

Bulldog Powerlifting				
Date: Monday 1-11-21				
Phase:				
Daily Focus: Grind				
Meet Week 1				
		FLEX		
		KICK IT DOWN		
LIFT				
JPS		(normal, fingers out, fingers in, finger tips 1 x 16 each)		
End of Workout				
No Access to Weights		Access to Weights		
GOBLET SQUATS	DEAD LIFT	BACK SQUATS	DEAD LIFT	
Set 1: 60%x5	Set 1: 60% x 5	Set 1: 60%x5	Set 1: 60% x 5	
Set 2: 70%x4	Set 2: 70% x 4	Set 2: 70%x4	Set 2: 70% x 4	
Set 3: 75%x3	Set 3: 75% x 3	Set 3: 75%x3	Set 3: 75% x 3	
Set 4: 75%x3	Set 4: 75% x 3	Set 4: 75%x3	Set 4: 75% x 3	
Set 5: 75%x3	Set 5: 75% x 3	Set 5: 75%x3	Set 5: 75% x 3	
Set 6: 75%x3	Set 6: 75% x 3	Set 6: 75%x3	Set 6: 75% x 3	
ASSISTANCE for SQUAT	ASSIST. for D.L.	ASSISTANCE for BACK SQUATS	ASST. for Dead Lift	
JUMP KNEE TUCK X10	GLUTE-HAM RAISES X 10	Box Jumps X 10 (FAST)	HAMSTRINGS X 10	
DIPS X12	ISO PUSH UPS X 10 EA ARM	UPRIGHT ROWS X 20	GOODMORNINGS X 10	
COACHING ASSIGNMENTS				
	BENCH: 1-3	BENCH: 4-6	RACK / PF's : 1-3	RACKS / PF's: 4-6
				ASST. & PF's
	ROAMING			

Flex Routine:

- A Skip Leg Cradle
- B Skip Straight Leg
- High Knee Bent Leg
- Lunge Quad
- Knee to Chest

If you do not have access to any traditional weights you can do the alternate workout on the left.

Try to find heavy objects that you can use to perform movements, but if you can't find anything body weight is fine.
 For Glute-Ham lay on your stomach, put your feet under something to hold them down (or have someone hold them), then lift your body up using your hamstrings to where you are on your knees. Be sure to keep your hips locked out.
 ISO Push ups you are laying on your side with your hand by your armpit and lift your upper body with that one arm.