

POWERLIFTING - OCT 2018

NOTES

- All of the listed percentages are based off of your TRUE or PROJECTED MAX
- 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.

WEEK 1: Testing True 1RMs		
Monday	Wednesday	Friday
for 10 minutes: 5 burpees 10 strict press, empty bar 15 hip extensions, weighted :20 L-hang	200m sandbag carry (Zercher/hug) 200m double kettlebell rack 100m farmers walk 200m mb forearm squeeze walk 200m Hip Circle walk	4-5 rounds: :30 banded plank 20 kettlebell swings, heavy 10 dumbbell pushup + row 5 elevated Cossack squat/side
BACK SQUAT 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1	BENCH PRESS 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1	BOX SQUAT 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1
SUMO DEADLIFT 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1	PUSH PRESS 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1	DEADLIFT 70 / 5 80 / 3 85 / 3 90 / 1 94 / 1 98 / 1 101+ / 1
150 banded good mornings, green or black band	100 banded tricep push downs, green or black band	50 Cuban presses, Hyperlite + yellows or reds