

## **WORKOUT – March 29, 2024**

Every 4 Minutes for 20 Minutes (5 Sets):

8 Power Cleans

### **PRE-WORKOUT SET-UP**

- None to note.

### **SCALING OPTIONS**

#### Power Clean

- Load
- Hang Power Clean (Wildcard)
- Limited Equipment Option

### **COACH REMINDERS**

1. Demo each movement and progression pieces to the athletes before they attempt them.
2. Review range-of-motion standards for each movement when introduced.
3. Keep athletes on your cadence for all parts of the non-workout pieces of the class unless otherwise specified.
4. Confirm scaling options with all athletes during the relevant warm-up sections.
5. Write up all scaling options on the whiteboard along with the workout as part of set-up.
6. Ask if athletes have any acute Pains, Injuries or Movement Restrictions that would hinder their Workout

### **(:00-:03) WHITEBOARD**

1. Today we are going heavy with some Olympic Weightlifting
2. Depending on your experience with this Lift this might be of a heavy Day for you or more of a Technique Day to improve your Weightlifting Skills
3. You can either pick a challenging weight and work across or climb up in weight with every Set. This will be your choice today
4. Always remember, Power Clean doesn't mean catch the Bar as high as possible. It means receive the bar above parallel. So make sure to get under the Bar. We won't no Rep you for a accidental Squat Clean
5. The 8 Reps don't have to be Touch'n go. Relatively quick Singles or Doubles or 4+4 are totally fine as well

### **(:03-:14) GENERAL WARM-UP**

3 Rounds for Quality of:

1 Minute of running, biking or rowing

20 secs of a passive Bar Hang (the Goal is to feel the stretch in your Lats)

8 Deadlifts (empty Barbell)

8 Bent over Rows (empty Barbell)

8 Front Squats (empty Barbell)

4 Broad Jumps

### **(:14-:30) SPECIFIC WARM-UP (POWER CLEAN)**

1. 5 Clean Shrugs (Set Up just above the Knee): *Coach calls the Reps (Set Up – Go)*  
*Teaching Point: Hip Extension; try to keep your Heels on the Floor*
2. 5 Clean Pulls (Set Up just above the Knee): *Coach calls the Reps (Set Up – Go)*  
*Teaching Point: Hip Extension; keep the Bar close through the whole Movement*
3. 5 Muscle Cleans (Set Up just above the Knee): *Coach calls the Reps (Set Up – Go – Reset)*  
*Teaching Point: Fast Elbows*
4. 5 Hang Power Cleans (with a short Pause in the receiving Position): *Coach calls the Reps (Set Up – Go – Stand – Reset)*  
*Teaching Point: pulling under Bar and setting the Feet*
5. 5 Hang Power Cleans (with a short Pause in the receiving Position): *Coach calls the Reps (Set Up – Go – Stand – Reset)*  
*Teaching Point: Bar Path/Full Movement*
6. 3 Sets of 5 Power Cleans building up to the first Workout weight  
*Timeline: 2 Minutes for each Step of the Progression and for each Warm Up Set*

### **(:30-:32) BREAK**

### **(:32-:52) WORKOUT**

### **(:52-:59) WORKOUT WRAP-UP**

To include cool down, high fives, score collection and putting away equipment.

### **Cool Down & Stretching**

Cool down for 5-15 minutes by casually walking, jogging, biking or rowing, then stretch.

Trap Stretch with Lacrosse Ball – 1-2 Minutes (per side) <https://youtu.be/efjJ100Gy4I>

Hamstring Stretch – Hold 1-2 Minutes (per side) <https://youtu.be/YTU39VysckA>