

POWERLIFTING

WEEK of 8/12 (5s+8s Real)

Week 3, Day 1/2	Week 3, Day 2/2	Week 3, Day 1/1
<p>box jump 3x8, increasing in height each round</p> <p>PUSH PRESS 50/5, 60/3, 70/2, 75/1, 80/1, 85/AMRAP</p> <p>Last set (at 85%) is for absolute maximum repetition until failure. Use the Projected Max Equation to prep for next week.</p> <p>BOX SQUAT 50/5, 60/3, 70/2, 75/1, 80/1, 85/AMRAP</p> <p>Same parameters as above. Projected Max Equation to prep for next week. Focus on keeping back at same angle throughout.</p> <p>ACCESSORIES 3x4 offset good morning/side 3x10 circular toes-to-bar, alternating 3x12-15 hand-release strict pushup 3x20 BW reverse hyper</p> <p>frog stretch 5:00 accumulated</p>	<p>medicine ball throws 3x30, changing throw style every set</p> <p>BOARD PRESS 50/5, 60/3, 70/2, 75/1, 80/1, 85/AMRAP</p> <p>Last set (at 85%) is for absolute maximum repetition until failure. Use 3-ply or less.</p> <p>DEADLIFT 65/2, 73/2, 78/4 (5)</p> <p>Same parameters as above. Projected Max Equation to prep for next week. Must keep hands on bar until back on the ground.</p> <p>ACCESSORIES 3-4 rounds</p> <ul style="list-style-type: none">- 10+ pullups- 15+ dips- 20+ hip extensions- 30+ v-ups <p>reverse plank 3x1:00. elevate feet.</p>	<p>slam ball + box jump 10x1</p> <p>BENCH PRESS 50/5, 60/3, 70/2, 75/1, 80/1, 85/AMRAP</p> <p>Last set (at 85%) is for absolute maximum repetition until failure. Use the Projected Max Equation to prep for next week. Have 5 Points set.</p> <p>BACK SQUAT 50/5, 60/3, 70/2, 75/1, 80/1, 85/AMRAP</p> <p>Same parameters as bench. Use the Projected Max Equation to prep for next week.</p> <p>ACCESSORIES complete 75 banded good am 100 banded upright row 150 banded tricep extensions 200 prone banded hamstring curls</p> <p>middle splits 5:00 accumulated</p>

AUGUST 2019