Squat workout – 7/1/18

One rep projected maxes – to be used to calculate poundage for work sets. If your 1rpm is 200 lbs, and the routine says 50% x 5 reps, you do 100 lbs for 5 reps. Round up to the nearest 5 lbs.

Squat  1rpm:

Evan - 410              Jeremiah 750 Oscar - 550 suit wraps

David - 640 wraps                          Gillian- 390 wraps Alfred - 660 wraps

Beatriz – 240              Ashley - 350 Jeff - 780 raw

Kendall - 240                    Jorge - 500 Alex - 640 suit wraps

Molly - 280 wraps Lee - 780 Christian - 600

Krystal- 420 wraps Jonathan - 660 Andrew S - 700

Zach – 650 Anna D – 240/280 wraps Trevor - 670

Cristina - 260 Billy - 750 wraps, briefs Blanca - 550 wraps

Justin - 560 TJ - 540 wraps Sarah D - 250

Julian - 680 Nick -620 suit wraps Alyssa - 340

Brooke - 280 Samantha - 340 Sarah L - 460

**Squat- (straight Bar or Duffalo) (wraps w 65% or above if using wraps):**

**30% x 8, 45% x 6, 55% x 4, 60% x 2, 65% x 1, 70% x 1, 75% x 1**

**70% x 5, 70% x 5, 65% x 5, 65% x 5 (wraps w 65% or above)**

**Close stance high bar pause squats : 50% x 5, 50% x 5, 50% x 5**

Leg Press : 3 sets x 8 reps

Leg extensions – 3 sets x 8

Leg Curls – 3 sets x 8

Abs – 2 sets x 10 reps - ab roller, 2 sets of timed planks, 30 seconds (both weighted if possible)

Bird Dogs - 3 sets - 10 seconds per side