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Safe Light Prehab Power Rack Circuit

The following is a Series of Power Rack Circuits that a whole team can do going from one rack to another. Complete all lifts at one rack then move to the next rack. You can prescribe reps or set a time like 30 Seconds on and 10 Seconds off for the circuit. If using time the following is a great online timer [Click here for online timer](#)

Power Rack 1

- [Hex Deadlift](#)
- [DB Curl to Press](#)
- [Piston Squat Right leg](#)
- [Twisting Row](#)
- [Piston Squat Left leg](#)

Power Rack 2

- [DB InLine RDL Right leg](#)
- [BOSU Push up](#)
- [DB InLine RDL Left leg](#)
- [Face Band Pull Apart](#)
- [Gopher U abs](#)

Power Rack 3

- [DB Squat to Press](#)
- [Dynamic Lat Pull](#)
- [Goblet Messier Squat](#)
- [Inverted Row](#)
- [V-Ups](#)

Power Rack 4

- [Squat](#)
- [Lat Pull](#)
- [BB rev lunge](#)
- [OC Push up](#)
- [SWB Leg Curl](#)

Power Rack 5

- [Glute Swing Right](#)
- [SWB TW BND left](#)
- [Glute Swing left](#)
- [SWB TW BND right](#)
- [OH lat raise](#)

Power Rack 6

- [Alternating High Step Up](#)
- [Bench Groin Add Right](#)
- [DB Bench Press](#)
- [Bench Groin Add Left](#)
- [Curl to Arnold Press](#)