

POWERLIFTING – NOVEMBER 2018

WEEK 4: REALIZATION

Monday	Wednesday	Friday
<p>SUGGESTED WARMUP</p> <p>for 10 minutes: 5 burpees 10 push press, empty bar 20 walking lunges</p>	<p>SUGGESTED WARMUP</p> <p>200m sandbag carry (Zercher/hug) 100m farmers walk + 100m double kettlebell rack 200m mb forearm squeeze walk 200m Hip Circle walk</p>	<p>SUGGESTED WARMUP</p> <p>3-4 rounds: :30 banded plank 20 kettlebell swings, heavy 10 Cossack squats 5 double kettlebell strict press</p>
<p>20:00 to test a LOWER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: back squat, front squat, SSB squat, deadlift, rack pull from knee, sumo deadlift, power clean, lunge, banded, etc. 	<p>20:00 to test an UPPER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: bench press, strict press, push press, jerk, floor press, pendlay row, meadows row, incline bench press, banded, etc. 	<p>20:00 to test a LOWER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: back squat, front squat, SSB squat, deadlift, rack pull from knee, sumo deadlift, power clean, lunge, banded, etc.
<p>20:00 to test an UPPER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: bench press, strict press, push press, jerk, floor press, pendlay row, meadows row, incline bench press, banded, etc. 	<p>20:00 to test a LOWER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: back squat, front squat, SSB squat, deadlift, rack pull from knee, sumo deadlift, power clean, lunge, banded, etc. 	<p>20:00 to test an UPPER BODY lift</p> <ul style="list-style-type: none"> - use percentage ladder below - rest as needed between sets, but respect time limit - specific warmup is on you - examples: bench press, strict press, push press, jerk, floor press, pendlay row, meadows row, incline bench press, banded, etc.
3:00 easy row	3:00 easy row	3:00 easy row

Percentage Ladder: 60/5 , 70/3 , 75-80/2 , 85-90/1 , 94-95/1 , 98/99/1 , 101+/1

FOUNDATION BARBELL