

**WDHS POWERLIFTING DAY 1 AUXILIARY LIFTS – WORKOUT A**

Day 1 Auxiliary lifts are broken down into 3 areas – Usually done on TUESDAYS

- 1- **Push Series** – These are pushing exercises that are grouped by muscle regions
- 2- **Supplementary Lifts** – These are explosive exercises designed to complement the 3 powerlifting disciplines – BENCH, SQUAT & DEADLIFT
- 3- **CORE-PLUS** – This is training that is focused on the abdominal regions that are needed for balance and stability in powerlifting

<b>PUSH SERIES</b>		
<b>Always 3 sets with little rest in between – 30-45 sec</b>		
<b>EXERCISE NAME / MUSCLE GROUP</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
Incline Press - CHEST	3 SETS OF 8-10 REPS	Use Smith Machine OR DB
Flex Band Presses -CHEST	3 SETS OF 8-10 REPS	Use 45 lb Bar OR DB
FM Hamstring - LEGS	3 SETS OF 8-10 REPS	Change exercise each set
Flex band Hamstring Kickbacks	3 SETS OF 8-10 REPS	Use FM squat to do these OR smith machine
Skull Crushers – TRI’s	3 SETS OF 8-10 REPS	Thumbs on top – use spotter
Pull downs – TRI’s	3 SETS OF 8-10 REPS	Thumbs on top
<b>SUPPLEMENTARY LIFTS</b>		
<b>Always 2 sets with more rest in between – 45 sec – 1 min</b>		
<b>EXERCISE NAME</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
Dumbbell Snatches	2 sets of 6-8 reps	Very explosive – start low & end low
Speed Deadlifts	2 sets of 20-25 reps	Very quick with perfect technique
One Legged Squat & Reach	2 sets of 10-12 reps per leg	Use counterbalance – keep head up & shoulders tall
Y’s / T’s & W’s	2 sets of 10-12 reps per exercise	Do on bench OR on exercise ball
Woodchoppers – Rotate 180 degrees & start in middle	2 sets of 12-15 reps	Use 45 LB bar and place in a corner to keep it from moving
<b>CORE PLUS – These should be done with a partner</b>		
<b>EXERCISE NAME</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
Wooden Dowels - PUSHES	1 set of 10-12 Reps	<u>3 exercises total</u> – 1-overhead push 2-lateral push 3-rowing push
Roll Up	2 sets of 10-12 reps	PILATES EXERCISE
V-Sits	2 sets of 10-12 reps	PILATES EXERCISE
Partner Throw Downs	2 sets(20 sec & 30 sec)	PILATES EXERCISE
Plank Series A	1 sets of 5-10 reps each exercise	<u>3 exercises total</u> – 1- alternating leg lift 2- rotational 3- cross body reach

**WDHS POWERLIFTING DAY 2 AUXILIARY LIFTS – WORKOUT B**

Day 2 Auxiliary lifts are broken down into 3 areas – Usually done THURSDAYS

- 1- **Pull Series** – These are pulling exercises that are grouped by muscle regions
- 2- **Supplementary Lifts** – These are explosive exercises designed to complement the 3 powerlifting disciplines – BENCH, SQUAT & DEADLIFT
- 3- **CORE-PLUS** – This is training that is focused on the abdominal regions that are needed for balance and stability in powerlifting

<b>PULL SERIES</b>		
<b>Always 3 sets with little rest in between – 30-45 sec</b>		
<b>EXERCISE NAME / MUSCLE GROUP</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
T-Bar Rows - BACK	3 SETS OF 8-10 REPS	Use 45 Lb bar and wedge into corner
Seated Rows OR Squat Rows - BACK	3 SETS OF 8-10 REPS	Use FM lift station for this lift
Straight Leg Deadlifts – LEGS (SLDL's)	3 SETS OF 8-10 REPS	Must use small weights with 45 lb bar on a platform
Upright Rows – TRAPS	3 SETS OF 8-10 REPS	Use smith machine OR 45 lb bar
Lateral Raises - SHOULDERS	3 SETS OF 8-10 REPS	Stay in athletic stance – pouring pitcher
Preacher Bar OR DB curls – BI'S	3 SETS OF 8-10 REPS	Stand up straight when doing these
<b>SUPPLEMENTARY LIFTS</b>		
<b>Always 2 sets with more rest in between – 45 sec – 1 min</b>		
<b>EXERCISE NAME</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
Hip Thrusts	2 sets of 10-12 reps	Use squat rack and padding under feet – sit on your toes OR heels
Front Squats	2 sets of 8-10 reps	Do these after you do HIP THRUSTS
Romanian Deadlifts	2 sets of 10-12 reps	Can use a bench or use platform
Step Up's (Use plyo box)	2 sets of 10-12 reps each leg	1 <sup>st</sup> set – sagittal step up's 2 <sup>nd</sup> set – lateral step up's
<b>CORE PLUS – These should be done with a partner</b>		
<b>EXERCISE NAME</b>	<b>TOTAL SETS &amp; REPS</b>	<b>OTHER INFORMATION</b>
Wooden Dowels - PULLS	1 set of 10-12 Reps	<u>3 exercises total</u> – 1-overhead pull 2-lateral pull 3-rowing pull
Around The Worlds	2 sets of 8-10 reps each direction	PILATES EXERCISE
Knee Ups	2 sets of 10-12 reps	PILATES EXERCISE
Single Leg Circles	2 sets of 8-10 reps each direction	PILATES EXERCISE
Flutter Kicks	2 sets(20 sec & 30 sec)	PILATES EXERCISE
Plank Series B	1 sets of 5-10 reps each exercise	<u>3 exercises total</u> – 1- posterior reach 2- superman 3- cross body + rotate

