

# POWERLIFTING - September 2018

## WEEK 4: REALIZATION

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
<b>PUSH JERK</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!	<b>POWER SNATCH</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!	<b>BACK SQUAT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!
<b>SUMO DEADLIFT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!	<b>BENCH PRESS</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!	<b>DEADLIFT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / 1 85 / 1 90 / rep until absolute failure. have spotters!
150 banded good mornings	100 banded overhead tricep extension	100 banded back extensions on wall 100 banded bicep curls

It's TEST/RETEST week! I hope you're ready to give each effort your all! Good luck.

PLUG IN YOUR MAXES HERE, ON THE PR BOARD (if applicable), THE STRENGTH BOARD, and YOUR JOURNALS!

max push jerk	max sumo deadlift	max power snatch	max bench press	max back squat	max deadlift

(Use a \* to denote a Projected Max)

## FOUNDATION BARBELL