

# OLYMPIC WEIGHTLIFTING - FEBRUARY 2019

	Day 1/1	Day 1/2	Day 2/2
Week <b>1</b>	<p><b>2 SNATCH PULLS+ HANG SNATCH + PAUSE SNATCH + SNATCH</b> 50/2 60/1 70/1 (3)</p> <p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT</b> (from ground) 3x8. Last set is for max reps.</p> <p>split switch jump split 10x1 db push press + push jerk + jerk 5x5 crunches 1x200-250</p>	<p><b>2 SNATCH PULLS+ HANG SNATCH + PAUSE SNATCH + SNATCH</b> 50/2 60/1 70/1 (3)</p> <p><b>HEAVING SNATCH BALANCE</b> 8x3</p> <p><b>BACK SQUAT</b> 3x8</p> <p>kettlebell snatch + waiter's walk 5x5+10m back extensions + change plate 90/90 5x10 reverse crunches 1x200-250</p>	<p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>PUSH PRESS + PUSH JERK + JERK</b> 8x3+2+1</p> <p><b>FRONT SQUAT</b> (from ground) 3x8. Last set is for max reps.</p> <p>split switch jump split 10x1 db push press + push jerk + jerk 5x5 crunches 1x200-250</p>
Week <b>2</b>	<p><b>2 SNATCH PULLS+ PAUSE SNATCH + SNATCH</b> 55/2 65/1 75/1 (3)</p> <p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT + SPLIT JERK</b> 5x5+1</p> <p>(clean) Sotts press 5x5 box jumps 8x3. no arms, rebound if possible. crunches 1x200-250</p>	<p><b>2 SNATCH PULLS+ PAUSE SNATCH + SNATCH</b> 55/2 65/1 75/1 (3)</p> <p><b>SNATCH BALANCE + OHS</b> 8x1+2</p> <p><b>GOOD MORNING</b> 5x5</p> <p>100 (ring) dips for time back extension hold 3x&lt;:45 crunches 1x200-250</p>	<p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT + SPLIT JERK</b> 5x5+1</p> <p>(clean) Sotts press 5x5 box jumps 8x3. no arms, rebound if possible. crunches 1x200-250</p>

FOUNDATION BARBELL

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	Day 1/1	Day 1/2	Day 2/2
Week <b>3</b>	<p><b>2 SNATCH PULLS+ HANG SNATCH + PAUSE SNATCH + SNATCH</b> 50/2 60/1 70/1 (3)</p> <p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT</b> (from ground) 3x8. Last set is for max reps.</p> <p>split switch jump split 10x1 db push press + push jerk + jerk 5x5 crunches 1x200-250</p>	<p><b>2 SNATCH PULLS+ HANG SNATCH + PAUSE SNATCH + SNATCH</b> 50/2 60/1 70/1 (3)</p> <p><b>HEAVING SNATCH BALANCE</b> 8x3</p> <p><b>BACK SQUAT</b> 3x8</p> <p>kettlebell snatch + waiter's walk 5x5+10m back extensions + change plate 90/90 5x10 reverse crunches 1x200-250</p>	<p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>PUSH PRESS + PUSH JERK + JERK</b> 8x3+2+1</p> <p><b>FRONT SQUAT</b> (from ground) 3x8. Last set is for max reps.</p> <p>split switch jump split 10x1 db push press + push jerk + jerk 5x5 crunches 1x200-250</p>
Week <b>4</b>	<p><b>2 SNATCH PULLS+ PAUSE SNATCH + SNATCH</b> 55/2 65/1 75/1 (3)</p> <p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT + SPLIT JERK</b> 5x5+1</p> <p>(clean) Sotts press 5x5 box jumps 8x3. no arms, rebound if possible. crunches 1x200-250</p>	<p><b>2 SNATCH PULLS+ PAUSE SNATCH + SNATCH</b> 55/2 65/1 75/1 (3)</p> <p><b>SNATCH BALANCE + OHS</b> 8x1+2</p> <p><b>GOOD MORNING</b> 5x5</p> <p>100 (ring) dips for time back extension hold 3x&lt;:45 crunches 1x200-250</p>	<p><b>2 CLEAN PULLS + HANG CLEAN + PAUSE CLEAN + CLEAN + JERK</b> 50/2 60/1 70/1 (3)</p> <p><b>FRONT SQUAT + SPLIT JERK</b> 5x5+1</p> <p>(clean) Sotts press 5x5 box jumps 8x3. no arms, rebound if possible. crunches 1x200-250</p>

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