



HORTONVILLE POWERLIFTING

WEEKLY WORKOUT

January 22nd, 2024

Monday

Reps for those lifting at Neenah are in **bold/red**. If you are not lifting at Neenah, do the higher reps.

CORE LIFT - SQUAT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	6 Reps / 8 Reps	4 Reps / 8 Reps	2-3 Reps / 6 Reps	2-3 Reps / 6 Reps
	Go below parallel, lighter weight if you have to.					
NOTES: 1.5 - 2 minute break/rest between sets.						
AUXILIARY LIFTS	CIRCUIT ONE		CIRCUIT TWO		CIRCUIT THREE	
	2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set	
	Goblet Squat w/ Kettle Bells	4 Sets of 8-10	Landmine Squat to Overhead Press	4 sets of 8-10	Sit Ups	3 sets of 15
	Leg Curls with Bands	4 Sets of 8-10	Front Raises	4 Sets of 6-8	Side Planks	3 sets of 45 seconds
	Pit Shark	4 sets of 8-10	Lateral Raises	4 Sets of 10	Pogo Jumps for Height	3 Sets of 15 (Each Leg)
	Calve Raises	4 Sets of 12-15			Box Jumps	3 Sets of 30 Seconds
				Stretch	5-10 Minutes	

TUESDAY

Reps for those lifting at Neenah are in **bold/red**. If you are not lifting at Neenah, do the higher reps.

CORE LIFT - BENCH	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	6 Reps / 8 Reps	4 Reps / 8 Reps	2-3 Reps / 6 Reps	2-3 Reps / 6 Reps
				Pause 1st Rep	Pause 1st Rep	Heavy Negative Press
NOTES: 1.5 - 2 minute break/rest between sets. Work on going wider.						
AUXILIARY LIFTS	CIRCUIT ONE		CIRCUIT TWO		CIRCUIT THREE	
	2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set	
	Flat Dumbbell Press	4 Sets of 4-6	Close Grip Bench	4 sets of 6-8	Sit Ups	3 sets of 15
	Incline Dumbbell Press	4 Sets of 4-6	Reverse Grip Pull Pushdowns	4 Sets of 8-10	Dead Bug	3 sets of 45 seconds
	Flat Pull with Bench Bar	4 Sets of 8-10	Push-Ups	4 Sets to Failure	Sprints	3 Sets of 20 YDS - Explosive
			Pistons	4 Sets of 10		
				Stretch	5-10 Minutes	

Wednesday

No formal practice. Great night to get 30-45 minutes of cardio in.

Thursday - 3:45-5:15PM

Reps for those lifting at Neenah are in **bold/red**. If you are not lifting at Neenah, do the higher reps.

CORE LIFT - DEADLIFT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	8 Reps / 8 Reps	6 Reps / 8 Reps	2-3 Reps / 6 Reps	2-3 Reps / 6 Reps
	Heavy Lift Offs: 3 Sets of 4. Set the safety bar so you're not going more than 1/2 way down. If you struggle with locking out/finishing your deadlift; these are a must.					
AUXILIARY LIFTS	CIRCUIT ONE		CIRCUIT TWO		CIRCUIT THREE	
	2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set	
	Hex Bar Shrugs	4 Sets of 4-6 (heavy)	Hip Thrusts	4 Sets of 8-10	Planks	3 Sets of 15
	Wide Grip Pull Downs	4 Sets of 8-10	Hammer Curls	4 Sets of 8-10	Sprints	3 Sets of 10 YDS
	Reverse Close Grip Pull	4 Sets of 8-10	Straight Bar Curl	4 Sets of 8-10	Sprints	3 Sets of 40 YDS
					Partner Leg Push	3 Sets of 10
				Stretch	5-10 Minutes	

Friday (Optional)

FOR THE CORE LIFT; PICK THE LIFT YOU'D LIKE TO IMPROVE THE MOST ON AND DO THOSE SETS. YOU DO NOT NEED TO DO ALL THREE.

CORE LIFTS	Bench	Squat	Deadlift			
		4 Sets of 6-8 Reps	4 Sets of 6-8 Reps	4 Sets of 6-8 Reps		
	Every set Pause the 1st two reps.	Last Set Pause at the bottom of each Rep.				
AUXILIARY LIFTS	CIRCUIT ONE		CIRCUIT TWO		CIRCUIT THREE	
	Pick 2 different circuits and do those. You do not have to do all 3.					
	2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set		2 Minutes Between Circuit 30 Seconds Between Set	
	Dips	4 Sets of 10	Reverse Lunge with Dumbbells	4 set of 10	Bent Over Rows	4 Sets of 10
	Skull Crushers	4 Sets of 10	Split Squat	4 Sets of 10	Rack Pull	4 Sets of 10
	Dumbbell Flies	4 Sets of 10	Side Lunge with Dumbbells	4 Sets of 10	Straight Leg Deadlift	4 Sets of 10
Tricep Kickbacks	4 Sets of 10	Banded Kick Backs	4 Sets of 10	Lat Pull Downs	4 Set of 10	