x6 med ball throws</p> <p><b>PRESS</b> 60% / 5 75% / 5 85% / 3 95% / 1+</p>	<p><b>DEADLIFT</b> 50% / 5 60% / 3 70% / 2 75% / 1 80% AMRAP</p> <p>Dimel DL 4x15 sumo RDL 4x15 RDL 4x15</p> <p>midline, 150 reps</p>
<p><b>Wk 4</b></p>	<p><b>ESTABLISH A MAX BOX SQUAT</b></p> <p>- then -</p> <p><b>ESTABLISH A MAX BACK SQUAT</b></p>		<p><b>ESTABLISH A MAX POWER CLEAN</b></p> <p>- then -</p> <p><b>ESTABLISH A MAX BENCH PRESS</b></p>		<p><b>ESTABLISH A MAX PRESS</b></p> <p>- then -</p> <p><b>ESTABLISH A MAX DEADLIFT</b></p>	

Use the following formula to see what your projected max would be on your max-rep sets:

$$\text{Projected Max} = (\text{weight used} \times \text{reps completed} \times .033) + \text{weight used}$$

FOUNDATION BARBELL