PHASE 1

	DAY 1			WEEK 1		WEEK 2		DEDOENTA OF (NOTE)				
	LIFT	SETS		RECORD WEIGHTS	REG	CORD WEIGHTS	PERCENTAGE/ NOTES					
1A	Build to Heavy Complex	5x	start @60%		start @65%							
	3 Position Sqt Snatch (hip, knee, floor)											
2A	Snatch Pull w/ 5 sec eccentric	3x4	@80%		@85%		of snatch					
3A	BB Bench Press w/ 7 sec eccentric	3x3+3					Week 1: 60-70%	Week 3: 70+%				
	Rest 20-30s b/w sets of 3						Week 2: 65-75%					
4A	DB SA High Pull w/ 3 sec eccentric	2-3x7ea										
							*Rest 30-60sec	b/w exercises				
4B	Snatch Grip Push Press w/ 7 sec eccentric	2-3x3										
4C	DB Single Arm Row w/ 3 sec eccentric	2-3x7ea										
4D	DB Curl w/ 3 sec eccentric	2-3x7										
	DAY 2			WEEK 1		WEEK 2						
	LIFT	SETS		RECORD WEIGHTS	REG	CORD WEIGHTS	PERCENTA	AGE/ NOTES				
1A	Build to Heavy Complex	5x	start @60%		start @65%							
	3 Position Sqt Clean (hip, knee, floor)											
2A	Clean Pull w/ 5 sec eccentric	3x4	@80%		@85%		of clean					
3A	Front Squat w/ 7 sec eccentric	3x3+3					Week 1: 60-70%	Week 3: 70+%				
	Rest 20-30s b/w sets of 3						Week 2: 65-75%					
4A	BB Hip Thrust w/ 3 sec eccentric	2-3x7										
	*shoulder elevated											
4B	DB Cossak Squat w/ 3 sec eccentric	2-3x7ea										
4C	SL HIP Extension w/ 3 sec eccentric	2-3x7ea					*Rest 30-60sec	b/w exercises				
4D	2 DB Split Squat w/ 3 sec eccentric	2-3x7ea										
	DAY 3			WEEK 1		WEEK 2	DEDOCAT	ACE/ NOTES				
	LIFT	SETS		RECORD WEIGHTS	REG	CORD WEIGHTS	PERCENTA	AGE/ NOTES				
1A	Build to Heavy Complex	5x	start @60%		start @65%							
	Power Jerk + 2 Split Jerk											
2A	2 DB Push Press w/ 5 sec eccentric	3x6+6					Heavy as can long a	ıs can maintain good				
	Rest 20-30s b/w sets of 6						good position					

SA Landmine Pro	ess w/ 3 sec eccentric	2-3x10ea								
Weighted Chin U	p w/ 10 sec eccentric	2-3x3							*Rest 30-60se	c b/w exercises
2 DB Chest Supp	oorted Row w/ 3 sec eccentric	2-3x10								
DB Skull Crushe	w/ 3 sec eccentric	2-3x10								
			V	VEEK 1		WEEK	DEDOENS	PERCENTAGE/ NOTES		
		RECO	RD WEIGHTS		RECORD WI	PERCEN	IAGE/ NOTES			
Build to Heavy		5x	start @55%			start @60%				
3 Above Knee Bl	ock Power Snatch									
Build to Heavy		5x	start @55%			start @60%				
3 Above Knee Bl	ock Power Clean									
BB Split Squat w	5 sec eccentric	3x6 right leg +6							Heavy as can long	as can maintain good
Rest 20-30s b/w	sets of 6	left leg							good position	
GHR w/ 3 sec ed	centric	2-3x10								
2 DB RFE Squat	w/ 3 sec eccentric	2-3x10ea								
2 DB RDL w/ 3 s	ec eccentric	2-3x10							*Rest 30-60se	c b/w exercises
DB Xunder Squa	t w/ 3 sec eccentric	2-3x10ea								
	Build to Heavy 3 Above Knee Bli Build to Heavy 3 Above Knee Bli Build to Heavy 3 Above Knee Bli BB Split Squat w. *Rest 20-30s b/w GHR w/ 3 sec ec 2 DB RFE Squat	3 Above Knee Block Power Snatch	Weighted Chin Up w/ 10 sec eccentric 2-3x3 2 DB Chest Supported Row w/ 3 sec eccentric 2-3x10 DB Skull Crusher w/ 3 sec eccentric 2-3x10 DAY 4 LIFT SETS Build to Heavy 3 Above Knee Block Power Snatch Build to Heavy 5x 3 Above Knee Block Power Clean BB Split Squat w/ 5 sec eccentric 3x6 right leg +6 *Rest 20-30s b/w sets of 6* GHR w/ 3 sec eccentric 2-3x10 2 DB RFE Squat w/ 3 sec eccentric 2-3x10 2 DB RDL w/ 3 sec eccentric 2-3x10ea	Weighted Chin Up w/ 10 sec eccentric 2-3x3 2 DB Chest Supported Row w/ 3 sec eccentric DB Skull Crusher w/ 3 sec eccentric 2-3x10 DB Skull Crusher w/ 3 sec eccentric 2-3x10 DAY 4 LIFT SETS Build to Heavy 3 Above Knee Block Power Snatch Build to Heavy 5x start @55% 3 Above Knee Block Power Clean BB Split Squat w/ 5 sec eccentric 3x6 right leg +6 *Rest 20-30s b/w sets of 6* GHR w/ 3 sec eccentric 2-3x10 2 DB RFE Squat w/ 3 sec eccentric 2-3x10ea	Weighted Chin Up w/ 10 sec eccentric 2-3x3 2 DB Chest Supported Row w/ 3 sec eccentric 2-3x10 DB Skull Crusher w/ 3 sec eccentric 2-3x10 DAY 4 LIFT SETS RECOF Build to Heavy 3 Above Knee Block Power Snatch Build to Heavy 5x start @55% 3 Above Knee Block Power Clean BB Split Squat w/ 5 sec eccentric *Rest 20-30s b/w sets of 6* GHR w/ 3 sec eccentric 2-3x10 2 DB RFE Squat w/ 3 sec eccentric 2-3x10 2 DB RDL w/ 3 sec eccentric 2-3x10	Weighted Chin Up w/ 10 sec eccentric 2-3x3 2 DB Chest Supported Row w/ 3 sec eccentric 2-3x10 DB Skull Crusher w/ 3 sec eccentric 2-3x10 DAY 4 WEEK 1 LIFT SETS RECORD WEIGHTS Build to Heavy 5x start @55% 3 Above Knee Block Power Snatch 5x start @55% Build to Heavy 5x start @55% 3 Above Knee Block Power Clean BB Split Squat w/ 5 sec eccentric 3x6 right leg +6 *Rest 20-30s b/w sets of 6* left leg GHR w/ 3 sec eccentric 2-3x10 2 DB RFE Squat w/ 3 sec eccentric 2-3x10ea 2 DB RDL w/ 3 sec eccentric 2-3x10	Weighted Chin Up w/ 10 sec eccentric 2-3x3	Weighted Chin Up w/ 10 sec eccentric 2-3x3	Weighted Chin Up w/ 10 sec eccentric 2-3x3	Weighted Chin Up w/ 10 sec eccentric 2-3x3 "Rest 30-60se 2-3x10

PHASE 2 DAY 1 WEEK 1 WEEK 2 WEEK 3 PERCENTAGE/ NOTES RECORD WEIGHTS RECORD WEIGHTS RECORD WEIGHTS LIFT SETS start @65% start @75% Build to Heavy Complex start @70% Pull + 2 Pause Below Knee Sqt Snatch (1s pause) Pause Below Knee Snatch Pull 3x3 @90 @95 @100 of snatch - 3 sec pause ЗА BB Bench Press w/ 7 sec isometric 4x1+1 Week 1: 70-80% Week 3: 80+% *Rest 20-30s b/w sets of 1* Week 2: 75-85% -perform clapping push ups after 3B Clapping Push Up 4x5 bench press cluster set 4A DB SA High Pull w/ 3 sec iso at top 3-5x3ea *Rest 30-60sec b/w exercises 4B Snatch Grip Strict Press w/ 3 sec iso at top 3-5x3 4C 2 Db Bent Over Row w/ 3 sec iso at top 3-5x3ea 2 DB Rev Fly w/ 3 sec iso at top 3-5x3 4D DAY 2 WEEK 1 WEEK 2 WEEK 3 PERCENTAGE/ NOTES LIFT SETS RECORD WEIGHTS RECORD WEIGHTS RECORD WEIGHTS start @70% Build to Heavy Complex start @65% start @75% Pull + 2 Pause Below Knee Sqt Clean (1s pause) 2A Pause Below Knee Clean Pull 3x3 @90 @95 @100 of clean - 3 sec pause Week 1: 70-80% Week 3: 80+% 2A Front Squat w/ 7 sec isometric 4x1+1 *Rest 20-30s b/w sets of 1* Week 2: 75-85% 2B 2 Db Squat Jump@50s 4x5 -perform 2 DB Squat Jump after back Squat cluster set зв BB Hip Thrust w/ 3 sec iso at top 3-5x3 2 DB Staggered Stance RDL w/ 3 sec iso at bottom 3-5x3ea *Rest 30-60sec b/w exercises 4A 4B Cossak Squat w/ 3 sec iso at bottom 3-5x3ea DAY 3 WEEK 1 WEEK 2 WEEK 3 PERCENTAGE/ NOTES RECORD WEIGHTS RECORD WEIGHTS LIFT SETS RECORD WEIGHTS Build to Heavy Complex Power Jerk + 2 Split Jerk 2A Shoulder Press w/ 5 sec iso overhead 4x2+2 Heavy as can long as can maintain good *Rest 20-30s b/w sets of 2* good position 2 DB Speed Shoulder Press@25s Perform 2 Db Speed Shoulder Press 2B 4x5 after Push Press ЗА Wtd Chin Up w/ 3 sec iso at top 3-5x3ea 3В SA Landmine Press w/ 3 sec iso at bottom 3-5x3ea *Rest 30-60sec b/w exercises BB Pendlay Row w/ 3 sec iso at top 3-5x3 3C 3D 2 Plate Prone Trap Raise w/ 3 sec iso at top 3-5x3

	DAY 4		WEEK	1	WEE	₹2	WEEK	3	DEDOENTA	OF/NOTES	
	LIFT	SETS	RECORD WE	IGHTS	RECORD W	VEIGHTS	RECORD WI	EIGHTS	PERCENTAGE/ NOT		
ΙA	Build to Heavy	5x	start @60%		start @65%		start @70%				
	2 Below Knee Block Power Snatch										
2A	Build to Heavy	5x	start @60%		start @65%		start @70%				
	2 Below Knee Block Power Clean										
:A	Back Squat w/ 5 sec iso at bottom	4x2+2							Week 1: 70-80%	Week 3: 75+%	
	Rest 20-30s b/w sets of 2								Week 2: 73-83%		
B.	2 Db Squat Jump@50s	4x5							-perform 2 DB Squ	at Jump after	
									back Squat cluster	set	
3B	BB RDL w/ 3 sec iso at bottom	3-5x3									
3C	DB SL Hip Thrust / 3sec iso at top	3-5x3ea							*Rest 30-60sec t	o/w exercises	
	*feet elevated										
3D	2 DB RFE Squat w/ 3 sec iso at bottom	2 DB RFE Squat w/ 3 sec iso at bottom 3-5x3ea									

									PHASE	E 3									
	DAY 1 WEEK 1										WEEK 2		1		WEEK 3				
			RE	CORD WEI	GHTS		RECORD WEIGHTS				REC	CORD WEIGHTS		PERCENTAGE/ NOTES					
1A	15 Minutes Build	to Heavy Com	plex	Heavy															
	Lift Off + Pull + S			@90%	3x1				2x1				1x1						
2A	Snatch Pull			3x2	@100%				@105%				@110%			0	f Snatch		
ЗА	Bench Press		Build to Heavy	x5, 3, 1, 1, 1															
				@70% Heavy	6x3				5x3				4x3						
4A	DB SA High Pull			3x5ea															
4B	SA Landmine Pre	ess		3x5ea															
4C	DB Single Arm R	Row		3x5ea												*	Rest 60sec b/w	exercises	
			DAY 2				WEEK 1				WEEK 2				WEEK 3		PERCENTA	GE/ NOTES	
		LIFT		SETS		RE	CORD WEI	GHTS		RE	CORD WEIGHTS	3		REC	CORD WEIGHTS		T ENGENTAGE/ NOTES		
1A	15 Minutes Build		plex	Heavy															
	Lift Off + Pull + S	Squat Clean		@90%	3x1				2x1				1x1						
2A	Clean Pull			3x2	@100%	1			@105%				@110%			0	f Clean		
3A	Front Squat		Build to Heavy	x5, 3, 1, 1, 1															
				@70% Heavy	6x3				5x3				4x3						
4A	DB SL RDL			3x5ea															
4B	DB Goblet Cossa	ak Squat		3x5ea															
4C	BB Hip Thrust			3x5												*	Rest 60sec b/w	evercises	
	*shoulder elevate	ed		UAU .													rest obsect b/W	CACIGISCS	
			DAY 3				WEEK 1 4/				WEEK 2 4/8				WEEK 3 4/15		DEDCENITA	GE/ NOTES	
		LIFT		SETS		RE	CORD WEI	GHTS		RE	CORD WEIGHTS	3		REC	CORD WEIGHTS		1 EROEITI	OL/ NOTEO	
1A	15 Minutes Build			Heavy															
	Pause Split Jerk	(2 sec at botto		@90%	3x1				2x1				1x1						
2A	Push Press		Build to Heavy	x5, 3, 1, 1, 1 @70% Heavy	6x3				5x3				4x3						
3A	Pausing OHS (fo	cus on position	not load)	3x2	1-20				0.0				1						
٠, ١	5 sec at bottom	positioi																	
4A	2 DB Rev Fly			3x10															
4B	2 DB Lateral Rais	se		3x10															
4C	2 Plate Prone Tra	ap Raise		3x10												*	Rest 60sec b/w	exercises	
_	1.000																		
DAY 4				WEEK 1				WEEK 2			WEEK 3								
	LIFT SETS					RE	CORD WEI	GHTS		RE	CORD WEIGHTS	3	1	REC	CORD WEIGHTS		PERCENTA	GE/ NOTES	
1A	Snatch Waves			1	3@75	2@80	1@85		3@75	2@80	1@85		3@75	2@80	1@85	а	dd extra 1+@90 i	f feels good	
					2@80	1@85	1@90		2@80	1@85	1@90		2@80	1@85	1@90				
					1@85	1@90	1@90+		1@85	1@90	1@90+		1@85	1@90	1@90+				

2A	C&J Waves			2@75	1@80	1@85		2@75	1@80	1@85		2@75	1@80	1@85		add extra 1+@90 is	f feels good
				1@80	1@85	1@90		1@80	1@85	1@90		1@80	1@85	1@90			
				1@85	1@90	1@90+		1@85	1@90	1@90+		1@85	1@90	1@90+			
ЗА	Back Squat	Build to Heavy	x5, 3, 1, 1, 1														
4A	2 DB REF Squat		3x5ea													*if enough energy	
4B	DB SL Hip Thrust		3x5ea														
	Feet Elevated																
4C	Xunder Lunge		3x5ea														