

## PHASE 1

|    | DAY 1   |                            | WEEK 1         | WEEK 2         | WEEK 3         | PERCENTAGE/ NOTES                           |
|----|---|----------------------------|----------------|----------------|----------------|---|
|    | LIFT  | SETS                       | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS |   |
| 1A | Above Knee Hang Power Snatch                      | Heavy 5<br>2 drop sets@90% |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |
| 2A | 3 Position Clean<br>Above Knee, Below Knee, Floor | 5x                         |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |
| 3A | Power Jerk  | Heavy 5<br>2 drop sets@90% |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |
| 4A | Back Squat  | 3x10                       |                |                |                | wk1: 55-65%    wk2: 60-70%<br>wk 3: 65-75%  |
| 5A | DB SA OH Press                                    | 3x5ea                      |                |                |                | 30 sec rest b/w exercises                   |
| 5B | DB RDL  | 3x5                        |                |                |                |   |
| 5C | DA SA Row   | 3x5ea                      |                |                |                |   |

|    | DAY 2  |                            | WEEK 1         | WEEK 2         | WEEK 3         | PERCENTAGE/ NOTES                              |
|----|--|----------------------------|----------------|----------------|----------------|--|
|    | LIFT   | SETS                       | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS |  |
| 1A | Above Knee Hang Power Clean                        | Heavy 5<br>2 drop sets@90% |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10    |
| 2A | 3 Position Snatch<br>Above Knee, Below Knee, Floor | 5x                         |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10    |
| 3A | Push Press   | Heavy 5<br>2 drop sets@90% |                |                |                | week 1: 7/10, week 2: 8-9/10, week 3: 10/10    |
| 4A | Snatch Pull  | 3x5                        |                |                |                | wk1: 80%    wk2: 85%<br>wk 3: 90%    of snatch |
| 4A | Clean Pull   | 3x5                        |                |                |                | wk1: 80%    wk2: 85%<br>wk 3: 90%    of clean  |
| 5B | Wtd Pull Up  | 3x5                        |                |                |                |  |
| 5C | Wtd Push Up  | 3x5                        |                |                |                |  |

|    | DAY 3                                   |      | WEEK 1         | WEEK 2         | WEEK 3         | PERCENTAGE/ NOTES                           |
|----|---|------|----------------|----------------|----------------|---|
|    | LIFT                                    | SETS | RECORD WEIGHTS | RECORD WEIGHTS | RECORD WEIGHTS |   |
| 1A | Snatch EMOM                             |      | 10@70-80%      | 10@72-82%      | 10@75-85%      | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |
| 2A | C&J EMOM                                |      | 10@70-80%      | 10@72-82%      | 10@75-85%      | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |
| 3A | Pause Front Squat<br>1 sec              | 3x5  |                |                |                | wk1: 55-65%    wk2: 60-70%<br>wk 3: 65-75%  |
| 4A | Shoulder Press Pause Over head<br>1 sec | 3x5  |                |                |                | wk1: 55-65%    wk2: 60-70%<br>wk 3: 65-75%  |
| 4A | Pause Below Knee Deadlift<br>1 sec      | 3x5  |                |                |                | wk1: 55-65%    wk2: 60-70%<br>wk 3: 65-75%  |
| 5B | BB Shrug                                | 3x10 |                |                |                |   |
| 5C | 2 Db Bent Over ROW                      | 3x10 |                |                |                |   |

## PHASE 2

| DAY 1: Clean Emphasis |   | WEEK 1                           |  |  |  | WEEK 2         |  |  |  | WEEK 3         |  |  |  | WEEK 4         |                             |  |  | PERCENTAGE/ NOTES |  |   |  |
|-----------------------|---|----------------------------------|--|--|--|----------------|--|--|--|----------------|--|--|--|----------------|-----------------------------|--|--|-------------------|--|---|--|
| LIFT                  | SETS                                      | RECORD WEIGHTS                   |  |  |  | RECORD WEIGHTS |  |  |  | RECORD WEIGHTS |  |  |  | RECORD WEIGHTS |                             |  |  |                   |  |   |  |
| 1A                    | Below Knee Hang Power Snatch              | Heavy 3<br>2 drop sets@90%       |  |  |  |                |  |  |  |                |  |  |  |                | Heavy 2<br>2x2@90%          |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10       |  |
| 2A                    | 2 Pause Below Knee Clean<br>- 1 sec pause | 5x                               |  |  |  |                |  |  |  |                |  |  |  |                | 5x2 No pause on first clean |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10       |  |
| 3A                    | Power Jerk + 2 Split Jerk                 | Heavy complex<br>2 drop sets@90% |  |  |  |                |  |  |  |                |  |  |  |                | 2 Split Jerk<br>22@90%      |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10       |  |
| 4A                    | Front Squat<br>- for time                 | 4x5                              |  |  |  |                |  |  |  |                |  |  |  |                | 4x3                         |  |  |                   |  | wk1: 65-75% wk2: 70-80%<br>wk3: 75-85% wk4: 80-90 |  |
| 5A                    | Clean Pull                                | 4x3                              |  |  |  |                |  |  |  |                |  |  |  |                | 4x2                         |  |  |                   |  | wk1: 90% wk2: 95%<br>wk3: 100% wk4: 105%          |  |
| 5A                    | DB SA OH Press                            | 4x3ea                            |  |  |  |                |  |  |  |                |  |  |  |                |                             |  |  |                   |  |   |  |
| 5C                    | DA SA Row                                 | 4x3ea                            |  |  |  |                |  |  |  |                |  |  |  |                |                             |  |  |                   |  |   |  |

| DAY 2: Snatch Emphasis |  | WEEK 1                     |  |  |  | WEEK 2         |  |  |  | WEEK 3         |  |  |  | WEEK 4         |                              |  |  | PERCENTAGE/ NOTES |  |   |  |
|------------------------|--|----------------------------|--|--|--|----------------|--|--|--|----------------|--|--|--|----------------|------------------------------|--|--|-------------------|--|---|--|
| LIFT                   | SETS                                       | RECORD WEIGHTS             |  |  |  | RECORD WEIGHTS |  |  |  | RECORD WEIGHTS |  |  |  | RECORD WEIGHTS |                              |  |  |                   |  |   |  |
| 1A                     | Below Knee Hang Power Clean                | Heavy 3<br>2 drop sets@90% |  |  |  |                |  |  |  |                |  |  |  |                | Heavy 2<br>2x2@90%           |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |  |
| 2A                     | 2 Pause Below Knee Snatch<br>- 1 sec pause | 5x                         |  |  |  |                |  |  |  |                |  |  |  |                | 5x2 No pause on first snatch |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |  |
| 3A                     | Snatch Balance                             | 4x3                        |  |  |  |                |  |  |  |                |  |  |  |                | 4x2                          |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |  |
| 4A                     | Snatch Grip Push Press                     | 4x3                        |  |  |  |                |  |  |  |                |  |  |  |                | 4x2                          |  |  |                   |  | week 1: 7/10, week 2: 8-9/10, week 3: 10/10 |  |
| 4A                     | Snatch Pull                                | 4x3                        |  |  |  |                |  |  |  |                |  |  |  |                | 4x2                          |  |  |                   |  | wk1: 90% wk2: 95%<br>wk3: 100% wk4: 105%    |  |
| 5B                     | Wtd Pull Up                                | 4x3                        |  |  |  |                |  |  |  |                |  |  |  |                |                              |  |  |                   |  |   |  |
| 5C                     | Wtd Dip                                    | 4x3                        |  |  |  |                |  |  |  |                |  |  |  |                |                              |  |  |                   |  |   |  |

| DAY 3: Full Lifts |   | WEEK 1         |           |  |  | WEEK 2         |           |  |  | WEEK 3         |                                   |  |  | WEEK 4         |           |  |  | PERCENTAGE/ NOTES |  |   |
|-------------------|---|----------------|-----------|--|--|----------------|-----------|--|--|----------------|-----------------------------------|--|--|----------------|-----------|--|--|-------------------|--|---|
| LIFT              | SETS                                    | RECORD WEIGHTS |           |  |  | RECORD WEIGHTS |           |  |  | RECORD WEIGHTS |                                   |  |  | RECORD WEIGHTS |           |  |  |                   |  |   |
| 1A                | Snatch EMOM                             |                | 10@75-85% |  |  |                | 10@77-87% |  |  |                | 10 emom<br>start@75% build to max |  |  |                | 10@80-90% |  |  |                   |  |   |
| 2A                | C&J EMOM                                |                | 10@75-85% |  |  |                | 10@77-87% |  |  |                | 10 emom<br>start@75% build to max |  |  |                | 10@80-90% |  |  |                   |  |   |
| 3A                | Shoulder Press Pause Over head<br>1 sec | 3x3            |           |  |  |                |           |  |  |                |                                   |  |  |                | 3x2       |  |  |                   |  | wk1: 65-75% wk2: 70-80%<br>wk3: 75-85% wk4: 80-90 |
| 4A                | Paused Front Squat<br>1 sec             | 3x3            |           |  |  |                |           |  |  |                |                                   |  |  |                | 3x2       |  |  |                   |  | wk1: 65-75% wk2: 70-80%<br>wk3: 75-85% wk4: 80-90 |
| 4A                | Pause Below Knee Deadlift<br>1 sec      | 3x3            |           |  |  |                |           |  |  |                |                                   |  |  |                | 3x2       |  |  |                   |  | wk1: 65-75% wk2: 70-80%<br>wk3: 75-85% wk4: 80-90 |
| 5B                | 2 Db RDL                                | 3x5            |           |  |  |                |           |  |  |                |                                   |  |  |                |           |  |  |                   |  |   |
| 5C                | 2 Db Bent Over ROW                      | 3x5            |           |  |  |                |           |  |  |                |                                   |  |  |                |           |  |  |                   |  |   |

