

POWERLIFTING - NOVEMBER 2018

WEEK 3: Realization!		
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
BACK SQUAT 50x5 60x3 70x2 75x1 80x1 85x1 90% AMRAP	BENCH PRESS 50x5 60x3 70x2 75x1 80x1 85x1 90% AMRAP	DEADLIFT 50x5 60x3 70x2 75x1 80x1 85x1 90% AMRAP
Last set is for max reps, leaving 1-2 in the bank.	Last set is for max reps, leaving 1-2 in the bank.	Last set is for max reps, leaving 1-2 in the bank.
SUMO DEADLIFT 5x12 as heavy as possible	BAMBOO BAR 5x max effort reps	GOOD MORNING 5x15
BULGARIAN SPLIT SQUAT 5x8/side as heavy as possible	BENT OVER BARBELL ROW 5x8	DB/KB SHRUG 5x25+ as heavy as possible
GHR 3x5	HANGING LEG RAISE 5x12+ as strict as possible	BARBELL SIDE BENDS 2x50, alternating sides
50 Cuban presses, Hyperlite + yellows or reds	100 pullups for time	Crossover Symmetry IRON SCAP protocol

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

FOUNDATION BARBELL