

POWERLIFTING - September 2018

WEEK 3: Intensification!

Monday	Wednesday	Friday
- 7x4 different partner mb throws (1) (2) (3) (4) - 40 banded good mornings wearing Hip Circle	4 rounds of 6 pullups + 6 dips - or - 12 muscle-ups	box jump 6x3 @ 75% max height 30 hip extensions -or- 4:00 non-stop w/ Hip Circle
PUSH PRESS 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / AMRAP	TOUCH-AND-GO POWER CLEAN 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / AMRAP	BACK SQUAT 70 / 1 77.5 / 1 82.5 / 5 (3) <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>
SUMO DEADLIFT 70 / 1 77.5 / 1 82.5 / 5 (3) <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	BENCH PRESS 70 / 1 77.5 / 1 82.5 / 5 (3) <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>	DEADLIFT 70 / 1 77.5 / 1 82.5 / 5 (3) <i>Last set is for near-maximal reps, staying 1-2 reps shy of failure.</i>
3x12 Dimel deadlift - focus on quick, hard lockouts 3x12 sumo Romanian deadlift 3x12 kettlebell snatch (6/6) 150 banded good mornings as quickly as possible in the fewest amount of sets	3 rounds 2:00 plank with a perfect pushup every 10-15 seconds :30 ring support 100 overhead banded tricep extensions as quickly as possible in the fewest amount of sets	30 db bent-over row 30 db reverse lunge, alternating 30 db RDL 30 dbl db clean and jerks for time - use a weight that allows you to go all unbroken

Prioritize intensity this week, but make sure you are actively trying to recover with stretching and active recovery movement: run, row, bike, long walks, etc. Keep your carbohydrates high in your post-workout and stay hydrated. Plan ahead for next week's maxes: push jerk, sumo deadlift, power snatch, bench press, back squats, and (conventional) deadlifts!

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

FOUNDATION BARBELL