

POWERLIFTING - September 2018

WEEK 2		
Monday	Wednesday	Friday
7 reps of 4 different partner med ball throws (1) (2) (3) (4) 50 banded good mornings	5 rounds: 6 pullups + 6 dips - or - 15 muscle-ups	box jump 6x3 @ 75% max height 50 hip extensions
PUSH PRESS barbell / 5 60% / 5 75% / 5 85% / 3 95% / 1+	(TNG) POWER CLEAN barbell / 5 60% / 5 75% / 5 85% / 3 95% / 1+	BACK SQUAT 75 / 7 (3) Last set is for near-maximal reps, staying 1-2 reps shy of failure.
SUMO DEADLIFT 75 / 7 (3) Last set is for near-maximal reps, staying 1-2 reps shy of failure.	BENCH PRESS 75 / 7 (3) Last set is for near-maximal reps, staying 1-2 reps shy of failure.	DEADLIFT 75 / 7 (3) Last set is for near-maximal reps, staying 1-2 reps shy of failure.
<i>go heavier than last week!</i> 4x12 Dimel deadlift - focus on quick, hard lockouts 4x12 sumo Romanian deadlift 4x12 kettlebell snatch (6/6) 150 banded good mornings	<i>go heavier than last week!</i> 5 rounds 12 kb floor press (pause at the ground every rep) 20 Crossover Symmetry lat pulldown :20 ring support 100 banded tricep extension	<i>go heavier than last week! accomplish big, heavy sets!</i> 40 db bent-over row 40 db reverse lunge, alternating 40 db RDL 40 db cleans for time - use a weight to go unbroken

Recovery and nutrition get you to your goals! If you don't prioritize these when you workout you will plateau. Have a plan and execute!

Projected Max = (weight used x reps completed x .033) + weight used

FOUNDATION BARBELL