

# POWERLIFTING - Oct 2018

WEEK 2: Intensification		
Monday	Wednesday	Friday
3-4 rounds: 12 burpees 15 hip extensions, weighted 20 push press, empty bar	200m sandbag carry (Zercher/hug) 200m double kettlebell rack 200m farmer carry, light 200m run	for 10:00 20 hip extensions 20 double kettlebell clean & jerks 20 cossack squats
<b>BACK SQUAT</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	<b>BENCH PRESS</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	<b>BOX SQUAT</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>
<b>SUMO DEADLIFT</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	<b>PUSH PRESS</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	<b>DEADLIFT</b> 55/5 62.5/5 67.5/3 (10)  <i>Last set is for near-maximal reps, staying 1-2 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

Notes on BOX SQUATS: use your back squat training max to calculate percentages. Setup box to a height where you fail max out squats / weakest ROM.

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

## FOUNDATION BARBELL