

Weightlifting - improve catch / upperbody finish + develop general strength qualities

Warm-up 2 rounds:
 10steps each plate duck walks overhead
 3 muscle snatch + 3 snatch grip push press + 3 overhead squat
 3 back squat + 3 good morning + 3 SLDL + 3 bent row

Program Notes:
 Don't need to be married to the percents, they are just a general guideline. They will vary heavily with the technical skill level of the athlete. Adding 5-10lbs a week is great progress. Not missing repetitions is much more important here. Focus of this program is getting the upper body strong and ready to catch heavy weight in the snatch and jerk, cleans are on the back burner. Volume is high, get your nutrition and sleep on point to make progress. Autoregulate on the last exercises as needed.

	DAY 1 - Snatch/Push Chest - Legs	DAY 2 - CJ/Pull Back - Posterior	DAY 3 - Snatch/Push Shoulders - Legs	DAY 4 - CJ/Pull Back Posterior	DAY 5 - Accessory
Warm Up Notes:					
EXERCISE 1	No Brush Snatch	NF Clean+NF Power Jerk (2*2)	Muscle Snatch	EMOM Snatch	EMOM C&J (1+1)
	Big Finish	Suuper tight catch in both	Feel the finish through the arms	75%-85% no misses	65-85% / no misses
WEEK 1 - Understand	4*4 50%	4*4 50-65%	3*3 40-55%	10 75%	10 65%
WEEK 2 - Develop	4*4 55%	4*4 55-70%	4*3 40-55%	10 80%	10 70%
WEEK 3 - Deload	4*2 60%	4*4 50-65%	3*3 40-55%	6 77%	6 75%
WEEK 4 - Overload	4*4 60%	4*4 60-75%	5*3 40-55%	10 85%	10 80%
EXERCISE 2	Hang Snatch	Concentric Only Power Jerk	Push Press	Sn Pull Deficit	Bench Press
	Big Finish - Be snappy	Still light catch, no elastic portion	Heavy dubs then fives for size	Off 1-3 inch deficit - shrugs are after last set	Big arms are cool from what I've heard
WEEK 1 - Understand	4*2 50-65%	4*3 60-75%	3*2 75%	3*5 70-85%	3*5 50-65%
WEEK 2 - Develop	4*2 55-70%	4*3 60-75%	3*2 80%	4*5 75-90%	3*5 55-70%
WEEK 3 - Deload	3*3 50-65%	4*3 60-75%	3*3 75%	3*5 70-80%	3*5 50-65%
WEEK 4 - Overload	4*2 60-75%	4*3 60-75%	3*2 85-90%	4*5 80-95%	3*5 60-75%
EXERCISE 3	BS Low Pins	Clean Pull Deficit	Front Squat	D or V Bar (neutral) Row/Pulldown	BS Low Pause
	Pause for second count off the pins - completely stop on pins	Off 1-3 inch deficit	Retain the stretch here, fast reps	BACK	Pause for second count in hole - no pins
WEEK 1 - Understand	3*5 60-80%	3*5 70-85%	4*5 70-85%	4*5	3*5 65-80%
WEEK 2 - Develop	4*5 65-85%	4*5 75-90%	4*5 75-90%	4*5 1-2*10	4*5 70-85%
WEEK 3 - Deload	3*5 60-80%	3*5 70-80%	3*5 70-80%	3*5	3*5 65-80%
WEEK 4 - Overload	4*5 65-85%	4*5 80-95%	4*5 80-95%	4*5 1-3*10	4*5 70-85%
EXERCISE 4	Seated Barbell Overhead	Row/Pull Down	DB Bulgarian	Single Arm Row	Rack or Box Clean Pull
	Can push off pins or regular	Back depending on equipment	Weight in Opposite Hand	AINT A BRO DAY UNLESS ITS A ROW DAY Can cheat a lil	Above Knee % based off clean
WEEK 1 - Understand	3*5 1*10	4*5 1*10	3*10	3*5	2*3 110-120%
WEEK 2 - Develop	4*5 1*10	4*5 1*10	3*10	3*5	2*3 120-130%
WEEK 3 - Deload	3*5	3*5	3*5	3*5	2*5 100%
WEEK 4 - Overload	4*5 2*10	4*5 1*10	3*10	3*5	2*3 120-130%
EXERCISE 5	DB Incline	Xiaojun Back Extensions	Lateral Raise+Upright Row	Sn Grip SLDL	Rack Shrug
	Chest and Shoulders	Weighted w/ barbell	Shoulder Burnout	Back and Hammys	Superset with the above exercise
WEEK 1 - Understand	0-5*8-12	0-5*8-12	0-5*8-12	0-5*8-12	0-4*10
WEEK 2 - Develop	0-5*8-12	0-5*8-12	0-5*8-12	0-5*8-12	0-4*10
WEEK 3 - Deload	0-5*8-12	0-5*8-12	0-5*8-12	0-5*8-12	0-4*10
WEEK 4 - Overload	0-5*8-12	0-5*8-12	0-5*8-12	0-5*8-12	0-4*10
Notes:	Maintenance: Shoulders - facepulls, dislocates, external rotations Legs - calf raises, atg split squats	Maintenance: Core: 3x5-10 Bubkas - on bar or rings - band if needed, Ab wheel rollouts	Maintenance: Manual/4 Way Neck Gripper/Forearm Roller	Maintenance: Core: 3x5-10 Bubkas - on bar or rings - band if needed, Ab wheel rollouts	Biceps and triceps as wanted