

PHASE 1

	DAY 1		WEEK 1				WEEK 2				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex 3 Position Sqt Snatch (hip, knee, floor)	5x	start @60%					start @65%				
2A	Snatch Pull w/ 5 sec eccentric	3x4	@80%					@85%				of snatch
3A	BB Bench Press w/ 7 sec eccentric *Rest 20-30s b/w sets of 3*	3x3+3										Week 1: 60-70% Week 2: 65-75% Week 3: 70+%
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				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex 3 Position Sqt Clean (hip, knee, floor)	5x	start @60%					start @65%				
2A	Clean Pull w/ 5 sec eccentric	3x4	@80%					@85%				of clean
3A	Front Squat w/ 7 sec eccentric *Rest 20-30s b/w sets of 3*	3x3+3										Week 1: 60-70% Week 2: 65-75% Week 3: 70+%
4A	BB Hip Thrust w/ 3 sec eccentric *shoulder elevated	2-3x7										
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				PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS				RECORD WEIGHTS					
1A	Build to Heavy Complex Power Jerk + 2 Split Jerk	5x	start @60%					start @65%				
2A	2 DB Push Press w/ 5 sec eccentric *Rest 20-30s b/w sets of 6*	3x6+6										Heavy as can long as can maintain good good position

PHASE 2

	DAY 1		WEEK 1		WEEK 2		WEEK 3		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex Pull + 2 Pause Below Knee Sqt Snatch (1s pause)	5x	start @65%		start @70%		start @75%		
2A	Pause Below Knee Snatch Pull - 3 sec pause	3x3	@90		@95		@100		of snatch
3A	BB Bench Press w/ 7 sec isometric *Rest 20-30s b/w sets of 1*	4x1+1							Week 1: 70-80% Week 3: 80+% Week 2: 75-85%
3B	Clapping Push Up	4x5							-perform clapping push ups after 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							
4D	2 DB Rev Fly w/ 3 sec iso at top	3-5x3							

	DAY 2		WEEK 1		WEEK 2		WEEK 3		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex Pull + 2 Pause Below Knee Sqt Clean (1s pause)	5x	start @65%		start @70%		start @75%		
2A	Pause Below Knee Clean Pull - 3 sec pause	3x3	@90		@95		@100		of clean
2A	Front Squat w/ 7 sec isometric *Rest 20-30s b/w sets of 1*	4x1+1							Week 1: 70-80% Week 3: 80+% Week 2: 75-85%
2B	2 Db Squat Jump@50s	4x5							-perform 2 DB Squat Jump after back Squat cluster set
3B	BB Hip Thrust w/ 3 sec iso at top *shoulder elevated	3-5x3							
4A	2 DB Staggered Stance RDL w/ 3 sec iso at bottom	3-5x3ea							*Rest 30-60sec b/w exercises
4B	Cossak Squat w/ 3 sec iso at bottom	3-5x3ea							

	DAY 3		WEEK 1		WEEK 2		WEEK 3		PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		
1A	Build to Heavy Complex Power Jerk + 2 Split Jerk	5x							
2A	Shoulder Press w/ 5 sec iso overhead *Rest 20-30s b/w sets of 2*	4x2+2							Heavy as can long as can maintain good good position
2B	2 DB Speed Shoulder Press@25s	4x5							Perform 2 Db Speed Shoulder Press after Push Press
3A	Wtd Chin Up w/ 3 sec iso at top	3-5x3ea							
3B	SA Landmine Press w/ 3 sec iso at bottom	3-5x3ea							*Rest 30-60sec b/w exercises
3C	BB Pendlay Row w/ 3 sec iso at top	3-5x3							
3D	2 Plate Prone Trap Raise w/ 3 sec iso at top	3-5x3							

DAY 4		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS		
1A	Build to Heavy 2 Below Knee Block Power Snatch	5x	start @60%	start @65%	start @70%	
2A	Build to Heavy 2 Below Knee Block Power Clean	5x	start @60%	start @65%	start @70%	
2A	Back Squat w/ 5 sec iso at bottom *Rest 20-30s b/w sets of 2*	4x2+2				Week 1: 70-80% Week 3: 75+%
2B	2 Db Squat Jump@50s	4x5				Week 2: 73-83% -perform 2 DB Squat 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 *feet elevated	3-5x3ea				*Rest 30-60sec b/w exercises
3D	2 DB RFE Squat w/ 3 sec iso at bottom	3-5x3ea				

PHASE 3

	DAY 1		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	15 Minutes Build to Heavy Complex Lift Off + Pull + Squat Snatch	Heavy @90%	3x1			2x1			1x1			
2A	Snatch Pull	3x2	@100%			@105%			@110%			of Snatch
3A	Bench Press	Build to Heavy x5, 3, 1, 1, 1 @70% Heavy	6x3			5x3			4x3			
4A	DB SA High Pull	3x5ea										
4B	SA Landmine Press	3x5ea										
4C	DB Single Arm Row	3x5ea										*Rest 60sec b/w exercises

	DAY 2		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	15 Minutes Build to Heavy Complex Lift Off + Pull + Squat Clean	Heavy @90%	3x1			2x1			1x1			
2A	Clean Pull	3x2	@100%			@105%			@110%			of 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 Cossak Squat	3x5ea										
4C	BB Hip Thrust *shoulder elevated	3x5										*Rest 60sec b/w exercises

	DAY 3		WEEK 1 4/1			WEEK 2 4/8			WEEK 3 4/15			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	15 Minutes Build to Heavy Complex Pause Split Jerk (2 sec at bottom) + Split Jerk	Heavy @90%	3x1			2x1			1x1			
2A	Push Press	Build to Heavy x5, 3, 1, 1, 1 @70% Heavy	6x3			5x3			4x3			
3A	Pausing OHS (focus on position not load) 5 sec at bottom	3x2										
4A	2 DB Rev Fly	3x10										
4B	2 DB Lateral Raise	3x10										
4C	2 Plate Prone Trap Raise	3x10										*Rest 60sec b/w exercises

	DAY 4		WEEK 1			WEEK 2			WEEK 3			PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS			RECORD WEIGHTS			RECORD WEIGHTS			
1A	Snatch Waves		3@75	2@80	1@85	3@75	2@80	1@85	3@75	2@80	1@85	add extra 1+@90 if 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+	

