

OSU POWER ROUTINE

MAX 50 TO 160

Choose your MAX column and complete the seven rows in order. All working weights are in pounds.

UPPER REPS	LOWER REPS	MAX 50	MAX 60	MAX 70	MAX 80	MAX 90	MAX 100	MAX 110	MAX 120	MAX 130	MAX 140	MAX 150	MAX 160
8	10	20	30	40	50	60	60	70	70	80	80	90	100
6	8	20	30	40	50	70	70	80	80	90	90	100	110
4	6	30	40	50	60	70	70	80	80	90	100	110	120
3	4	30	40	60	60	80	80	90	90	100	100	110	120
2	2	40	50	60	70	80	80	90	100	110	110	120	130
1	1	40	50	60	70	90	90	100	110	120	120	130	140
4	6	30	40	50	60	70	70	80	80	90	100	110	120

UPPER REPS: 8 / 6 / 4 / 3 / 2 / 1 / 4
LOWER REPS: 10 / 8 / 6 / 4 / 2 / 1 / 6

OSU POWER ROUTINE

MAX 170 TO 280

Choose your MAX column and complete the seven rows in order. All working weights are in pounds.

UPPER REPS	LOWER REPS	MAX 170	MAX 180	MAX 190	MAX 200	MAX 210	MAX 220	MAX 230	MAX 240	MAX 250	MAX 260	MAX 270	MAX 280
8	10	110	120	130	140	140	150	160	170	170	180	180	190
6	8	120	130	140	140	150	160	170	180	180	190	190	200
4	6	130	140	140	150	160	170	180	190	200	210	210	220
3	4	130	140	150	160	170	180	180	190	200	210	210	220
2	2	140	150	160	170	180	190	200	210	220	230	230	240
1	1	150	160	170	180	190	200	210	220	230	240	250	260
4	6	130	140	140	150	160	170	180	190	200	210	210	220

OSU POWER ROUTINE

MAX 290 TO 400

Choose your MAX column and complete the seven rows in order. All working weights are in pounds.

UPPER REPS	LOWER REPS	MAX 290	MAX 300	MAX 310	MAX 320	MAX 330	MAX 340	MAX 350	MAX 360	MAX 370	MAX 380	MAX 390	MAX 400
8	10	200	200	210	210	220	230	240	240	240	250	250	260
6	8	210	220	230	230	240	250	260	270	280	280	290	290
4	6	230	240	250	260	270	280	280	290	300	310	310	320
3	4	250	260	270	280	290	300	310	320	330	340	350	360
2	2	260	270	280	290	300	310	320	330	340	350	360	370
1	1	270	280	290	300	310	320	330	340	350	360	370	380
4	6	230	240	250	260	270	280	280	290	300	310	310	320

UPPER REPS: 8 / 6 / 4 / 3 / 2 / 1 / 4

LOWER REPS: 10 / 8 / 6 / 4 / 2 / 1 / 6

OSU POWER ROUTINE

MAX 410 TO 520

Choose your MAX column and complete the seven rows in order. All working weights are in pounds.

UPPER REPS	LOWER REPS	MAX 410	MAX 420	MAX 430	MAX 440	MAX 450	MAX 460	MAX 470	MAX 480	MAX 490	MAX 500	MAX 510	MAX 520
8	10	260	270	270	280	280	290	300	310	310	320	330	330
6	8	300	300	310	310	320	320	330	340	340	350	360	360
4	6	330	330	340	340	350	360	370	370	380	390	390	400
3	4	370	370	380	390	400	410	410	420	430	440	450	460
2	2	380	390	400	410	420	430	440	450	460	460	470	480
1	1	390	400	410	420	430	440	450	460	470	480	490	500
4	6	330	330	340	340	350	360	370	370	380	390	390	400

UPPER REPS: 8 / 6 / 4 / 3 / 2 / 1 / 4
LOWER REPS: 10 / 8 / 6 / 4 / 2 / 1 / 6

OSU POWER ROUTINE

MAX 530 TO 640

Choose your MAX column and complete the seven rows in order. All working weights are in pounds.

UPPER REPS	LOWER REPS	MAX 530	MAX 540	MAX 550	MAX 560	MAX 570	MAX 580	MAX 590	MAX 600	MAX 610	MAX 620	MAX 630	MAX 640
8	10	340	340	350	350	360	360	370	380	390	390	400	400
6	8	370	380	390	390	400	410	410	420	430	440	450	460
4	6	400	410	420	430	430	440	450	460	460	470	480	490
3	4	470	480	490	500	510	510	520	530	540	560	570	580
2	2	490	500	510	520	530	540	550	560	570	580	590	600
1	1	510	520	530	540	550	560	570	580	590	600	610	620
4	6	400	410	420	430	430	440	450	460	460	470	480	490

UPPER REPS: 8 / 6 / 4 / 3 / 2 / 1 / 4
LOWER REPS: 10 / 8 / 6 / 4 / 2 / 1 / 6