



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
Oly Warm Up	3 Rounds Snatch Deadlift x5 High Hang Snatch x5 Overhead Squat x5 Use an empty barbell.																			
A High Hang Snatch		3		3		3		3		2		2		2						
	40%		55%		65%		73%		78%		83%		83%							
	Work up to 83% for 2 sets of 2 reps. - Rest 120 secs. between sets																			
B Snatch Speed Pull		3		3		2		2		2										
	90%		98%		105%		110%		115%											
	Hold positions and move as fast as possible. - Rest 120 secs. between sets																			
C Clean Deadlift + Clean + Front Squat + Jerk		3		2		2		1		1		1		1						
	40%		55%		65%		73%		80%		85%		85%							
	Work up to 85% for 2 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		3						
	40%		55%		65%		75%		83%		83%		83%							
	Work up to 83% for 3 sets of 3 reps. - Rest 180 secs. between sets																			
E Weighted Sit Ups		12		12		12														
	No rest between rounds. Move slow and stay in control.																			
E Weighted Russian Twists		12 (ea.)		12 (ea.)		12 (ea.)														
	No rest between rounds. Move slow and stay in control.																			

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
Oly Warm Up	3 Rounds Snatch Deadlift x5 Muscle Snatch x5 Overhead Squat x5 Use an empty barbell.																			
A Power Snatch (Slow 1st Pull)		3		3		3		2		2		1		1		1				
	40%		55%		65%		73%		80%		85%		85%		85%					
	Work up to 85% for 3 singles. Perform a 3 second pull from floor to knee and then aggressively accelerate through the finish. - Rest 120 secs. between sets																			
B Hang Below Knee Power Clean		3		3		3		3		2		2		2		2				
	40%		50%		60%		70%		78%		83%		83%		83%					
	Work up to 83% for 3 sets of 2 reps. - Rest 120 secs. between sets																			
C Clean High Pull		3		3		3		2		2										
	80%		90%		98%		105%		110%											
	Hold positions and pull as high as possible. - Rest 120 secs. between sets																			
D Push Jerk		3		3		3		3		3		2		2						
	40%		50%		60%		70%		78%		83%		88%							
	Work up to a top double at 88% or above. - Rest 120 secs. between sets																			
E BB Bench Press		6		5		4		3		2		2								
	40%		55%		65%		75%		83%		90%									
	Work up to a top double at 90% or above. - Rest 120 secs. between sets																			

WEDNESDAY - MAY. 4, 2022

Workout	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10

Oly Warm Up	3 Rounds Snatch Deadlift x5 Snatch Balance x5 Overhead Squat x5 Use an empty barbell.																	
	3		3		3		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																	
A Snatch Balance	3		3		3		3		2		2		2					
	40%		50%		60%		70%		78%		83%		88%		88%			
	Work up to 88% for 3 sets of 2 reps. - Rest 120 secs. between sets																	
B Clean	3		3		3		3		2		2		2		2			
	40%		50%		60%		70%		78%		83%		88%		88%		88%	
	Work up to 88% for 3 sets of 2 reps. - Rest 120 secs. between sets																	
C Front Squat	6		5		4		3		2		1		1		2		2	
	40%		55%		65%		75%		83%		88%		93%		85%		85%	
	Work up to a top single at 93% or above. Back off to 85% for 3 sets of 2 reps. - Rest 180 secs. between sets																	
D Stiff Legged Deadlift	6		5		4		3		3		3							
	50%		65%		75%		85%		85%		85%							
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																	
E Front Forearm Plank	30 secs		30 secs		30 secs													
	No rest between rounds. Keep your back flat and your core tight.																	
E Left Side Plank + Right Side Plank	30 secs (ea.)		30 secs (ea.)		30 secs (ea.)													
	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		Set 9		Set 10	
	Result	Reps	Result	Reps	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 Snatch Pull + Power Snatch		2		2		2		1		1		1		1		1		1		
	40%		50%		60%		70%		78%		83%		88%		93%		93%			
	Work up to 93% for 2 singles. 2 Reps = 2 Snatch High Pull + 2 Power Snatch 1 Rep = 1 Snatch High Pull + 1 Power Snatch - Rest 120 secs. between sets																			
B Clean Pull + Power Clean		2		2		2		1		1		1		1		1		1		
	40%		50%		60%		70%		78%		83%		88%		93%		93%			
	Work up to 93% for 3 singles. 2 Reps = 2 Clean High Pull + 2 Power Clean 1 Rep = 1 Clean High Pull + 1 Power Clean - Rest 120 secs. between sets																			
C Push Press		3		3		3		3		3		3								
	40%		55%		65%		75%		83%		88%									
	Work up to a top triple at 88% or above. - Rest 120 secs. between sets																			
D Front Rack Dumbbell Step Ups		4 (ea.)		4 (ea.)		4 (ea.)		4 (ea.)		4 (ea.)										
	Use a slow tempo and go as heavy as possible. - Rest 90 secs. between sets																			
E SA DB Bent Over Row		8 (ea.)		8 (ea.)		8 (ea.)		8 (ea.)		8 (ea.)										
	Use a slow tempo and go as heavy as possible. - Rest 90 secs. between sets																			

FRIDAY - MAY. 6, 2022

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FRIDAY - MAY. 6, 2022	
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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
Oly Warm Up	3 Rounds Snatch Deadlift x5 Tall Snatch x5 Overhead Squat x5 Use an empty barbell.																			
A Snatch Grip Sotsts Press		4		4		4		4												
	Use an empty barbell or work up to a light weight. - Rest 120 secs. between sets																			
B Tall Snatch		3		3		3		3		3										
	Use an empty barbell or work up to a light weight. - Rest 120 secs. between sets																			
C Snatch		3		3		3		2		2		2		1		1		1		1
	40%		50%		60%		70%		78%		83%		88%		88%		88%		88%	
	Work up to 88% for 4 singles. - Rest 120 secs. between sets																			
D Back Squat		6		5		4		3		3		3		3						
	40%		55%		65%		75%		83%		88%		88%							
	Work up to 88% for 2 sets of 3 reps. - Rest 180 secs. between sets																			
E Back Extensions		15		15		15		15												
	Move slow and stay in control. - Rest 90 secs. between sets																			

SATURDAY - MAY. 7, 2022	
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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
Oly Warm Up	3 Rounds Clean Deadlift x5 Tall Clean x5 Split Jerk x5 Use an empty barbell.																			
A Clean Grip Sott's Press		4		4		4		4												
	Use an empty barbell or work up to a light weight. - Rest 120 secs. between sets																			
B Tall Clean + Split Jerk		2		2		2		2		2										
	Use an empty barbell or work up to a light weight. 2 Reps = 2 Tall Cleans + 2 Split Jerks - Rest 120 secs. between sets																			
C Hang Below Knee Clean and Jerk		3		3		2		2		2		1		1		1		1		
	40%		50%		60%		70%		78%		83%		88%		88%		88%			
	Work up to 88% for 3 singles. 3 Reps = 3 Hang Clean + 3 Split Jerks 2 Reps = 2 Hang Cleans + 2 Split Jerks 1 Rep = 1 Hang Clean + 1 Split Jerks - Rest 120 secs. between sets																			
D Clean High Pull		3		3		2		2		2										
	88%		98%		105%		110%		115%											
	Hold positions and pull as high as possible. - Rest 120 secs. between sets																			
E Front Squat (Pause)		5		4		3		2		2		1		1						
	40%		55%		65%		73%		80%		85%		90%							
	Pause for 3 seconds. Work up to a top single at 90% or above. - Rest 180 secs. between sets																			