

Important



Before performing any of these exercises consult a doctor. Participate only if you are in good physical condition and do not suffer from any known disabilities or conditions which would prevent or limit your participation in the powerlifting program. If under the age of 18 parent's approval is required and adult supervision is required when performing these exercises.

In your consideration of participation in this powerlifting program, you hereby release Victoria Barbell Club inc and its agents from any claims, demands, and causes of action as a result of your voluntary participation in the powerlifting program. By participating in this program you fully understand you may injure yourself as a result of your subsequent participation in this powerlifting program and hereby release Victoria Barbell Club inc and its agents from any liability now or in the future for conditions that you may obtain. These conditions may include, but are not limited to, heart attacks, strokes, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, injury to the knee or other joints of the body, injuries to back, injuries to a foot, heart prostration, any other illness or soreness that may occur, including death.

Strength Block

Exercise	Set	Rep	Weight	RPE	Notes
Day 1, Monday					
Squat	3	6		8	
Bench	3	6		8	
Low Incline DB Bench	3	12		9	
DB Triceps Kickbacks	3	12		9	
Stretch					
Day 2, Wednesday					
Deadlift	3	5		8	
DB Row	3	12		9	
Seated DB OHP	3	12		9	
Plank	3	30 sec holds		9	
Stretch					
Day 3, Friday					
Squat	3	8		8	
Bench	3	8		8	
DB Hammer Curls	3	12		9	
Skull Crushers	3	12		9	
Stretch				9	
Contact					
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Coach Notes

Warm up 5-15 minutes before each workout.
 Squat, bench, and deadlift rest breaks 2-5 minutes.
 Accessory rest breaks 1-2 minutes.
 Hit depth in the squats, touch your chest when benching, keep your back flat when deadlifting.
 Perfect practice makes perfect.

DB: Dumbbell

OHP: Over Head Press