

POWERLIFTING

8s ACC

Week 1, Day 1/2	Week 1, Day 2/2	Week 1, Day 1/1
BACK SQUAT 55/5, 65/5 (8) Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank. PUSH PRESS 60/5 (10) Rest 1:00 b/t sets. Last set is for more-than-5 reps, trying to set a maximum keeping 2-3 reps in the tank. ACCESSORIES 5 sets: pullups 8+ dips 10+ hip extension 15+ GHDSU 20 STRETCH chair stretch 3:00 total/side	BENCH PRESS 55/5, 65/5 (8) Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank. DEADLIFT 55/5, 65/5 (8) Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank. ACCESSORIES box jump + depth drop 5x5 good am 5x12+ DB/KB sumo deadlift 5x15 banded good am 5x30+ GHDSU hold 5x:20+ STRETCH middle splits 5:00 accumulated time	BENCH PRESS 55/5, 65/5 (8) Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank. BACK SQUAT 55/5, 65/5 (8) Rest 1:30 b/t sets. Last set (the eight set) is for 5 or more reps, maxing out, keeping 1-2 reps in the tank. ACCESSORIES box jump + depth drop 5x5 good am 5x12+ DB/KB sumo deadlift 5x15 banded good am 5x30+ GHDSU hold 5x:20+ STRETCH middle splits 5:00 accumulated time

PROJECTED MAX = WEIGHT USED x (WEIGHT USED x REPS COMPLETED x 0.033)

JULY 2019 - WEEK OF 7/1

POWERLIFTING

10s INT

Week 2, Day 1/2	Week 2, Day 2/2	Week 2, Day 1/1
<p>BACK SQUAT 50/5, 60/5, 67.5/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.</p> <p>PUSH PRESS 50/5, 60/5, 70/3, 80/3, 90/3+</p> <p>Rest at least 2:00 b/t sets. The last set is for absolute max (3 or more) reps.</p> <p>ACCESSORIES pullups 4x8+ dips 4x10+ kettlebell swings 4x20 weighted situps 4x20</p> <p>STRETCH chair stretch 3:00 total/side</p>	<p>BENCH PRESS 50/5, 60/5, 67.5/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.</p> <p>DEADLIFT 50/5, 60/5, 67.5/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.</p> <p>ACCESSORIES Dimel deadlift 4x12 RDL 4x12 Sumo deadlift 4x12 forearm plank 4x:45</p> <p>STRETCH middle splits 5:00 accumulated time</p>	<p>BENCH PRESS 50/5, 60/5, 67.5/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for max reps, keeping 2-3 in the tank.</p> <p>BACK SQUAT 50/5, 60/5, 70/3, 80/3, 90/3+</p> <p>Rest at least 2:00 b/t sets. The last set is for absolute max (3 or more) reps.</p> <p>ACCESSORIES Dimel deadlift 4x12 RDL 4x12 Sumo deadlift 4x12 forearm plank 4x:45</p> <p>STRETCH middle splits 5:00 accumulated time</p>

PROJECTED MAX = WEIGHT USED x (WEIGHT USED x REPS COMPLETED x 0.033)

JULY 2019 - WEEK OF 7/1

POWERLIFTING

10s REAL

Day 1/2	Day 2/2	Day 1/1
<p>BACK SQUAT 50/5, 60/5, 70/5, 75/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.</p> <p>PUSH PRESS 50/5, 65/5, 75/5, 85/3, 95/1+</p> <p>Rest at least 2:00 b/t sets. The last set is for absolute max (1 or more) reps.</p> <p>ACCESSORIES pullups 3x8+ dips 3x10+ kettlebell swings 3x20 weighted situps 3x20</p> <p>STRETCH chair stretch 3:00 total/side</p>	<p>BENCH PRESS 50/5, 60/5, 70/5, 75/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.</p> <p>DEADLIFT 50/5, 60/5, 70/5, 75/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.</p> <p>ACCESSORIES Dimel deadlift 3x12 RDL 3x12 Sumo deadlift 3x12 forearm plank 3x1:00</p> <p>STRETCH middle splits 5:00 accumulated time</p>	<p>BENCH PRESS 50/5, 60/5, 70/5, 75/5 (10)</p> <p>Rest 1:00 b/t sets. The last set (the tenth set) of 5 is for <i>absolute</i> max reps, keeping nothing in the tank.</p> <p>BACK SQUAT 50/5, 65/5, 75/5, 85/3, 95/1+</p> <p>Rest at least 2:00 b/t sets. The last set is for absolute max (1 or more) reps.</p> <p>ACCESSORIES Dimel deadlift 3x12 RDL 3x12 Sumo deadlift 3x12 forearm plank 3x1:00</p> <p>STRETCH middle splits 5:00 accumulated time</p>

PROJECTED MAX = WEIGHT USED x (WEIGHT USED x REPS COMPLETED x 0.033)

JULY 2019 - WEEK OF 7/1

POWERLIFTING

TEST

Day 1/2	Day 2/2	Day 1/1
BACK SQUAT 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. PUSH PRESS 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. ACCESSORIES pullups 3x8+ dips 3x10+ kettlebell swings 3x20 weighted situps 3x20 STRETCH chair stretch 3:00 total/side	BENCH PRESS 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. DEADLIFT 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. ACCESSORIES Dimel deadlift 3x12 RDL 3x12 Sumo deadlift 3x12 forearm plank 3x1:00 STRETCH middle splits 5:00 accumulated time	BENCH PRESS 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. BACK SQUAT 50/5, 60/5, 70/3, 75/3, 80/1, 85/1, 90/1, 94/1, 98/1, 101/1, etc. Rest as needed between sets. ACCESSORIES Dimel deadlift 3x12 RDL 3x12 Sumo deadlift 3x12 forearm plank 3x1:00 STRETCH middle splits 5:00 accumulated time

PROJECTED MAX = WEIGHT USED x (WEIGHT USED x REPS COMPLETED x 0.033)

JULY 2019 - WEEK OF 7/1