

POWERLIFTING

Week 2, Day 1/2	Week 2, Day 2/2	Week 2, Day 1/1
<p>box jump 4x9, increasing in height each round</p> <p>PUSH PRESS 65/2, 73/2, 78/4 (5)</p> <p>Rest 2:00 b/t top sets. Last set (the fourth set) is for 4 or more reps keeping 1-2 reps in the tank.</p> <p>BOX SQUAT 65/2, 73/2, 78/4 (5)</p> <p>Same parameters as the push press above. Set box to AT-PARALLEL with a wide stance. Wide stance, 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 4x20 BW reverse hyper frog stretch 5:00 accumulated</p>	<p>medicine ball throws 4x30, changing throw style every set</p> <p>BOARD PRESS 65/2, 73/2, 78/4 (5)</p> <p>Rest 2:00 b/t top sets. Last set (the fourth set) is for 4 or more reps keeping 1-2 reps in the tank. Use 3-ply or less.</p> <p>DEADLIFT 65/2, 73/2, 78/4 (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 8x4</p> <p>BENCH PRESS 65/2, 73/2, 78/4 (5)</p> <p>Rest 2:00 b/t top sets. Last set is for 4 or more reps keeping 1-2 reps in the tank. Set shoulders back and down. BIG ARCH in the back with 5 points of contact of body with the bench.</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>

WEEK of 8/5 (5s+8s Int)

AUGUST 2019