

# POWERLIFTING - Oct 2018

## WEEK 4: REALIZATION

Monday	Wednesday	Friday
for 14 minutes: 5 burpees 10 strict press, empty bar 15 hip extensions :20 bottom of goblet squat w/ a heavy bell	200m sandbag carry (Zercher/hug) 200m double kettlebell rack 200m farmer carry 200m run	4 rounds: 20 kettlebell swings, heavy 20 situps / slam ball (switch every round) 1:00 plank
<b>BACK SQUAT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!	<b>BENCH PRESS</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!	<b>BOX SQUAT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!
<b>SUMO DEADLIFT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!	<b>PUSH PRESS</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!	<b>DEADLIFT</b> 50 / 5 60 / 3 70 / 2 75 / 1 80 / rep until absolute failure. have spotters!  next week: find your 1RM!
150 banded good mornings, green or black band	100 banded tricep push downs, green or black band	50 Cuban presses, Hyperlite + yellows or reds

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