

6week program
Mon/Tues-Oly
Thurs/Fri- Powerlifting

Snatch = full squat snatch, Clean & jerk = full squat clean + jerk. This isn't Crossfit!

-Week 1-

Mon-

Snatch:

3x3 @ 70%

3x3 @ 75%

Back squat:

4x5 @ 75%

Push press behind neck:

3x5 @ 70%

Snatch pulls:

4x5 @ 110% (of snatch 1RM)

Pullups:

3x8

Tuesday-

Clean & Jerk:

3x3 @ 70%

3x3 @ 75%

Snatch balance:

4x3 @70% (of snatch 1RM)

Front squat:

4x5 @ 75%

Clean pulls:

5x5 @ 115%

50 abmat situps with legs flat on ground and fully extended

Wednesday-

Rest

Thursday-

Box squat:

8x3 @ 70%

Bench:

5x3 @ 70%

Sumo deadlift:

3x3 @ 70%

Friday:

Dumbbell bench press (pick heavy weight)
4x8

Back squat:
3x5 @ 75%

Dips:
3x7

Good mornings (moderately heavy weight):
3x7

50 situps

-Week 2-

Monday-

Snatch:
3x3 @ 75%
3x3 @ 80%

Back squat:
3x5 @ 80%

Push press:
5x3 @ 80%

Snatch deadlift (use straps):
4x5 @ 100% of snatch 1RM

Box jumps:
5x5

Tuesday-

Clean & Jerk:
3x3 @ 75%
3x3 @ 80%

Snatch Balance:
3x3 @ 80%

Front squats:
3x5 @ 80%

Push jerk behind neck:

3x3 @ 80% of jerk 1RM

Toes to bar:

3x12

Wednesday:

Rest

Thursday:

Back squats:

5x4@80%

OH press:

5x3 @ 80%

GHD:

3x10

Dumbbell rows:

3x10

Friday:

Lunge w/ barbell on back (very heavy weight):

3x3 each leg

Pushups:

3x15

Deadlift:

5x3 @ 80%

Pullups:

3x8

-Week 3-

Monday

Snatch:

2x3 @ 60%

2x3 @ 65%

Back squat:

3x5 @ 65%

Push press:

5x3 @ 65%

Snatch deadlift (use straps):

4x5 @ 70% of snatch 1RM

Box jumps:

5x5

Tuesday

Clean & Jerk:

2x3 @ 60%

2x3 @ 65%

Snatch Balance:

3x3 @ 65%

Front squats:

3x5 @ 65%

Push jerk behind neck:

3x3 @ 65% of jerk 1RM

Toes to bar:

3x12

Wednesday:

Rest

Thursday:

Box squat:

8x3 @ 65%

Bench:

5x3 @ 65%

Sumo deadlift:

3x3 @ 65%

Friday

Dumbbell bench press (heavy weight):

4x8

Back squat:

3x5 @ 65%

Dips:

3x7

Good mornings (moderate weight):

3x7

50 situps

-Week 4-

Monday

Snatch:

2x2 @ 90%

Back squat:

3x2 @ 85%

Jerk behind neck:

3x2 @ 90%

Snatch pulls:

4x3 @ 115%

Tuesday:

Clean & Jerk:

2x2 @ 90%

Snatch balance:

3x2 @ 90%

Front squats:

3x2 @ 90%

RDL:

5x5 @85% of clean

Wednesday:

Rest

Thursday:

Back squat:

3x2 @ 90%

Bench press:

3x2 @ 90%

Sumo deadlift:

2x2 @ 90%

Dumbbell bench flys (heavy weight):

4x8

Friday:

Row 1000m

Dumbbell shoulder press (heavy weight):

4x7

Box squats:

4x1 @ 90%

Dips:

4x8

55 abmat situps

-Week 5-

Monday-

Power Snatch + OH squat:

3x3 @ 80%

3x3 @ 85%

Back squat:

3x5 @ 80%

Push press:

5x3 @ 80%

Snatch deadlift (use straps):

4x5 @ 110% of snatch 1RM

Box jumps:

5x5

Toes to bar:

3x12

Tuesday

Hang clean + front squat:

3x3 @ 80%

3x3 @ 85%

Snatch balance:

4x3 @ 75% (of snatch 1RM)

Front squat:

4x5 @ 80%

Clean pulls:

5x5 @ 120%

50 abmat situps with legs flat on ground and fully extended

Wednesday-

Rest

Thursday:

Back squats:

5x4 @ 80%

OH press:

5x4 @ 80%

Good morning:

5x5 @

Friday:

Pullup:

3x12

Pushup:

3x15

Deadlift:

5x3 @ 80%

-Week 6-

Snatch:

3x3 @ 85%

2x2 @ 87%

Push press behind neck:

3x3 @ 85%

Lunges w/ barbell on back:

5x3 each leg

Snatch pulls:

5x5 @ 115%

Box jumps:

5x5

Tuesday:

Clean & Jerk:

3x3 @ 85%

2x2 @ 87%

Push jerk:

3x3 @ 85%

Front squats:
5x3 @ 85%

Clean pulls:
5x5 @ 115%

Thursday:
Box squats:
8x1 @ 85%

Bench press:
5x3 @ 85%

RDL:
5x5 @ 85%

Bicep curls: (Just do them)
3x8 @

Friday:
Find max weighted pullup

Back squat:
3x3 @ 85%

Deadlift:
5x3 @ 85%

Dumbbell chest fly:
3x8 @

Good morning:
3x5 @

Work mobility every day, foam roll quads, calves, glutes, thoracic and lats every day. Get as much sleep as possible, and eat big. Email me if you have questions about any of the movements. Enjoy!