

# POWERLIFTING – NOVEMBER 2018

WEEK 2: ACCUMULATION		
Monday	Wednesday	Friday
for 10 minutes: 5 box jumps 10 kettlebell sumo deadlift high pulls :15 bottom of goblet squat 20 scap pushups	200m sandbag carry (Zercher/hug) 100m farmers walk + 100m double kettlebell rack 200m mb forearm squeeze walk 200m Hip Circle walk	4-5 rounds: :30 arch 20 reverse lunges 10 burpees 5 pullups
<b>BACK SQUAT</b> 10x5x60%  Rest exactly 1:00 between sets.  Last set is for max reps, leaving 2-3 in the bank.	<b>BENCH PRESS</b> 10x5x60%  Rest exactly 1:00 between sets.  Last set is for max reps, leaving 2-3 in the bank.	<b>DEADLIFT</b> 10x5x60%  Rest exactly 1:00 between sets.  Last set is for max reps, leaving 2-3 in the bank.
<b>SUMO DEADLIFT</b> 5x12 as heavy as possible  <b>BULGARIAN SPLIT SQUAT</b> 5x8/side as heavy as possible  <b>GHR</b> 3x5	<b>BAMBOO BAR</b> 5x max effort reps  <b>BENT OVER BARBELL ROW</b> 5x8  <b>HANGING LEG RAISE</b> 5x12+ as strict as possible	<b>GOOD MORNING</b> 5x15  <b>DB/KB SHRUG</b> 5x25+ as heavy as possible  <b>BARBELL SIDE BENDS</b> 2x50, alternating sides
50 Cuban presses, Hyperlite + yellows or reds	100 dips for time	Crossover Symmetry IRON SCAP protocol

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