



HYBRID BODYBUILDING

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
Oly Warm Up	3 Rounds															
	- Snatch Deadlift x5 Snatch High Pull x5 Power Snatch x5 - 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 Back Squat		6		5		4		3		3		2		2		2
	40%		55%		65%		73%		80%		85%		90%		90%	
Work up to 90% for 2 sets of 2 reps. - Rest 180 secs. between sets																
D BB Good Morning		6		5		4		4		4						
	50%		70%		85%		85%		85%							
Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																
E Hanging Leg Raises		12		12		12										
	Move slowly and stay in control. - Rest 30 secs. between sets															
E Back Extensions		15		15		15										
	Move slowly and stay in control. - Rest 30 secs. between sets															

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
Oly Warm Up	3 Rounds															
	-															
	Clean Deadlift x5															
	Front Squat x5															
	Overhead Press x5															
	-															
	Use an empty barbell.															
A Clean Grip Sotts Press		4		4		4		4								
	Use a slow tempo and go as heavy as possible. - Rest 120 secs. between sets															
B 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															
C 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															
D SA DB Bent Over Row		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)								
	Go as heavy as possible. - Rest 30 secs. between sets															
D Single Arm DB Upright Row		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)								
	Go as heavy as possible. - Rest 30 secs. between sets															
D DB Hammer Curls		10		10		10		10								
	Go as heavy as possible. - Rest 30 secs. between sets															

WEDNESDAY - MAY. 4, 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
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
Oly Warm Up		3 Rounds															
		-															
		Snatch Deadlift x5															
		Muscle Snatch x5															
		Overhead Squat x5															
		-															
		Use an empty barbell.															
A Muscle Snatch No Contact			3		3		3		3		2		2				
		40%		55%		65%		75%		83%		88%					
		Work up to a top double at 88% or above. - Rest 120 secs. between sets															
B Back Squat (Pause)			6		5		4		3		2		1		1		
		40%		55%		65%		75%		83%		90%		95%			
		Pause for 3 seconds. Work up to a top single at 95% or above. - Rest 180 secs. between sets															
C BB Reverse Lunge			10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)								
		Go as heavy as possible. - Rest 90 secs. between sets															
D Weighted Russian Twists			12 (ea.)		12 (ea.)		12 (ea.)										
		No rest between rounds. Move slowly and stay in control.															
D Med Ball Hamstring Curls			15		15		15										
		No rest between rounds. Move slowly and stay in control.															
D Hollow Hold			30 secs		30 secs		30 secs										
		No rest between rounds. Keep your back flat and your core tight.															
THURSDAY - MAY. 5, 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
Oly Warm Up		3 Rounds															
		-															
		Snatch High Pull x5															
		Muscle Snatch x5															
		Power Snatch x5															
		-															
		Use an empty barbell.															
A Power Snatch			3		3		3		3		2		2		2		2
		40%		55%		65%		75%		83%		83%		83%		83%	
		Work up to 83% for 4 sets of 2 reps. - Rest 120 secs. between sets															
B Power Clean + Push Press			3		3		3		3		2		2		2		
		40%		55%		65%		75%		83%		88%		88%			
		Work up to 88% for 2 sets of 2 reps. 3 Reps = 3 Power Clean + 3 Push Press 2 Reps = 2 Power Clean + 2 Push Press 3 Reps = 3 Power Cleans + 3 Cleans 2 Reps = 2 Power Cleans + 2 Cleans 1 Rep = 1 Power Clean + 1 Clean - Rest 120 secs. between sets															
C BB Overhead Press			6		5		4		3		2		1		1		
		35%		50%		65%		75%		83%		88%		93%			
		Work up to a top single at 93% or above. - Rest 120 secs. between sets															
D DB Incline Press			12		12		12		12		12						
		Go as heavy as possible. - Rest 90 secs. between sets															
D SA DB Bent Over Row (Standing)			12 (ea.)		12 (ea.)		12 (ea.)		12 (ea.)		12 (ea.)						
		Go as heavy as possible. - Rest 90 secs. between sets															
E BB Skull Crusher			15		15		15		15								
		Go as heavy as possible. - Rest 60 secs. between sets															
FRIDAY - MAY. 6, 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
FRIDAY - MAY. 6, 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
Rest Day	No scheduled workout.															
SATURDAY - MAY. 7, 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
Oly Warm Up	3 Rounds - Snatch Deadlift x5 High Hang Snatch x5 Overhead Squat x5 - Use an empty barbell.															
A Snatch		3		3		2		2		1		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 Clean and Jerk		2		2		2		1		1		1		1		1
	40%		55%		65%		73%		80%		85%		90%		95%	
	Work up to a top single at 95% or above. 2 Reps = (Clean and Jerk) x 2 1 Rep = (Clean and Jerk) x 1 - Rest 120 secs. between sets															
C BB Bench Press		6		5		4		3		2		2		2		
	40%		55%		65%		75%		83%		88%		88%			
	Work up to 88% for 2 sets of 2 reps. - Rest 120 secs. between sets															
D Barbell Curls		10		10		10										
	Go as heavy as possible. - Rest 30 secs. between sets															
D Band Tricep Extensions		15		15		15										
	Use a heavy band and move slowly. - Rest 30 secs. between sets															
D DB Shrugs		20		20		20										
	Go as heavy as possible. - Rest 30 secs. between sets															
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