

POWERLIFTING

WEEK of 7/28 (5s+8s Acc)

Week 1, Day 1/2	Week 1, Day 2/2	Week 1, Day 1/1
<p>box jump 5x7, increasing in height each round</p> <p>PUSH PRESS 70/6 (5)</p> <p>Rest 1:30 b/t sets. Last set (the fifth set) is for 6 or more reps keeping 2-3 reps in the tank.</p> <p>BOX SQUAT 70/6 (5)</p> <p>Same parameters as the push press above. Set box to AT-PARALLEL with a wide stance. Keep shin vertical and sit completely before standing up.</p> <p>ACCESSORIES 4x4 offset good morning/side 4x10 circular toes-to-bar, alternating 4x12-15 hand-release strict pushup 4x25-30 BW reverse hyper frog stretch 5:00 accumulated</p>	<p>medicine ball throws 5x20, changing throw style every set</p> <p>BOARD PRESS 70/6 (5)</p> <p>Rest 1:30 b/t sets. Last set (the fifth set) is for 6 or more reps keeping 2-3 reps in the tank.</p> <p>DEADLIFT 70/6 (5)</p> <p>Same parameters as the push press above. Keep a double overhand no-hookgrip grip. No touch-and-go- full <i>dead stop</i> on the ground between reps.</p> <p>ACCESSORIES 4-5 rounds - 10+ pullups - 15+ dips - 20+ hip extensions - 25+ v-ups reverse plank 4x1:00</p>	<p>slam ball + box jump 12x1, max power per attempt</p> <p>BENCH PRESS 70/6 (5)</p> <p>Rest 1:30 b/t sets. Last set (the fifth set) is for 6 or more reps keeping 2-3 reps in the tank. Set those shoulders with a BIG ARCH!</p> <p>BACK SQUAT 70/6 (5)</p> <p>Same parameters as the push press above. Focus on full-depth and knees inline or outside of the pinky toes.</p> <p>ACCESSORIES complete 75 banded good am 100 banded upright row 150 banded tricep extensions 200 prone banded hamstring curls middle splits 5:00 accumulated</p>

AUGUST 2019

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TEST WEEK!

Use the following ladder to establish a 1RM/2RM/3RM/5RM for any of your lifts from the past program or that you haven't touched in a while.

50/5, 60/5, 70/3, 80/3, 85/1, 90/1, 93/1, 96/1, 99/1, 101/1, 103/1, etc.

BACK SQUAT	BOX SQUAT	FRONT SQUAT
STRICT PRESS	SEATED PRESS	PUSH PRESS
BENCH PRESS	SUMO DEADLIFT	DEADLIFT

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

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