



MONDAY - MAY. 2, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Clean (HCL, HCL, CL)	3 Rounds																				
	-																				
	High Hang Clean x3																				
	Hang Below Knee Clean x3																				
	Clean x3																				
	-																				
	Use an empty barbell.																				
A Tall Clean		5		5		5		5		5											
	Use an empty barbell or work up to a light weight. - Rest 120 secs. between sets																				
B Pause Below Knee Clean		3		3		3		2		2		2		2							
	40%		55%		65%		75%		83%		83%		83%								
	Pause for 3 seconds. Work up to 83% for 3 sets of 2 reps. - Rest 120 secs. between sets																				
C Clean Deadlift		8		6		5		5		5		5									
	40%		55%		65%		75%		75%		75%										
	Work up to 75% for 3 sets of 5 reps. - Rest 120 secs. between sets																				
D Front Squat		6		5		4		3		3		3		3							
	40%		55%		65%		75%		83%		83%		83%								
	Work up to 83% for 3 sets of 3 reps. - Rest 180 secs. between sets																				

TUESDAY - MAY. 3, 2022

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Snatch (SP, HPSN, SBA, OHS)	3 Rounds																				
	-																				
	Snatch High Pull x3																				
	High Hang Power Snatch x3																				
	Snatch Balance x3																				
	Overhead Squat x3																				
	-																				
Use an empty barbell.																					
A Muscle Snatch No Contact		3		3		3		3		2		2		2							
	40%		55%		65%		73%		80%		85%		85%								
	Work up to 85% for 2 sets of 2 reps. - Rest 120 secs. between sets																				
B Hang Above Knee Snatch		3		3		3		3		2		2		2							
	40%		55%		65%		75%		83%		83%		83%								
	Work up to 83% for 3 sets of 2 reps. - Rest 120 secs. between sets																				
C Snatch High Pull		5		4		3		3		2		2									
	83%		90%		95%		100%		105%		110%										
	Hold positions and pull as high as possible. - Rest 120 secs. between sets																				
D BB Bench Press		8		6		5		4		3		2									
	40%		55%		65%		75%		83%		88%										
	Use a shoulder width grip. Work up to a top double at 88% or above. - Rest 120 secs. between sets																				

WEDNESDAY - MAY. 4, 2022

[illegible]

WEDNESDAY - MAY. 4, 2022

Snatch (SP, MSN, OHS)

A Muscle Snatch + Overhead Squat

B Back Squat

C Barbell RDL

D Weighted Russian Twists

THURSDAY - MAY. 5, 2022

Power Snatch (SD, SP, PSN)

A Power Snatch

B Power Clean + Front Squat

C Push Press + Split Jerk

D Pull Ups

[illegible]

Workout

Rest Day

SATURDAY - MAY. 7, 2022	
1	10:00 AM - 11:00 AM
2	11:00 AM - 12:00 PM
3	12:00 PM - 1:00 PM
4	1:00 PM - 2:00 PM
5	2:00 PM - 3:00 PM
6	3:00 PM - 4:00 PM
7	4:00 PM - 5:00 PM
8	5:00 PM - 6:00 PM
9	6:00 PM - 7:00 PM
10	7:00 PM - 8:00 PM
11	8:00 PM - 9:00 PM
12	9:00 PM - 10:00 PM
13	10:00 PM - 11:00 PM
14	11:00 PM - 12:00 AM
15	12:00 AM - 1:00 AM
16	1:00 AM - 2:00 AM
17	2:00 AM - 3:00 AM
18	3:00 AM - 4:00 AM
19	4:00 AM - 5:00 AM
20	5:00 AM - 6:00 AM
21	6:00 AM - 7:00 AM
22	7:00 AM - 8:00 AM
23	8:00 AM - 9:00 AM
24	9:00 AM - 10:00 AM
25	10:00 AM - 11:00 AM
26	11:00 AM - 12:00 PM
27	12:00 PM - 1:00 PM
28	1:00 PM - 2:00 PM
29	2:00 PM - 3:00 PM
30	3:00 PM - 4:00 PM
31	4:00 PM - 5:00 PM
32	5:00 PM - 6:00 PM
33	6:00 PM - 7:00 PM
34	7:00 PM - 8:00 PM
35	8:00 PM - 9:00 PM
36	9:00 PM - 10:00 PM
37	10:00 PM - 11:00 PM
38	11:00 PM - 12:00 AM
39	12:00 AM - 1:00 AM
40	1:00 AM - 2:00 AM
41	2:00 AM - 3:00 AM
42	3:00 AM - 4:00 AM
43	4:00 AM - 5:00 AM
44	5:00 AM - 6:00 AM
45	6:00 AM - 7:00 AM
46	7:00 AM - 8:00 AM
47	8:00 AM - 9:00 AM
48	9:00 AM - 10:00 AM
49	10:00 AM - 11:00 AM
50	11:00 AM - 12:00 PM
51	12:00 PM - 1:00 PM
52	1:00 PM - 2:00 PM
53	2:00 PM - 3:00 PM
54	3:00 PM - 4:00 PM
55	4:00 PM - 5:00 PM
56	5:00 PM - 6:00 PM
57	6:00 PM - 7:00 PM
58	7:00 PM - 8:00 PM
59	8:00 PM - 9:00 PM
60	9:00 PM - 10:00 PM
61	10:00 PM - 11:00 PM
62	11:00 PM - 12:00 AM
63	12:00 AM - 1:00 AM
64	1:00 AM - 2:00 AM
65	2:00 AM - 3:00 AM
66	3:00 AM - 4:00 AM
67	4:00 AM - 5:00 AM
68	5:00 AM - 6:00 AM
69	6:00 AM - 7:00 AM
70	7:00 AM - 8:00 AM
71	8:00 AM - 9:00 AM
72	9:00 AM - 10:00 AM
73	10:00 AM - 11:00 AM
74	11:00 AM - 12:00 PM
75	12:00 PM - 1:00 PM
76	1:00 PM - 2:00 PM
77	2:00 PM - 3:00 PM
78	3:00 PM - 4:00 PM
79	4:00 PM - 5:00 PM
80	5:00 PM - 6:00 PM
81	6:00 PM - 7:00 PM
82	7:00 PM - 8:00 PM
83	8:00 PM - 9:00 PM
84	9:00 PM - 10:00 PM
85	10:00 PM - 11:00 PM
86	11:00 PM - 12:00 AM
87	12:00 AM - 1:00 AM
88	1:00 AM - 2:00 AM
89	2:00 AM - 3:00 AM
90	3:00 AM - 4:00 AM
91	4:00 AM - 5:00 AM
92	5:00 AM - 6:00 AM
93	6:00 AM - 7:00 AM
94	7:00 AM - 8:00 AM
95	8:00 AM - 9:00 AM
96	9:00 AM - 10:00 AM
97	10:00 AM - 11:00 AM
98	11:00 PM - 12:00 AM
99	12:00 AM - 1:00 AM
100	1:00 AM - 2:00 AM

Workout

SATURDAY - MAY. 7, 2022																					
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		Set 9		Set 10		
	Result	Reps	Result	Reps	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 Snatch Grip Sot's Press		5		5		5															
	Use an empty barbell and move slowly. - Rest 120 secs. between sets																				
B Snatch		3		3		3		2		2		1		1		3		3		3	
	40%		55%		65%		73%		80%		85%		90%		75%		75%		75%		
	Work up to a top single at 90% or above. Back off to 75% for 3 sets of 3 reps. - Rest 120 secs. between sets																				
C Clean Deadlift + Clean + Front Squat + Jerk		2		2		1		1		1		1		1		1					
	40%		55%		65%		73%		78%		84%		84%		84%						
	Work up to 83% for 3 singles. 2 Reps = 2 Deadlifts + 2 Cleans + 2 Squats + 2 Jerks 1 Rep = 1 Deadlift + 1 Clean +1 Squat + 1 Jerk - Rest 120 secs. between sets																				
D Front Squat		6		5		4		3		3		3									
	40%		55%		65%		75%		83%		88%										
	Work up to a top triple at 88% or above. - Rest 180 secs. between sets																				
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