

POWERLIFTING - Oct 2018

WEEK 3: Realization!		
Monday	Wednesday	Friday
for 14 minutes: 5 burpees 10 strict press, empty bar 15 hip extensions, weighted :20 bottom of goblet squat w/ a heavy bell	200m sandbag carry (Zercher/hug) 200m double kettlebell rack 200m farmer carry 200m run	5 rounds: 20 cossack squat 20 kettlebell push press, switch halfway 20 hip ext/back ext/reverse hyper
BACK SQUAT 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>	BENCH PRESS 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>	BOX SQUAT 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>
SUMO DEADLIFT 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>	PUSH PRESS 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>	DEADLIFT 50/5 60/3 70/1 75/ AMRAP <i>Last set is until failure. Have a spotter on this attempt.</i>
200m walking lunge 150 v-ups 100 hollow rocks	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

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

FOUNDATION BARBELL