

# POWERLIFTING - FEBRUARY 2019

	Day 1/1		Day 1/2		Day 2/2	
Week <b>1</b>	<b>SQUAT</b> 60% / 5 (10)  <b>PRESS</b> 20kg / 5 55% / 5 65% / 5 75% / 5 85% / 5+	<b>WARMUP</b> box jump 6 x 3 x 75% (of max box jump)  <b>ACCESSORIES</b> 3x5+ GHR 3x25 <a href="#">reverse hyper</a> 3x<:30 <a href="#">banded plank</a> * 3x12-20 weighted lunge  *Adjust if needed: heavier bands, weights, etc.	<b>SQUAT</b> 60% / 5 (10)  <b>BENCH PRESS</b> 20kg / 5 55% / 5 65% / 5 75% / 5 85% / 5+	<b>WARMUP</b> box jump 6 x 3 x 75% (of max box jump)  <b>ACCESSORIES</b> back ext 3x12 <a href="#">front raise</a> 3x12 bent-over row 3x12 <a href="#">dips</a> 4x10+	<b>PRESS</b> 20kg / 5 55% / 5 65% / 5 75% / 5 85% / 5+  <b>DEADLIFT</b> 60% / 5 (10)	<b>WARMUP</b> 30 burpee pullups  <b>ACCESSORIES</b> <a href="#">bicep opener</a> 3x5 <a href="#">tricep opener</a> 3x5 tabata assault bike
Week <b>2</b>	<b>SQUAT</b> 55% / 5 62.5% / 5 67.5% / 3 (10)  <b>PRESS</b> 20kg / 3 60% / 3 70% / 3 80% / 3 90% / 3+	<b>WARMUP</b> box jump 5 x 3 x 85% (of max box jump)  2x8+ GHR 2x20 <a href="#">reverse hyper</a> 2x<:45 <a href="#">banded plank</a> * 2x12-20 weighted lunge  *Adjust if needed: heavier bands, weights, etc.	<b>SQUAT</b> 55% / 5 62.5% / 5 67.5% / 3 (10)  <b>BENCH PRESS</b> 20kg / 3 60% / 3 70% / 3 80% / 3 90% / 3+	<b>WARMUP</b> box jump 5 x 3 x 85% (of max box jump)  <b>ACCESSORIES</b> back ext 3x10 <a href="#">front raise</a> 3x10 bent-over row 4x10 <a href="#">dips</a> 4x12+	<b>PRESS</b> 20kg / 3 60% / 3 70% / 3 80% / 3 90% / 3+  <b>DEADLIFT</b> 55% / 5 62.5% / 5 67.5% / 3 (10)	<b>WARMUP</b> 60 calorie row/ski  <b>ACCESSORIES</b> <a href="#">bicep opener</a> 3x5 <a href="#">tricep opener</a> 3x5 tabata assault bike

PROJECTED MAX = (WEIGHT USED x REPS x .033) + WEIGHT USED

FOUNDATION BARBELL

# POWERLIFTING - FEBRUARY 2019

	Day 1/1		Day 1/2		Day 2/2	
Week <b>3</b>	<b>SQUAT</b> 50% / 5 60% / 3 70% / 1 75% / AMRAP  <b>PRESS</b> 20kg / 5 60% / 5 75% / 5 85% / 3 95% / 1+	<b>WARMUP</b> box jump 4 x 2 x 95% (of max box jump)  <b>ACCESSORIES</b> 3x25 <a href="#">reverse hyper</a> 3x <:60 <a href="#">banded plank</a> * 3x12-20 weighted lunge  *Adjust if needed: heavier bands, weights, etc.	<b>SQUAT</b> 50% / 5 60% / 3 70% / 1 75% / AMRAP  <b>BENCH PRESS</b> 20kg / 5 60% / 5 75% / 5 85% / 3 95% / 1+	<b>WARMUP</b> box jump 4 x 2 x 95% (of max box jump)  <b>ACCESSORIES</b> back ext 3x8 <a href="#">front raise</a> 3x8 bent-over row 5x8 <a href="#">dips</a> 5x10+	<b>PRESS</b> 20kg / 5 60% / 5 75% / 5 85% / 3 95% / 1+  <b>DEADLIFT</b> 50% / 5 60% / 3 70% / 1 75% / AMRAP	<b>WARMUP</b> 30 burpees 30 pullups  <b>ACCESSORIES</b> <a href="#">bicep opener</a> 3x5 <a href="#">tricep opener</a> 3x5 tabata assault bike
Week <b>4</b>	<b>SQUAT</b> 40% / 5 50% / 5 60% / 5  <b>PRESS</b> 40% / 5 50% / 5 60% / 5	<b>WARMUP</b> 10:00 to find a 1RM box jump  <b>ACCESSORIES</b> 3x25 <a href="#">reverse hyper</a> max plank, 35/25kg 3x12-20 weighted lunge	<b>SQUAT</b> 40% / 5 50% / 5 60% / 5  <b>BENCH PRESS</b> 40% / 5 50% / 5 60% / 5	<b>WARMUP</b> box jump 4 x 2 x 95% (of max box jump)  <b>ACCESSORIES</b> 3-5 rounds for time: 20 back ext 20 banded front raise 10 <a href="#">dips</a>	<b>PRESS</b> 40% / 5 50% / 5 60% / 5  <b>DEADLIFT</b> 40% / 5 50% / 5 60% / 5	<b>WARMUP</b> 60 calorie ski/row  <a href="#">bicep opener</a> 3x5 <a href="#">tricep opener</a> 3x5 tabata assault bike

PROJECTED MAX = (WEIGHT USED x REPS x .033) + WEIGHT USED

FOUNDATION BARBELL