

# POWERLIFTING WEEKLY WORKOUT

3/20/2023

## MONDAY

<b>Warm-up:</b>		Light Jog Around School as a team for 5 minutes					
<b>LEGS</b>							
<b>SQUATS</b>	<b>Warm-Up</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Heavy Take Offs</b>	
	10-12 Reps	8 Reps	4-6 Reps	2-3 Reps	2-3 Reps	1/4 Squats - 2 Reps	
<b>BACK AND SHOULDERS</b>							
<b>Landmine Squat with Military Press</b>		<b>Shoulder Laterals Raises</b>		<b>Fronts</b>			
4 Sets of 10 Reps		4 Sets of 10 Reps		4 Sets of 10 Reps			
<b>CORE AND CARDIO</b>							
<b>Wall Sits</b>		<b>Box Jumps</b>			<b>Stretch</b>		
3 Sets of 45 Seconds		3 Sets of 10 Jumps			5-10 Minutes		

## TUESDAY

<b>Warm-up:</b>		Light Jog Around School as a team for 5 minutes					
<b>CHEST</b>							
<b>BENCH</b>	<b>Warm-Up</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Cool Down</b>
	10-12 Reps	8 Reps	6 Reps	2-3 Reps	2-3 Reps	8 Reps Minimum to Failure	
<b>Bench with Feet Up on Bench</b>		<b>Close Grip Bench</b>					
2 Sets of 8 Reps		3 Sets 6-8 Reps					
<b>TRICEPS</b>							
<b>Push Downs</b>		<b>Dips on Bench</b>					
3 Sets 8-10 Reps		3 Sets 8-10 Reps					
<b>CORE AND CARDIO</b>							
<b>Sprints</b>		<b>Push-Ups</b>			<b>Stretch</b>		
4 Sets of 40 Yard Sprints		2 Sets to Failure			5-10 Minutes		

## THURSDAY

<b>DEADLIFT</b>	<b>Warm-Up</b>	<b>Set 1</b>	<b>Set 2</b>	<b>Set 3</b>	<b>Set 4</b>	<b>Set 5</b>	<b>Cool Down</b>
	10-12 Reps	8 Reps	6 Reps	2-3 Reps	2-3 Reps	6-8 Reps	
<b>BACK</b>							
<b>Heavy Take Offs</b>						<b>Bent over Rows</b>	
3 Sets of 3-4						3 Sets of 10 Reps	
<b>BICEPS</b>							
<b>Straight Bar Curl</b>		<b>Dumbbell Curl</b>					
4 Sets of 10 Reps / 5th Set Negative		4 Sets of 10 Reps - Each Arm					
<b>CORE AND CARDIO</b>							
<b>Box Jumps</b>		<b>Burpess</b>			<b>Stretch</b>		
3 Sets of 10		3 Sets of 10			5-10 Minutes		