					PHASE 1		
	DAY 1		WEEK 1	WEEK 2	WEEK 3	DEDOENTAGE (NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES	
	Above Knee Hang Power Snatch	Heavy 5				week 1: 7/10, week 2: 8-9/10, week	
		2 drop sets@90%				3: 10/10	
	3 Position Clean	5x				week 1: 7/10 week 2: 8-9/10 week	
	Above Knee, Below Knee, Floor					week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
ı	Power Jerk	Heavy 5				week 1: 7/10, week 2: 8-9/10, week	
		2 drop sets@90%	5			3: 10/10	
	Back Squat	3x10				wk1: 55-65% wk2: 60-70%	
						wk 3: 65-75%	
	DB SA OH Press	3x5ea				30 sec rest b/w exercises	
	DB RDL	3x5					
:	DA SA Row	3x5ea					
	DAY 2		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES	
	Above Knee Hang Power Clean	Heavy 5				week 1: 7/10, week 2: 8-9/10, week	
		2 drop sets@90%				3: 10/10	
	3 Position Snatch	tion Snatch 5x				week 1: 7/10, week 2: 8-9/10, week	
	Above Knee, Below Knee, Floor	low Knee, Floor			3: 10/10		
	Push Press	Heavy 5					
		2 drop sets@90%				week 1: 7/10, week 2: 8-9/10, week 3: 10/10	
	Snatch Pull	3x5				wk1: 80% wk2: 85%	
						wk 3: 90% of snatch	
	Clean Pull	3x5				wk1: 80% wk2: 85%	
						wk 3: 90% of clean	
	Wtd Pull Up	3x5					
:	Wtd Push Up	3x5					
	DAY 3		WEEK 1	WEEK 2	WEEK 3	PERCENTAGE/ NOTES	
	LIFT SETS		RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES	
	Snatch EMOM		10@70-80%	10@72-82%	10@75-85%	week 1: 7/10, week 2: 8-9/10, week	
						3: 10/10 week 2: 8-9/10, week	
_	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 week 2: 8-9/10, week	
	Pause Front Squat	3x5				wk1: 55-65% wk2: 60-70%	
	1 sec					wk 3: 65-75%	
	Shoulder Press Pause Over head	3x5				wk1: 55-65% wk2: 60-70%	
	1 sec					wk 3: 65-75%	
	Pause Below Knee Deadlift	3x5				wk1: 55-65% wk2: 60-70%	
	1 sec					wk 3: 65-75%	
_	BB Shrug	3x10					
С	2 Db Bent Over ROw	3x10					

			PHASE 2					
		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES		
		RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS				
below Kriee Hally Power Shatch						week 1: 7/10, week 2: 8-9/10, week 3: 10/10		
2 Pause Below Knee Clean	5x				5x2 No pause on first clean	week 1: 7/10, week 2: 8-9/10, week		
	Heavy complex				2 Split Jerk	3: 10/10		
r char dork - 2 opin conk	2 drop sets@90%				22@90%	week 1: 7/10, week 2: 8-9/10, week 3: 10/10		
Front Squat	4x5				4x3	wk1: 65-75% wk2: 70-80%		
- for time						wk 3: 75-85% wk 4: 80-90		
Clean Pull	4x3				4x2	wk1: 90% wk2: 95%		
						wk 3: 100% wk 4: 105%		
DB SA OH Press	4x3ea							
DA SA Row	4x3ea							
DAY 2: Snatch Emph	asis	WEEK 1	WEEK 2	WEEK 3	WEEK 4	DEBOSNITA OS ANOTES		
LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	PERCENTAGE/ NOTES		
Below Knee Hang Power Clean	Heavy 3				Heavy 2	week 1: 7/10, week 2: 8-9/10, wee		
	2 drop sets@90%				2x2@90%	3: 10/10		
					5x2 No pause on first snatch	week 1: 7/10, week 2: 8-9/10, v 3: 10/10		
	4v2				4v2			
Shall balance	483				47.2	week 1: 7/10, week 2: 8-9/10, wee 3: 10/10		
Snatch Grip Push Press	Push Press 4x3				4x2	week 1: 7/10, week 2: 8-9/10, week 3: 10/10		
Snatch Pull	4x3				4x2	wk1: 90% wk2: 95%		
						wk 3: 100% wk4: 105%		
Wtd Pull Up	4x3							
Wtd Dip	4x3							
DAY 3: Full Lifts		WEEK 1	WEEK 2	WEEK 3	WEEK 4			
						PERCENTAGE/ NOTES		
Snatch EMOM	02.10	10@75-85%	10@77-87%	10 emom	10@80-90%			
				start@75% build to max				
C&J EMOM		10@75-85%	10@77-87%	10 emom	10@80-90%			
Shoulder Press Pause Over head	3x3				3x2	wk1: 65-75% wk2: 70-80%		
1 sec						wk 3: 75-85% wk 4: 80-90		
Paused Front Squat	3x3				3x2	wk1: 65-75% wk2: 70-80%		
1 sec						wk 3: 75-85% wk 4: 80-90		
Pause Below Knee Deadlift	3x3				3x2	wk1: 65-75% wk2: 70-80%		
1 sec						wk 3: 75-85% wk 4: 80-90		
2 Db RDL	3x5							
2 Db Bent Over ROw	3x5							
	LIFT Below Knee Hang Power Snatch  2 Pause Below Knee Clean -1 sec pause Power Jerk + 2 Split Jerk  Front Squat -for time Clean Pull  DB SA OH Press DA SA Row  DAY 2: Snatch Empha LIFT Below Knee Hang Power Clean  2 Pause Below Knee Snatch -1 sec pause Snatch Grip Push Press Snatch Grip Push Press Snatch Pull  DAY 3: Full Lifts LIFT Snatch EMOM C&J EMOM Shoulder Press Pause Over head 1 sec Pause Below Knee Deadlift 1 sec Pause Below Knee Deadlift 1 sec	Below Knee Hang Power Snatch	LIFT	DAY 1. Clean Emphasis	DAY 1 Clase Propies	MERK   WEEK   WEEK		

										PHASE	. •										
DAY 1: Clean Emphasis			T	WEEK 1				WEEK 2				WEEK 3				WEEK 4			PERCENTAGE/ NOTES		
	LIF	FT	SETS		RE	CORD WEIGHTS	8			RECORD WEIGHT:			RE	CORD WEIGHTS		REC	ORD WEIG	SHTS			
A	Power Snatch		Heavy 2	3x2@90%				2x2@90	0/			1x2@90°	v						week 1: 7/10, we 3: 10/10	eek 2: 8-9/10, weel	
A	Lift Off + Pull + Squat Clea	an	5x1	start at 65°				start at 7				start at 7									
•	Zin Oii - i dii - Oquat Oidi	i di i	OA I	1x1@90	,,,			1x1@90				1x1@90							week 1: 7/10, we 3: 10/10	eek 2: 8-9/10, wee	
A	Split Jerk		Heavy 2																		
			2 drop sets@90%																3: 10/10 3: 10/10	eek 2: 8-9/10, weel	
A	Front Squat		5x2																wk1: 75-80%	wk2: 78-83%	
																			wk 3: 80-85%	wk 4: 83+%	
5A	Clean Pull		5x2																wk1: 100%	wk2: 105%	
																			wk 3: 110%	wk 4: 115%	
A	DB SA OH Press		3x5ea																		
С	DA CA Daw		2vFee																		
,	DA SA Row		3x5ea																		
_																				+	
_	DAY 2: Snatch Emphasis					WEEK 1				WEEK 2				WEEK 3			WEEK 4		DEDCE	FACELNOTES	
	LIF	FT	SETS	RECORD WEIGHTS		3			RECORD WEIGHT:		RECORD WEIGHTS				REC	CORD WEIG	HTS	PERCENTAGE/ NOTES			
A	Power Clean		Heavy 2																		
				3x2@90%				2x2@90				1x2@90°									
2A	Lift Off + Pull + Squat Sna	atch	5x	start at 65°	%			start at 7				start at 7									
				1x1@90				1x1@90				1x1@90									
A	2 OHS w/ 3 sec pause		Heavy 2																		
A	Snatch Grip Press from bo	-#f 0110	2 dropsets@90 5x5																		
A	Snatch Grip Press from bo	ottom of OHS	oxo																		
A	Snatch Pull		5x2																wk1: 100%	wk2: 105%	
	Ollateri i dii		JAZ																wk 3: 110%	wk 4: 115%	
В	Wtd Pull Up		3x5																		
	·																				
С	Wtd Dip		3x5																		
	DAY 3: Full Lifts					WEEK 1				WEEK 2				WEEK 3			WEEK 4		PERCENTAGE		
A	LIF	FT	SETS	2@75		CORD WEIGHTS	5	2@75	2@00	RECORD WEIGHT:		2075		CORD WEIGHTS	2@75		ORD WEIG	SHTS			
٦.	GHAIGH			3@75 2@80	2@80 1@85	1@85 1@90		3@75 2@80	2@80 1@85	1@85 1@90		3@75 2@80	2@80 1@85	1@85 1@90	3@75 2@80	2@80 1@85	1@85 1@90		3 misses allowed	1	
				1@85	1@90	2-3@90+		1@85	1@90	2-3@90+		1@85	1@90	2-3@90+	1@85	1@90	2-3@90+				
A	C&J			2@75	1@80	1@85		2@75	1@80	1@85		2@75	1@80	1@85	2@75	1@80	1@85		3 misses allowed	d	
				1@80	1@85	1@90		1@80	1@85	1@90		1@80	1@85	1@90	1@80	1@85	1@90				
				1@85	1@90	2-3@90+		1@85	1@90	2-3@90+		1@85	1@90	2-3@90+	1@85	1@90	2-3@90+				
A	Push Press		5x3																		
A	Back Squat		5x2																wk1: 75-80%	wk2: 78-83%	
																			wk 3: 80-85%	wk 4: 83+%	
В	2 Db RDL		3x5																		
_	a Dr. David Gura DC		05					_	_			_							_		
С	2 Db Bent Over ROw		3x5																		