



HORTONVILLE POWERLIFTING

WEEKLY WORKOUT

January 8th, 2024

Monday

RELAX AND RECOVER FROM WINNECONNE MEET

Tuesday or Wednesday - DENDING ON POSSIBLE SNOW DAY - 3:45-5:15PM

Jog around the school as a team to warm up.

CORE LIFT - SQUAT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	8-10 Reps	8 Reps	8 Reps	6-8 Reps
						Go Beyond Parallel
NOTES: 1.5 - 2 minute break/rest between sets.						
CORE LIFT - BENCH	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10 Reps	8 Reps	8 Reps	6-8 Reps	6-8 Reps
				Pause 1st Rep	Pause 1st Rep	Pause ALL Reps
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	Seated Military Press	4 sets of 10	Sit Ups	3 sets of 15
	Split Squats	4 Sets of 8-10 (per leg)	Front Raises	4 Sets of 6-8	Side Planks	3 sets of 45 seconds
	Heel Raised Speed Squat	4 sets of 10-15	Lateral Raises	4 Sets of 10	Pogo Jumps for Height	3 Sets of 15 (Each Leg)
Calve Raises	4 Sets of 12-15	Gorilla Rows	4 Sets of 10	Box Jumps	3 Sets of 30 Seconds	

Wednesday

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

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	
	Close Grip Bench	4 Sets of 8-10	Skull Crushers	4 sets of 10	Sit Ups	3 sets of 15
Incline Dumbbell Press	4 Sets of 4-6	Pushdowns	4 Sets of 10	Dead Bug	3 sets of 45 seconds	
Flat Pull with Bench Bar	4 Sets of 8-10	Hammer Curls	4 Sets of 10 (each arm)	Sprints	3 Sets of 20 YDS - Explosive	
		Pistons	4 Sets of 10			

Thursday - 3:45-5:15PM

3:55-4pm: Jog around the school as a team to warm up.

CORE LIFT - DEADLIFT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		8-10 Reps	8 Reps	8 Reps	6-8 Reps	6-8 Reps
For heavy lift offs, 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 and we'd recommend doing 2-3 sets of 4-6 reps each time you deadlift.						
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	
			Wide Grip Pull Down	4 Sets of 8-10	Planks	3 Sets of 15
	Hex Bar Shrugs	4 Sets of 4-6	Reverse Close Grip Pull	4 Sets of 8-10	Sprints	3 Sets of 10 YDS
	Farmer Walk	4 Sets of 4-6	Straight Bar Curl	4 Sets of 8-10	Sprints	3 Sets of 40 YDS
	Landmine Squat	4 Sets of 8-10	Dumbell Curl	4 Sets of 10 (each arm)	Partner Leg Push	3 Sets of 10
	Landmine Single Leg Romanian Deadlift	4 Sets of 8-10				
https://www.youtube.com/watch?v=rzJse5Ds98k						

Friday (Optional)

FOR THE CORE LIFT; PICK THE LIFT YOU'D LIKE TO IMPOVE 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.					
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	
	Pit Shark	4 Sets of 10	Push Downs	4 set of 10	Mountain Climbers	3 sets of 1 minute
	Incline Dumbbell press	4 Sets of 10	Straight Bar Curl	4 Sets of 10	Jump Rope/Jumping Jacks	3 sets of 1 Minute
	Flat Fly	4 Sets of 10	Flat Pull - Using Bench Bar	4 Sets of 10	Superman's	3 Sets of 15
Hip Thrusts	4 Sets of 10	Military Press	4 Sets of 10			