|  |   |  |   | Session focus: good technique. Slow and controlled movement is OKAY to   |
|--|---|--|---|--|
| Session 1 Basics 1   |   |  |   | ensure that positions are correct.   |
| Exercise   | Percent/RPE   | Reps Per Set   | Sets                                      | Notes  |
| High Hang Snatch   | 30%   | 4  | 4   | Focus on catching in full squat  |
| Hang Power Snatch  | 60%   | 3  | 5   | Focus on good foot balance and proper foot movement  |
| Snatch Deadlift  | 70%   | 5  | 4   | Focus on good pulling technique (snatch form)  |
| Front Squat  | 70%   | 4  | 4   | Focus on low squat, high elbows, tall torso  |
|  |   |  |   | Session focus: good technique. Slow and controlled movement is OKAY to   |
| Session 2 Basics 1   |   |  |   | ensure that positions are correct.   |
| Exercise   |   | Reps Per Set   | Sets                                      | Notes  |
| Hang Clean from above knee   | 50%   | 4  | 4   | Focus on extending fully & catching in full squat  |
| Power Clean + Power Jerk (2)   | 50-70%  | 3  | 6   | Power jerk = feet moving to side, focus on upright position in dip/drive   |
| Clean Deadlift   | 70%   | 4  | 4   | Focus on good balance and clean positions  |
| Conto 2 Porto 4  |   |  |   | Session focus: good technique. Slow and controlled movement is OKAY to   |
| Session 3 Basics 1   | Danier / DDE  | Dawa Daw Cat   | Cata                                      | ensure that positions are correct.   |
| Exercise  Device Contab  |   | Reps Per Set   | Sets                                      | Notes  |
| Power Snatch   | 60%   | 4  | 4   | Focus on keeping bar close and moving feet from proper pull to catch positition  |
| Split Jerk from Rack   | 60%   | 3  | 5   | Focus on good split (front foot out, back leg slightly bent and on back toe)   |
| Clean  | 60-70%  | 4  | 5   | Focus on balance in feet and catching in squat position  |
| Session 4 Basics 1   |   |  |   | Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  |
| Pession i Pasios I   |   |  |   |  |
| Exercise   | Percent/RPE   | Reps Per Set   | Sets                                      | Notes  |
|  |   | Reps Per Set   | Sets<br>⊿                                 | Notes  Focus on catching in full squat   |
| High Hang Snatch   | 30%   | 4  | 4   | Focus on catching in full squat  |
| Exercise<br>High Hang Snatch<br>Hang Power Snatch  |   |  |   |  |
| High Hang Snatch   | 30%   | 4  | 4   | Focus on catching in full squat  |
| High Hang Snatch<br>Hang Power Snatch  | 30%<br>60%  | 4<br>3   | 4<br>5                                    | Focus on catching in full squat Focus on good foot balance and proper foot movement  |
| High Hang Snatch<br>Hang Power Snatch<br>Snatch Deadlift   | 30%<br>60%<br>70%   | 4<br>3<br>5  | 4<br>5<br>4                               | Focus on catching in full squat Focus on good foot balance and proper foot movement Focus on good pulling technique (snatch form)  |
| High Hang Snatch<br>Hang Power Snatch<br>Snatch Deadlift<br>Front Squat  | 30%<br>60%<br>70%   | 4<br>3<br>5  | 4<br>5<br>4                               | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to  |
| High Hang Snatch<br>Hang Power Snatch<br>Snatch Deadlift<br>Front Squat<br>Session 5 Basics 1  | 30%<br>60%<br>70%<br>70%  | 4<br>3<br>5<br>4   | 4<br>5<br>4<br>4                          | Focus on catching in full squat Focus on good foot balance and proper foot movement Focus on good pulling technique (snatch form) Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.   |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise  | 30%<br>60%<br>70%<br>70%<br>Percent/RPE                         | 4<br>3<br>5<br>4<br>Reps Per Set                                     | 4<br>5<br>4<br>4<br><b>Sets</b>           | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee   | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%                  | 4<br>3<br>5<br>4<br>Reps Per Set<br>4                                | 4 5 4 4 <b>Sets</b> 4                     | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat   |
| High Hang Snatch<br>Hang Power Snatch<br>Snatch Deadlift   | 30%<br>60%<br>70%<br>70%<br>Percent/RPE                         | 4<br>3<br>5<br>4<br>Reps Per Set                                     | 4<br>5<br>4<br>4<br><b>Sets</b>           | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee   | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%                  | 4<br>3<br>5<br>4<br>Reps Per Set<br>4                                | 4 5 4 4 <b>Sets</b> 4                     | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat   |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee Power Clean + Power Jerk (2)  Clean Deadlift  | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%<br>50-70%        | 4<br>3<br>5<br>4<br><b>Reps Per Set</b><br>4<br>3                    | 4 5 4 4 <b>Sets</b> 4 6                   | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat Power jerk = feet moving to side, focus on upright position in dip/drive  Focus on good balance and clean positions  Session focus: good technique. Slow and controlled movement is OKAY to   |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee Power Clean + Power Jerk (2) Clean Deadlift  Session 6 Basics 2                                       | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%<br>50-70%<br>70% | 4<br>3<br>5<br>4<br><b>Reps Per Set</b><br>4<br>3                    | 4 5 4 4 <b>Sets</b> 4 6 4                 | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat Power jerk = feet moving to side, focus on upright position in dip/drive  Focus on good balance and clean positions  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee Power Clean + Power Jerk (2)  Clean Deadlift  | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%<br>50-70%<br>70% | 4<br>3<br>5<br>4<br><b>Reps Per Set</b><br>4<br>3                    | 4 5 4 4 <b>Sets</b> 4 6                   | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat Power jerk = feet moving to side, focus on upright position in dip/drive  Focus on good balance and clean positions  Session focus: good technique. Slow and controlled movement is OKAY to   |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee Power Clean + Power Jerk (2)  Clean Deadlift  Session 6 Basics 2 Exercise Hang Snatch from Below Knee | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%<br>50-70%<br>70% | 4<br>3<br>5<br>4<br>Reps Per Set<br>4<br>3<br>4<br>Reps Per Set<br>3 | 4 5 4 4 <b>Sets</b> 4 6 4 <b>Sets</b> 5 5 | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat Power jerk = feet moving to side, focus on upright position in dip/drive  Focus on good balance and clean positions  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on lowering bar to a good start position |
| High Hang Snatch Hang Power Snatch Snatch Deadlift Front Squat  Session 5 Basics 1 Exercise Hang Clean from above knee Power Clean + Power Jerk (2)  Clean Deadlift  Session 6 Basics 2 Exercise                             | 30%<br>60%<br>70%<br>70%<br>Percent/RPE<br>50%<br>50-70%<br>70% | 4<br>3<br>5<br>4<br>Reps Per Set<br>4<br>3<br>4                      | 4 5 4 4 <b>Sets</b> 4 6 4 <b>Sets</b>     | Focus on catching in full squat Focus on good foot balance and proper foot movement  Focus on good pulling technique (snatch form)  Focus on low squat, high elbows, tall torso  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes  Focus on extending fully & catching in full squat Power jerk = feet moving to side, focus on upright position in dip/drive  Focus on good balance and clean positions  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct.  Notes   |

|                                   |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to   |
|-----------------------------------|----------------|---------------|-----------|--|
| Session 7 Basics 2                |                |               |           | ensure that positions are correct.   |
| Exercise                          | Percent/RPE    | Reps Per Set  | Sets      | Notes  |
| OH (Overhead) Squat               | 60%            | 4             | 4         | Focus on upright torso and low squat   |
| Power Clean + Front Squat (1+1)X2 | 50%            | 4             | 3         | Focus on smooth pull and proper foot movement  |
| Clean                             | 60-70%         | 3             | 3         | Focus on smooth pull and catching in full squat  |
|                                   |                |               |           |  |
|                                   |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to   |
| Session 8 Basics 2                | Downsont /DDF  | Daws Day Cat  | Cata      | ensure that positions are correct.   |
| Exercise                          | 60%            | Reps Per Set  | Sets<br>5 | Notes  Focus on lowering her to a good start position  |
| Hang Snatch from Below Knee       | 60%            | 3             | 5         | Focus on lowering bar to a good start position   |
| Snatch                            | 60-70%         | 3             | 4         | Focus on catching in full squat position   |
| Front Squat                       | 65-75%         | 4             | 4         | Focus on low squat and tall torso  |
| Cassian O Basian 3                |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to   |
| Session 9 Basics 2<br>Exercise    | Percent/PDE    | Reps Per Set  | Sets      | ensure that positions are correct.  Notes  |
| Power Jerk                        | 65%            | 3             | 5ets      | Focus on balanced dip/drive and good foot movement   |
| ower Jerk                         | 65%            | 3             | 5         | Focus on balanced dip/drive and good foot movement   |
| ligh Hang Clean                   | 50%            | 3             | 3         | Focus on good foot movement and catching in full squat   |
| Clean                             | 60-70%         | 3             | 5         | Focus on smooth bar and catching in full squat   |
| Back Squat                        |                |               |           | Focus on low squat and tall torso  |
|                                   |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to   |
| Session 10 Basics 2               |                |               |           | ensure that positions are correct.   |
| xercise                           |                | Reps Per Set  | Sets      | Notes  |
| Split Jerk from Rack              | 60-70%         | 3             | 5         | Focus on good split (front foot out, back leg slightly bent and on back toe)   |
| Snatch                            | 70%            | 2             | 5         | Focus on smooth, close bar and catching in full squat  |
| Clean                             | 70%            | 2             | 5         | Focus on smooth, close bar and catching in full squat  |
|                                   |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to   |
|                                   |                |               |           | ensure that positions are correct. New accessory exercises added, light  |
| Session 11 Basics 3               |                |               |           | practice to learn the skill.   |
| xercise                           | Percent/RPE    | Reps Per Set  | Sets      | Notes  |
| Prop Snatch                       | 50%            | 4             | 4         | Focus on good foot movement and catching low   |
| Floating Snatch                   | 60%            | 3             | 4         | Focus on lowering tight to a good start position   |
| inatch                            | 70%            | 3             | 4         |  |
| Snatch Pull                       | 80%            | 2             | 4         |  |
| Session 12 Basics 3               |                |               |           | Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light |
|                                   | Davis vit /Daz | Dama Daw Carl | Contra    | practice to learn the skill.   |
| <b>Exercise</b><br>Push Press     | 60%            | Reps Per Set  | Sets<br>4 | Notes Focus on powerful drive  |
| High Hang Clean                   | 50%            | 4             | 4         | Focus on low catch and pulling bar right to rack position  |
| High Hang Clean                   | 30%            | 4             | 4         | i ocus on iow catch and puning par right to rack position  |
|                                   |                |               |           |  |

Focus on low hips/high chest in both lifts

Clean (2) + Front Squat (2)

60-70%

| Cliean DL, with is Pause at Knee   |                                       |                |              |      |  |
|--|---------------------------------------|----------------|--------------|------|--|
| Session 18 Basics 3 Exercise Percent/PRF Reps Per Set Sets Notes  Significate from Rebind the Neck Co 70% 3 4 5 Focus on from the Sellil.  Session 18 Basics 3  Session 18 Basics 3  Session 14 Basics 3  Session 14 Basics 3  Session 14 Basics 3  Session 15 Basics 3  Session 16 Basics 4  Percent/RPE Reps Per Set Sets Sets Notes  Mode Shard Notes  Session 15 Basics 3  Session 15 Basics 3  Session 15 Basics 4  Percent/RPE Reps Per Set Sets Sets Notes  Mode Shard Notes  Session 15 Basics 3  Session 15 Basics 4  Percent/RPE Reps Per Set Sets Sets Notes  Session 16 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 17 Basics 4  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Percent/ | Clean DL with 3s Pause at Knee        | 80%            | 3            | 4    | Focus on good balance and position during pause at knee  |
| Session 18 Basics 4   Session 19 Basics 4    |                                       |                |              |      |  |
| Spite Let's from Sehind the Neck   60-70%   3   4   Focus on foot movement and final positioning   | Session 13 Basics 3                   |                |              |      | practice to learn the skill.   |
| High Hang Sn H Hang Sn BK + Snatch 60-70% 3 5 Sn-Snatch, BK + Below Knee  Session 16 Basics 3  Exercise Percent/RPE Reps Per Set Sets Notes  High Hang Cl H Hang Cl BK + Clean 60-70% 3 5 Cl = Clean, BK = Below Knee  Power Jerk from Rack 70-75% 2 5 Focus on straigh dig drive and proper foot movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Session 16 Basics 3  Exercise Percent/RPE Reps Per Set Sets Notes  Power Jerk from Rack 70-75% 2 5 Focus on straigh dig drive and proper foot movement  Session 15 Basics 3  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  From Squat 1 and tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  From Squat 1 and tall chest Note Note Note Note Note Note Note Not   | Exercise                              | Percent/RPE    | Reps Per Set | Sets | Notes  |
| Session 14 Basics 3  Session 14 Basics 3  Session 15 Basics 3  Session 16 Basics 4  Session 16 Basics 4  Session 16 Basics 4  Session 17 Basics 4  Session 17 Basics 4  Session 17 Basics 4  Session 17 Basics 4  Session 18 Basics 4  Session 18 Basics 4  Session 18 Basics 4  Session 17 Basics 4  Session 18 Basics 4  Session 18 Basics 4  Session 17 Basics 4  Session 18 Basics 4  Session 1 | Split Jerk from Behind the Neck       | 60-70%         | 3            | 4    | Focus on foot movement and final positioning   |
| Session 14 Basics 3 Exercise Percent/RPE Reps Per Set Muscle Shatch 30-40% 3 4 Focus on tall torso during pull, fast hip extension and fast turn over High Hang CI Hang CI BK + Clean 60-70% 3 5 CI - Clean, 8K - Below Knee Power Jerk from Rack 70-75% 2 5 Focus on straigh dip drive and proper foot movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Session 15 Basics 3 Exercise Percent/RPE Reps Per Set Sets Drop Snatch 50% 3 4 Focus on straigh dip drive and proper foot movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Session 15 Basics 3 Exercise Percent/RPE Reps Per Set Sets Shit Press 30%% 3 4 Focus on foot movement and speed into squat position  Session 16 Basics 4 Exercise Percent/RPE Reps Per Set Sets Split Press 30%% 5 4 Focus on Low squat and tall chest  Session 16 Basics 4 Exercise Percent/RPE Reps Per Set Sets Shit Press 30%% 5 4 Focus on low squat tall chest with slightly higher intensities.  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Shit Press 30%% 5 4 Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Shotes Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Shotes Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Shotes Focus on foot movement and dropping low and fast  Session 18 Basics 4  Focus on foot movement and dropping low and fast  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Focus on foot movement and dropping low and fast  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and co | High Hang Sn + Hang Sn BK + Snatch    | 60-70%         | 3            | 5    | Sn=Snatch, BK = Below Knee   |
| session 14 Basics 3  Exercise  Percent/RPE Reps Per Set  Muscle Snatch  30-40% 3 4 Focus on tall torso during pull, fast hip extension and fast turn over  High Hang CI + Hang CI BK + Clean 60-70% 3 5 CI = Clean, BK = Below Knee  Power Jerk from Rack  70-75% 2 5 Focus on straigh dip drive and proper foot movement  Session 15 Basics 3  Exercise  Percent/RPE Reps Per Set  Urop Snatch  50% 3 4 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 OH SQ = Overhead Squat  Front Squat  70-80% 3 4 Focus on foot movement and speed into squat position  Session 16 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 16 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Focus on pood split position (front foot out, bent back leg on toe)  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 18 Basics 4  Focus on focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Focus on foot movement and dropping low and fast  Focus on foot movement and dropping low and fast  Focus on foot movement and dropping low and fast  Focus on foot movement and tropping low and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session 150 was quat and tall chest  Session 150 was quat and t | Snatch Pull                           | 80%            | 3            | 4    |  |
| session 14 Basics 3  Exercise  Percent/RPE Reps Per Set  Muscle Snatch  30-40% 3 4 Focus on tall torso during pull, fast hip extension and fast turn over  High Hang CI + Hang CI BK + Clean 60-70% 3 5 CI = Clean, BK = Below Knee  Power Jerk from Rack  70-75% 2 5 Focus on straigh dip drive and proper foot movement  Session 15 Basics 3  Exercise  Percent/RPE Reps Per Set  Urop Snatch  50% 3 4 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 OH SQ = Overhead Squat  Front Squat  70-80% 3 4 Focus on foot movement and speed into squat position  Session 16 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 16 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 17 Basics 4  Focus on pood split position (front foot out, bent back leg on toe)  Session 17 Basics 4  Exercise  Percent/RPE Reps Per Set  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Session 18 Basics 4  Exercise  Percent/RPE Reps Per Set  Sets  Notes  Session 18 Basics 4  Focus on focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Focus on foot movement and dropping low and fast  Focus on foot movement and dropping low and fast  Focus on foot movement and dropping low and fast  Focus on foot movement and tropping low and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session 150 was quat and tall chest  Session 150 was quat and t |                                       |                |              |      |  |
| Notes   Percent/RPE   Reps Per Set   Sets   Notes  |                                       |                |              |      | ensure that positions are correct. New accessory exercises added, light                            |
| Muscle Snatch  30-40%  3 4 Focus on tall torso during pull, fast hip extension and fast turn over High Hang CI + Hang CI BK + Clean  60-70%  3 5 CI = Clean, BK = Below Knee  Power Jerk from Rack  70-75%  2 5 Focus on straigh dip drive and proper foot movement  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Service  Percent/RPE Reps Per Set Solution Snatch + OH SQ (1+1)X2  60-70%  4 4 OH SQ = Overhead Squat  Frous on Low squat and tall chest  Session 16 Basics 4  Exercise  Percent/RPE Reps Per Set Sets Notes  Solution Salve that positions are correct. Accessory exercises revisited with slightly higher intensities. Notes  Notes  Olean + Hang Clean + Jerk (2)  60-70%  3 5 Focus on low squat, tall chest, high bar position  Session 12 Basics 4  Exercise  Percent/RPE Reps Per Set Sets Notes  Solution Salve Squat  70%  3 5 Focus on low squat, tall chest, high bar position  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Solution Squat tall chest, high bar position  Session 12 Basics 4  Exercise  Percent/RPE Reps Per Set Sets Notes  Solution Squat, tall chest, high bar position  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Solution Squat and tall chest, high bar position  Session 12 Basics 4  Focus on foot movement and dropping low and fast  Solution Squat and tall chest, high bar position at knee  Fornt Squat  70%  3 4 Focus on proper balance and position at knee  Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Solution Squat and tall chest  Session 18 Basics 4                      |                                       |                |              |      | •  |
| High Hang CI Hang CI BK + Clean 60-70% 3 5 CI = Clean, BK = Below Knee  Power Jerk from Rack 70-75% 2 5 Focus on straigh dip drive and proper foot movement  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Snatch + OH SQ (1+1)X2 60-70% 4 4 7 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 7 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   | Exercise                              | Percent/RPE    | Reps Per Set | Sets | Notes  |
| Power Jerk from Rack 70-75% 2 5 Focus on straigh dip drive and proper foot movement  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. New accessory exercises added, light practice to learn the skill.  Exercise Percent/RPE Reps Per Set Sets Prop Snatch Snatch + OH SQ (1+1)X2 60-70% 4 4 4 Procus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 70-80% 3 4 Focus on Low squat and tall chest  Session 16 Basics 4 Exercise Percent/RPE Reps Per Set Sets Split Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Split Press 30%% 5 4 Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Solid Incomplete in the split position (front foot out, bent back leg on toe)  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Solid Incomplete in the split position (front foot out, bent back leg on toe)  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Solid Incomplete in the split position (front foot out, bent back leg on toe)  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Sets Solid Incomplete in the split position (front foot out, bent back leg on toe)  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with | Muscle Snatch                         | 30-40%         | 3            | 4    | Focus on tall torso during pull, fast hip extension and fast turn over                             |
| Session 15 Basics 3  Exercise Percent/RPE Reps Per Set Sets Drop Snatch 50% 3 4 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 4 Focus on Low squat and tall chest  Front Squat 70-80% 3 4 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Split Press 30%% 5 4 Focus on Journal of Split position (front foot out, bent back leg on toe)  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Solution 18 Solution 19 Solutio | High Hang Cl + Hang Cl BK + Clean     | 60-70%         | 3            | 5    | CI = Clean, BK = Below Knee  |
| Session 15 Basics 3  Exercise Percent/RPE Reps Per Set Sets Notes  Drop Snatch + OH SQ (1+1)X2 60-70% 4 4 4 Focus on Low squat and tall chest  Front Squat 70-80% 3 4 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Split Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Reps Per Set Sets Notes | Power Jerk from Rack                  | 70-75%         | 2            | 5    | Focus on straigh dip drive and proper foot movement  |
| Session 15 Basics 3  Exercise Percent/RPE Reps Per Set Sets Notes  Drop Snatch + OH SQ (1+1)X2 60-70% 4 4 4 Focus on Low squat and tall chest  Front Squat 70-80% 3 4 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Sets Split Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Reps Per Set Sets Notes |                                       |                |              |      |  |
| Exercise Percent/RPE Reps Per Set 50% 3 4 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 4 OH SQ = Overhead Squat  Front Squat 70-80% 3 4 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set 50lit Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set 50lit Press 30% 5 Focus on low squat, tall chest, high bar position  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set 50lit Press | Section 15 Basics 2                   |                |              |      | ensure that positions are correct. New accessory exercises added, light                            |
| Drop Snatch 50% 3 4 Focus on foot movement and speed into squat position  Snatch + OH SQ (1+1)X2 60-70% 4 4 0 OH SQ = Overhead Squat  Front Squat 70-80% 3 4 Focus on Low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Split Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Notes  Notes  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Notes  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Notes  Session focus: good technique and position at knee  Front Squat 70% 3 4 Focus on proper balance and position at knee  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   |                                       | Dawsont/DDF    | Daws Day Cat | Cata | •  |
| Snatch + OH SQ (1+1)X2 60-70% 4 4 4 Focus on Low squat and tall chest  Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Split Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Set Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Notes  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on foot movement and dropping low and fast  Front Squat 70% 3 4 Focus on low squat and tall chest  Session 18 Basics 4 Focus on low squat and tall chest  Session 18 Basics 4 Focus on low squat and tall chest  Session 19 Basics 4 Focus on low squat and tall chest   |                                       | -              | •            |      |  |
| Front Squat  70-80% 3 4 Focus on Low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Split Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on low squat and tall chest  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  | ·                                     | 50%            | 3            | 4    |  |
| Session 16 Basics 4  Exercise Percent/RPE Reps Per Set Split Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Session 18 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadliff with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique and position at knee  Front Squat 70% 3 4 Focus on proper balance and position at knee  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  | Snatch + OH SQ (1+1)X2                | 60-70%         | 4            | 4    | OH SQ = Overhead Squat   |
| ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise Percent/RPE Reps Per Set Solit Press Solit Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 5  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  | Front Squat                           | 70-80%         | 3            | 4    | Focus on Low squat and tall chest  |
| ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise Percent/RPE Reps Per Set Solit Press Solit Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 5  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4 Exercise Percent/RPE Reps Per Set Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  |                                       |                |              |      | Cooling forms, and hophwises. Class and controlled account to OVAVA                                |
| Exercise Percent/RPE Reps Per Set Sets Notes  Split Press 30%% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5 Focus on low squat, tall chest, high bar position  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   | Section 16 Pagins 4                   |                |              |      | ensure that positions are correct. Accessory exercises revisited with slightly                     |
| Split Press 30% 5 4 Focus on good split position (front foot out, bent back leg on toe)  Clean + Hang Clean + Jerk (2) 60-70% 3 5  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Source of the property of the pr |                                       | Dercont/DDF    | Pane Par Cat | Sata |  |
| Clean + Hang Clean + Jerk (2) 60-70% 3 5  Back Squat 70% 3 5 Focus on low squat, tall chest, high bar position  Session 17 Basics 4  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   |                                       | •              | •            |      |  |
| Back Squat  70%  3  5  Focus on low squat, tall chest, high bar position  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise  Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch  30%  4  4  Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2)  65-75%  4  4  Focus on proper balance and position at knee  Front Squat  70%  3  4  Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  | Split Press                           | 30%%           | 5            | 4    | Focus on good split position (front foot out, bent back leg on toe)                                |
| Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  | Clean + Hang Clean + Jerk (2)         | 60-70%         | 3            | 5    |  |
| ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   | Back Squat                            | 70%            | 3            | 5    | Focus on low squat, tall chest, high bar position  |
| ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  Exercise Percent/RPE Reps Per Set Sets Notes  Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   |                                       |                |              |      | Session focus: good technique. Slow and controlled movement is OKAY to                             |
| Dead Hang Snatch 30% 4 4 Focus on foot movement and dropping low and fast  Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   |                                       |                |              |      | ensure that positions are correct. Accessory exercises revisited with slightly higher intensities. |
| Snatch (2) + Drop Snatch (2) 65-75% 4 4  Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.  |                                       |                | •            |      |  |
| Snatch Deadlift with 3s pause at knee 80% 3 4 Focus on proper balance and position at knee  Front Squat 70% 3 4 Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   | Dead Hang Snatch                      | 30%            | 4            | 4    | Focus on foot movement and dropping low and fast   |
| Front Squat  70%  3  4  Focus on low squat and tall chest  Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities.   | Snatch (2) + Drop Snatch (2)          | 65-75%         | 4            | 4    |  |
| Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly Session 18 Basics 4  | Snatch Deadlift with 3s pause at knee | 80%            | 3            | 4    | Focus on proper balance and position at knee   |
| ensure that positions are correct. Accessory exercises revisited with slightly Session 18 Basics 4 higher intensities.   | Front Squat                           | 70%            | 3            | 4    | Focus on low squat and tall chest  |
| · · · · · · · · · · · · · · · · · · ·  |                                       |                |              |      | ensure that positions are correct. Accessory exercises revisited with slightly                     |
| refeelight heps fel set sets notes   |                                       | Percent/PDF    | Rons Dor Sot | Sats | ——————————————————————————————————————   |
|  | LACTURE .                             | i citellit/RPE | neps rei set | Jeis |  |

| Jerk BHN       | 70  | 2 | 5 | BHN = Behind the Neck, focus on dropping under bar and good foot position |
|----------------|-----|---|---|---|
| Floating Clean | 70  | 3 | 4 | Focus on staying tight and lowering to good start position                |
| Back Squat     | 75% | 3 | 4 | Focus on low squat, tall chest, high bar position                         |

| Session 19 Basics 4                 |             |              |      | Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly higher intensities. |
|-------------------------------------|-------------|--------------|------|---|
| Exercise                            | Percent/RPE | Reps Per Set | Sets | Notes   |
| Snatch + Drop Snatch + OH SQ        | 60-70%      | 3            | 4    |   |
| Snatch Pull                         | 80%         | 2            | 4    |   |
| Clean + Hang Clean + Power Jerk     | 60-70%      | 3            | 5    |   |
| Split Squat                         | 50%         | 5 per side   | 4    | Start in split position, lower knee to floor and extend back to start.  Bar can be in front rack or back rack position.   |
|                                     |             |              |      | Session focus: good technique. Slow and controlled movement is OKAY to ensure that positions are correct. Accessory exercises revisited with slightly                     |
| Session 20 Basics 4                 |             |              |      | higher intensities.   |
| Exercise                            | Percent/RPE | Reps Per Set | Sets | Notes   |
| Power Snatch + High Hang Snatch (2) | 60%         | 3            | 3    |   |
| Snatch                              | 65-80%      | 2            | 5    | Opportunity to go moderately heavy  |
| Power Clean + FSQ + Jerk            | 50-70%      | 3            | 3    |   |
| Clean and Jerk                      | 70-80%      | 2            | 5    | Opportunity to go moderately heavy  |