



MONDAY - MAY. 2, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (HSN, HSN, SN)	3 Rounds - High Hang Snatch x3 Hang Below Knee Snatch x3 Snatch x3 - Use an empty barbell.															
A Hang Below Knee Power Snatch		3		3		2		2		2		1		1		1
	40%		55%		65%		73%		80%		85%		90%		95%	
Work up to a top single at 95% or above. - Rest 120 secs. between sets																
B Snatch High Pull		3		3		2		2		2						
	83%		93%		103%		108%		108%							
Hold positions and pull as high as possible. - Rest 120 secs. between sets																
C BB Overhead Press		10		8		6		5		4		4		4		
	40%		55%		65%		75%		80%		80%		80%			
Go as heavy as possible on your last 3 sets. - Rest 90 secs. between sets																
Performance Metcon 6.5	1 round - Complete sets for time 5 Rounds 200m Row 20 KB Swings 20 Sit-Ups															

TUESDAY - MAY. 3, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Clean (CD, HCL, FS)	3 Rounds - Clean Deadlift x3 High Hang Clean x3 Front Squat x3 - Use an empty barbell.															
A Clean Deadlift + Clean + Front Squat		2		2		1		1		1		1		1		
	40%		55%		65%		75%		83%		88%		93%			
	Work up to a top single at 93%or above. 2 Reps = 2 Deadlifts + 2 Cleans + 2 Front Squats 1 Rep = 1 Deadlift + 1 Clean + 1 Front Squat - Rest 120 secs. between sets															
B Power Jerk		3		3		3		2		2		2		2		
	40%		55%		65%		73%		80%		85%		90%			
	Work up to a top double at 90% or above. - Rest 120 secs. between sets															
C DB Upright Row		15		15		15		15								
	Go as heavy as possible. - Rest 60 secs. between sets															
C DB Hammer Curls		15		15		15		15								
	Go as heavy as possible. - Rest 60 secs. between sets															
Performance Metcon 6.6	1 round - Complete AMRAP in: 15 Minute AMRAP 12 DB Push-Press 45/25 15 Wall Balls 20/14															

WEDNESDAY - MAY. 4, 2022

[illegible]

FRIDAY - MAY. 6, 2022

[illegible]

Rest Day	No scheduled workout.
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	SATURDAY - MAY. 7, 2022
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[illegible]

Snatch (SD, HS, SB, OH)	3 Rounds
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	Snatch Deadlift x3
	High Hang Snatch x3
	Snatch Balance x3
	Overhead Squat x3
	-
	Use an empty barbell.

A Snatch	1															
		3		3		2		2		1		1		1		1
	40%		55%		65%		73%		80%		85%		90%		95%	

10%	35%	55%	75%	85%	95%	95%	95%
Work up to a top single at 95% or above. - Rest 120 secs. between sets							

		2		2		2		1		1		1		1		1
		40%		55%		65%		73%		80%		85%		90%		95%

B Clean and Jerk	Work up to a top single at 95% or above. 2 Reps = (Clean and Jerk) x2 1 Rep = (Clean and Jerk) x1 - Rest 120 secs. between sets
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C Lat Pulldown - Wide Grip	between sets											
		15		15		15		15				
	Go as heavy as possible. - Rest 60 secs. between sets											

C DB Bent Over Row	15	15	15	15				
	Go as heavy as possible. - Rest 60 secs. between sets							

Performance Metcon 6.9	1 round - Complete AMRAP in: 10 minute AMRAP 25KB Swings 53/35 15 Goblet Squats
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