

WDHS POWERLIFTING DAY 1 & 2 CORE LIFTS – WORKOUT A & B

Day 1 & 2 Core lifts are broken down into 3 phases – Usually done on MONDAYS & WED

- 1- Warm Up Sets – These are low weight medium to high sets & reps to get the muscles heated up for a workout
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WDHS POWERLIFTING DAY 1 & 2 CORE LIFTS – WORKOUT A & B

Day 1 & 2 Core lifts are broken down into 3 phases – Usually done on MONDAYS & WED

- 1- Warm Up Sets – These are low weight medium to high sets & reps to get the muscles heated up for a workout
- 2- Transition Sets – These are strength building sets & reps designed to build muscle tone and allow the power workout to occur in the final phase
- 3- Power Sets – These are explosive power sets & reps that prepare the body over time for meets. Lower reps higher weight – this is your actual workout for the day – the other parts are building the pyramid for you to maintain the power you are working towards.

DAY & CORE LIFTS	DAY 1 CORE (A Day) MONDAY	DAY 2 CORE (B Day) WEDNESDAY																																																																
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