

# POWERLIFTING - September 2018

## NOTES

- All of the listed percentages are based off of your Training Max (90% of true 1RM)
- Rest 2:00 - 3:00 b/t sets for sets of 5 or more. Rest 1:00 for sets of 4s or less. Stay honest with your rests.
- Pair up on barbells and racks when possible. 20kg Powerlifting bars should be used for everything except deadlifts for small-handed folk.
- Communicate! Speak with your lifting partners about sets and changing weights, spotting, etc. Same with coach.

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

WEEK 1		
Monday	Wednesday	Friday
7 reps of 4 different partner med ball throws <b>(1) (2) (3) (4)</b>	5 rounds: 6 pullups + 6 dips - or - 15 muscle-ups	box jump 6x3 @ 75% max height  50 hip extensions
50 banded good mornings		
<b>PUSH PRESS</b> barbell / 5 55% / 5 65% / 5 75% / 5 85% / AMRAP	<b>TNG POWER CLEAN</b> barbell / 5 55% / 5 65% / 5 75% / 5 85% / AMRAP	<b>BACK SQUAT</b> 75 / 7 (3)  <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>
<b>SUMO DEADLIFT</b> 75 / 7 (3)  <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>	<b>BENCH PRESS</b> 75 / 7 (3)  <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>	<b>DEADLIFT</b> 75 / 7 (3)  <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>
5x12 Dimel deadlift - focus on quick, hard lockouts 5x12 sumo Romanian deadlift 5x12 kettlebell snatch (6/6)	5 rounds 12 kb floor press 12 barbell pullover :20 ring support	50 db bent-over row 50 db reverse lunge, alternating 50 db RDL
150 banded good mornings	100 banded tricep extension	50 db cleans for time - use a weight to go unbroken

## FOUNDATION BARBELL