

POWERLIFTING WEEKLY WORKOUT

Week of 1/2/2023

MONDAY (NOT LIFTING IN MEET)

Warm-up:		Light Jog Around School as a team for 5 minutes					
LEGS							
SQUATS	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
	10-12 Reps	8-10 Reps	8-10 Reps	8-10 Reps			10-12 Reps
Plate Speed Squats		Leg Curls with Bands			Fronts		
3 Sets of 10 (place plate under heels)		3 Sets of 10			4 Sets of 10		
BACK AND SHOULDERS							
Pull Downs - Wide Grip		Rows with Cables			Land Mine Press		
4 Sets of 8-10		4 Sets of 8-10 Reps			4 Sets of 8-10 Reps		
CORE AND CARDIO							
Sprints in Hallway or Ladder Drill		Box Jumps			Stretch		
5 Sprints of 5 Ladders		3 Sets of 10			5-10 Minutes		

TUESDAY (NOT LIFTING IN MEET)

Warm-up:		Light Jog Around School as a team for 5 minutes					
CHEST							
BENCH	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
	10-12 Reps	8 Reps	8 Reps	8 Reps			10-12 Reps
Close Grip Bench		Incline Dumbbell Press					
4 Sets of 8-10 Reps		4 Sets of 8-10 Reps					
TRICEPS							
Push Downs with Pulleys		Dips on Bench			Diamond Press		
4 Sets of 10		4 Sets of 10			4 Sets of 8-10		
CORE AND CARDIO							
Push Ups		Russian Twists			Stretch		
3 Sets to Failure		3 Sets of 30 Seconds			5-10 Minutes		

WEDNESDAY (NOT LIFTING IN MEET)

Warm-up:		Light Jog Around School as a team for 5 minutes					
CROSS TRAINING DAY - AKA COACH AMBER'S DAY OF FUN;)							

THURSDAY (NOT LIFTING IN MEET)

Warm-up:		Light Jog Around School as a team for 5 minutes					
LEGS AND BACK							
DEADLIFT	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
	10-12 Reps	8-10 Reps	8-10 Reps	8-10 Reps			8-10 Reps
Land Mine Sumo Squat		Land Mine Squat Thrust with a Press					
3 Sets of 8-10		3 Sets of 8-10					
BICEPS							
Straight Bar Curl		Dumbbell Curl					
4 Sets of 8-10		4 Sets of 10 (Each Arm)					
CORE AND CARDIO							
Run		Box Jumps			Stretch		
4 Sets of 10 Yard Sprints Sets of 40 Yard Sprints		4 Sets of 10			5-10 Minutes		

POWERLIFTING WEEKLY WORKOUT

Week of 1/2/2023

MONDAY (LIFTING AT WINNECONNE)

We need all openers tonight. Do whatever lifts you still need openers for and do other exercises Tuesday.

Warm-up:		Light Jog Around School as a team for 5 minutes					
LEGS							
SQUATS	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
	10-12 Reps	8-10 Reps	6 Reps	2-3 Reps	2-3 Reps		10 Reps
CHEST							
BENCH (Or Deadlift)	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
		8 Reps	6 Reps	4 Reps	2-3 Reps	2-3 Reps	
BACK AND SHOULDERS							
Pull Downs Reverse - Narrow Grip		Lateral Flys			Bent Over Rows		
4 Sets of 8-10 Reps		3 Sets of 10 Reps			4 Sets of 8-10 Reps		
Fronts							
3 Sets of 10 Reps							
CORE AND CARDIO							
Sprints or Ladder Drill		Box Jumps			Stretch		
5 Sprints or 5 Ladders		3 Sets of 10			5-10 Minutes		

TUESDAY (LIFTING AT WINNECONNE)

Warm-up:		Light Jog Around School as a team for 5 minutes					
LEGS AND BACK							
DEADLIFT (or Bench)	Warm-Up	Set 1	Set 2	Set 3	Set 4	Set 5	Cool Down
	10-12 Reps	8 Reps	6 Reps	2-3 Reps	2-3 Reps		8-10 Reps
CHEST							
Negative Bench Press (Have Spotter)		Close Grip Bench			Incline Dumbbell Press		
1 Set of 6 Reps		4 Sets of 8-10 Reps			4 Sets of 8-10 Reps		
TRICEPS							
Push Downs with Pulleys		Dips on Bench					
4 Sets of 8-10 Reps		4 Sets of 10 Reps					
CORE AND CARDIO							
Push-Ups		Russian Twists			Stretch		
3 Sets Until Failure		3 Sets of 30 Seconds			5-10 Minutes		

WEDNESDAY (LIFTING AT WINNECONNE)

Cardio and Stretch - Workout on your own. Coaches will not be in weight room.

THURSDAY (LIFTING AT WINNECONNE)

Hydrate, Eat Healthy/Protein, Get Good Sleep

FRIDAY (LIFTING AT WINNECONNE)

Hydrate, Eat Healthy/Protein, Get Good Sleep