

**JAN 11<sup>th</sup> – JAN 14<sup>th</sup> 2010**  
**RECOVERY WEEKS – 9 & 10 - UPDATE 1RM**

**WEEK # 9**

**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.

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**WEEK # 10**

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**JAN 25<sup>th</sup> – JAN 28<sup>th</sup> 2010**

**\*YOU NEED TO BE ON TOP OF YOUR 1RM\***

**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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**FEB 1<sup>ST</sup> – FEB 4<sup>TH</sup> 2010**  
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