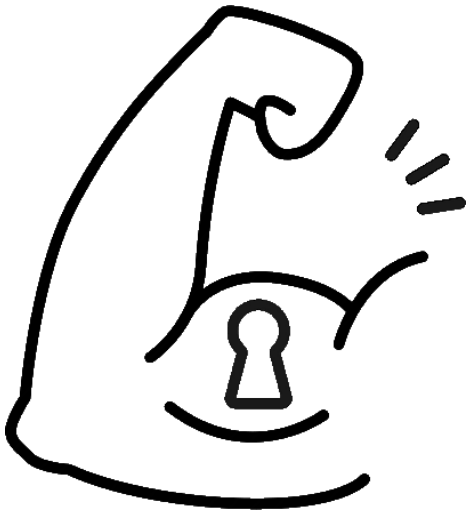
UNLOCK

YOUR STRENGTH POTENTIAL

POWERLIFTING FOR FUNCTIONAL FITNESS



8 Week Program

POWERLIFTING FOR FUNCTIONAL FITNESS

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POWERLIFTING FOR FUNCTIONAL FITNESS

WEEK ONE

Day 1: Squat

- Squat: 4x8 @ 65%
- Accessory: Lunges, 3x10 each leg
- Conditioning: 10 min AMRAP of 15 wall balls, 200m run

Day 2: Gymnastics & Conditioning

- Gymnastics Skill Work: Handstand practice, 15 minutes
- Conditioning: 12 min AMRAP of 5 pull-ups, 10 push-ups, 15 air squats

Day 3: Bench Press

- Bench Press: 4x8 @ 65%
- Accessory: Dumbbell Flies, 3x12
- Conditioning: 8 rounds of 250m row, 15 kettlebell swings

Day 4: Deadlift

- Deadlift: 4x8 @ 65%
- Accessory: Romanian Deadlifts, 3x10
- Conditioning: 3 rounds for time of 400m run, 20 box jumps

Day 5: Mixed Modal

- EMOM 20:
    - Min 1: 12 burpees
    - Min 2: 15 dumbbell snatches (alternate arms each round)