

POWERLIFTING - Oct 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.

Projected Max = (weight used x reps completed x .033) + weight used

WEEK 1: Testing True 1RMs		
Monday	Wednesday	Friday
3 rounds: 10 burpees 15 hip extensions 20 push press, empty bar	5 rounds: 6 pullups + 6 dips - or - 15 muscle-ups	box jump 6x3 @ 75% max height 50 hip extensions
BACK SQUAT attempt to find a 1RM back squat <i>suggested climb:</i> 50/5, 70/3, 80/3, 85/1, 90/1, 94/1, 98/1, 101/1, etc	BENCH PRESS attempt to find a 1RM back squat <i>suggested climb:</i> 50/5, 70/3, 80/3, 85/1, 90/1, 94/1, 98/1, 101/1, etc	DEADLIFT attempt to find a 1RM back squat <i>suggested climb:</i> 50/5, 70/3, 80/3, 85/1, 90/1, 94/1, 98/1, 101/1, etc
SUMO DEADLIFT 60 / 5 (10) <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>	PUSH PRESS 60 / 5 (10) <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>	BACK SQUAT 60 / 5 (10) <i>The last set is for near-maximal reps, staying 2-3 reps shy of failure.</i>
5x12 weighted step-ups 5x12 knees-to-elbows 5x12 one-arm kettlebell swing/side 100 banded good mornings	5 rounds: 12 Pendlay rows 9 Landmine press/side 5 db tricep openers 100 banded overhead tricep extension	30 kettlebell windmills 30 box jumps, high 30 glute-ham raise 30 hanging leg raise (on stall bars) 30 jumping good mornings, barbell

FOUNDATION BARBELL

10s Wave: Accumulation