2024 - Powerlifting Classes

Primary Instructors:	Secondary Instructors:
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Approach:

- Group Fitness (not Private Training).
- Instructor leads members through prescribed program with focus on:
    - safe execution of exercises
    - adherence to the workout
    - encourage consistency (attendance/week)
    - fun/social environment
- Members can come ad hoc – this represents a 'recreational' or 'exercise' class for them
- Members that come min 2x per week consistently are 'training' and typically will have goals around muscular strength, endurance, hypertrophy or improved body composition.
- From January 2024, we will use Juggernaut Training System Baseline method for main lifts. This is a 16 week periodized program split into 4-week training blocks.
- Members that can commit to at least 2x per week will have access to the Program Spreadsheet. At end of every 4 week phase, those members 'training' will test (see program spreadsheet).
- Workouts will be added into Train Heroic app if still desired by members ($10 monthly fee for app). [Action Darren to add – note, each coach has discretion on what 2-3 accessory exercises to include in class.
- Week runs Mon to Sun.
- We have modified the program (which is really geared for performance) to downgrade on some of the main lifting formally programmed to incorporate accessory exercises each class. Rationale: a) these are fitness classes not performance athlete training sessions, b) increase variety/fun for members as while main program is effective, many come to classes for social element/variety. If any clients want formal performance programming and training, they should engage via Private Training.

Specific pre-program actions (January 2024)

1. Theoretical 1RM Test Procedure for main lifts – undertaken during all Powerlifting classes in first week of January (Tuesday to Saturday - see Appendix 1 for instructions and 1RM table).
    a. A simple workout will be posted for Thursday and Saturday sessions so that those testing Tuesday morning or evening can come to subsequent classes in week 1.
    b. Where Thursday or Saturday session is first for member, they will follow test protocol.
    c. Member doesn't attend at all week 1 – then will test at their first-class attendance and join program from next session.
    d. All class attendees will test. It's a fun process, may pique their interest in coming more consistently and its an opportunity for you to offer them either 30 or full 60 minute private sessions where they exhibit limited competence or other barriers to correct exercise execution.

Note: if members don't have any prior experience and exhibit poor form, limited ROM etc. then this is your first opportunity to get them in some Private Sessions! We will not hold the class up from following the simple test procedure where individual member competence does not meet a minimal standard.

2. Workshops. I propose we run separate weekly workshops (Day TBD but suggest Friday 6pm or Sunday morning) during January. Leverage the 5 pillars of [exercise] technique article and video series from JTS:
    a. Squat: https://www.jtsstrength.com/pillars-squat-technique/
    b. Bench: https://www.jtsstrength.com/pillars-bench-technique/
    c. Deadlift: https://www.jtsstrength.com/pillars-deadlift-technique/

Workshop Details:
Duration: 90 mins   Min Attendees: 4
Cost: $40 per attendee (semi-private training rate essentially)
Week 1 – Squat   Week 2 – Bench   Week 3 - Deadlift
More interest – add another 'duplicate' session
Ongoing interest, offer semi-private training option (2-4 people splitting $150 hourly rate).

Appendix1:

Test Procedure – 3RM protocol to estimate 1RM from a Trial Load

The participant should perform a warm-up with a self-selected load that will allow them to complete a minimum of 10-12 repetitions in good form (approx. 60% predicted 1RM).

Rest 1 Min

Participants then select a weight based on the previous effort which allows them to perform 6-8 repetitions (approx. 70% of predicted 1RM).

Rest 90s

Participants then select a weight based on the previous effort which allows them to perform 4-5 repetitions (approx. 80% of predicted 1RM).

Rest 90s to 2 min

Participants then select a weight based on the previous effort which allows them to perform 3 repetitions (approx. 90% of predicted 1RM)

If able to perform 3 reps, continue the test/rest cycle by adding weight in 5 LB increments (or by approx. 5%), until 3 reps, but no more, can be lifted in good form. Record your 3RM and refer to 1RM chart to determine training load.

MAX REPETITIONS												
1	2	3	4	5	6	7	8	9	10	12	15	20
% OF REPETITION MAX												
100	95	93	90	87	85	83	80	77	75	67	65	60
10	10	9	9	9	9	8	8	8	8	7	7	6
15	14	14	14	13	13	12	12	12	11	10	10	9
20	19	19	18	17	17	17	16	15	15	13	13	12
25	24	23	23	22	21	21	20	19	19	17	16	15
30	29	28	27	26	26	25	24	23	23	20	20	18
35	33	33	32	30	30	29	28	27	26	23	23	21
40	38	37	36	35	34	33	32	31	30	27	26	24
45	43	42	41	39	38	37	36	35	34	30	29	27
50	48	47	45	44	43	42	40	39	38	34	33	30
55	52	51	50	48	47	46	44	42	41	37	36	33
60	57	56	54	52	51	50	48	46	45	40	39	36
65	62	60	59	57	55	54	52	50	49	44	42	39
70	67	65	63	61	60	58	56	54	53	47	46	42
75	71	70	68	65	64	62	60	58	56	50	49	45
80	76	74	72	70	68	66	64	62	60	54	52	48
85	81	79	77	74	72	71	68	65	64	57	55	51
90	86	84	81	78	77	75	72	69	68	60	59	54
95	90	88	86	83	81	79	76	73	71	64	62	57
100	95	93	90	87	85	83	80	77	75	67	65	60
105	100	98	95	91	89	87	84	81	79	70	68	63
110	105	102	99	96	94	91	88	85	83	74	72	66
115	109	107	104	100	98	95	92	89	86	77	75	69
120	114	112	108	104	102	100	96	92	90	80	78	72
125	119	116	113	109	106	104	100	96	94	84	81	75
130	124	121	117	113	111	108	104	100	98	87	85	78
135	128	126	122	117	115	112	108	104	101	90	88	81
140	133	130	126	122	119	116	112	108	105	94	91	84
145	138	135	131	126	123	120	116	112	109	97	94	87
150	143	140	135	131	128	125	120	116	113	101	98	90
155	147	144	140	135	132	129	124	119	116	104	101	93
160	152	149	144	139	136	133	128	123	120	107	104	96
165	157	153	149	144	140	137	132	127	124	111	107	99
170	162	158	153	148	145	141	136	131	128	114	111	102
175	166	163	158	152	149	145	140	135	131	117	114	105
180	171	167	162	157	153	149	144	139	135	121	117	108
185	176	172	167	161	157	154	148	142	139	124	120	111
190	181	177	171	165	162	158	152	146	143	127	124	114
195	185	181	176	170	166	162	156	150	146	131	127	117
200	190	186	180	174	170	166	160	154	150	134	130	120
205	195	191	185	178	174	170	164	158	154	137	133	123
210	200	195	189	183	179	174	168	162	158	141	137	126
215	204	200	194	187	183	178	172	166	161	144	140	129
220	209	205	198	191	187	183	176	169	165	147	143	132
225	214	209	203	196	191	187	180	173	169	151	146	135
230	219	214	207	200	196	191	184	177	173	154	150	138
235	223	219	212	204	200	195	188	181	176	157	153	141
240	228	223	216	209	204	199	192	185	180	161	156	144
245	233	228	221	213	208	203	196	189	184	164	159	147
250	238	233	225	218	213	208	200	193	188	168	163	150
255	242	237	230	222	217	212	204	196	191	171	166	153
260	247	242	234	226	221	216	208	200	195	174	169	156
265	252	246	239	231	225	220	212	204	199	178	172	159
270	257	251	243	235	230	224	216	208	203	181	176	162
275	261	256	248	239	234	228	220	212	206	184	179	165
280	266	260	252	244	238	232	224	216	210	188	182	168
285	271	265	257	248	242	237	228	219	214	191	185	171
290	276	270	261	252	247	241	232	223	218	194	189	174
295	280	274	266	257	251	245	236	227	221	198	192	177
300	285	279	270	261	255	249	240	231	225	201	195	180

Example (lb)

Exercise:	Deadlift		Exercise:	Deadlift	
Training Goal:	Strength		Training Goal:	Hypertrophy	
Trial Load:	100		Trial Load:	100	
Max Reps:	12		Max Reps:	12	
Estimated 1RM:	150		Estimated 1RM:	150	
Training Load:	**120**	80% 1RM	Training Load:	**105**	70% 1RM
(Between)	**135**	90% 1RM	(Between)	**120**	80% 1RM
Reps:	5		Reps:	10	
Sets:	5		Sets:	3	

You choose weight between 120 to 135lb You choose weight between 105 to 120 lb