

Name	Clean	Snatch	Jerk	Squat	Bench	Deadlift		
	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A		
Warm-ups								
5-min Jog or Use Warm-ups under Post Work								
Day 1	Week 1		Week 2		Week 3		Week 4	
Rest: 30-90s between sets	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
A1 Squat Jumps <i>can use DB's if available</i>	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
A2 Bunny Hops on Toes: 10	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
A3 1-min Front Plank	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
B1 DB or BW Squats	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B2 SL Glute Bridge: 30s e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B3 Bird Dogs: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C1 DB Bench Press <i>Can do Push-ups if no DB</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C2 Alt-Supermans: 8-12e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C3 Penguins: 30s	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D1 SL Squat to Chair	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D2 Glute Walks: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D3 Window Washers: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E1 Seated Military Press <i>Can use DB's if available</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E2 SA DB Rows: 10e <i>if DB's not available: Supermans</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E3 Sit-ups: 10-20								

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Warm-ups								
5-min Jog or Use Warm-ups under Post Work								
Day 2	Week 1		Week 2		Week 3		Week 4	
Rest: 30-90s between sets	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
A1 Skater Hops	x	5-10e	x	5-10e	x	5-10e	x	5-10e
A2 SL Lateral Hops to toes: 10e	x	5-10e	x	5-10e	x	5-10e	x	5-10e
A3 1-min Side Planks	x	5-10e	x	5-10e	x	5-10e	x	5-10e
B1 DB or BW Split-Squats	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B2 Quaduped Hip Extension: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B3 Push-up position 1-limb raise: 5e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C1 SA DB Bench Press <i>Can do SA Wall Push-ups if no DB</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C2 Y Super mans: 8-12	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C3 DB Side Bends: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D1 Lateral Squats <i>Can use DB's if Available</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D2 SL Hip Extension on Chair: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D3 Russian Twist: 10-20e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E1 Seated Alt-Military Press <i>Can use DB's if available</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E2 SA DB Rows: 10e <i>if DB's not available: W Supermans</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E3 V-Toe Touches: 10-20								

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5-min Jog or Use Warm-ups under Post Work								
Day 3	Week 1		Week 2		Week 3		Week 4	
Rest: 30-90s between sets	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
A1 BW Broad Jumps	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
A2 Alt Lunge Jumps: 5e	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
A3 Flutter Kicks: 20s	x	3 to 5	x	3 to 5	x	3 to 5	x	3 to 5
B1 DB or BW Reverse Lunges	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B2 Clam Shells: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
B3 Straight Leg Bird Dogs: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C1 Scap Push-ups	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C2 T Supermans: 10	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
C3 Plate/DB Seatbelts: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D1 Skater Squats <i>use chair or pole for support if needed</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D2 Side lying Hip Abduction: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
D3 Side lying Hip Thrust: 10e	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E1 Bench/ Chair Dips	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E2 Seated Cuban Press: 10 <i>Pretend your holding the band</i>	x	8 to 12	x	8 to 12	x	8 to 12	x	8 to 12
E3 Reverse Crunches: 10-20								

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Warm-ups and Post Work						
Warm-ups						
Standing Knee Hugs	x	10e	x	10e	x	10e
Standing Heel Grabs	x	10e	x	10e	x	10e
Lunge w/ Twist	x	10e	x	10e	x	10e
SL RDL's	x	10e	x	10e	x	10e
Hip Rotation into Squat	x	10e	x	10e	x	10e
Inchworm	x	10	x	10	x	10
High Knees in place	2x	5s	2x	5s	2x	5s
Butt Kickers in place	2x	5s	2x	5s	2x	5s
Cherry Pickers in place	x	5e	x	5e	x	5e
Day 1						
Calf Stretch	x	1-min	x	1-min	x	1-min
90-90 Rotations	x	10e	x	10e	x	10e
World's Greatest Stretch	x	10e	x	10e	x	10e
Childs Pose	x	1-min	x	1-min	x	1-min
Day 2						
SL Balance on Toes	2x	30-60s	2x	30-60s	2x	30-60s
Squat to Knee Push-outs	x	1-min	x	1-min	x	1-min
Door Stretch	x	1-min	x	1-min	x	1-min
Downward/Upward Dog	x	1-min	x	1-min	x	1-min
Day 3						
Calf Stretch	x	1-min	x	1-min	x	1-min
90-90 Stretch	x	1-min	x	1-min	x	1-min
Lunge Elbow Tuck	x	1-min	x	1-min	x	1-min
Childs Pose	x	1-min	x	1-min	x	1-min

Key:
 SL= Single Leg
 SA = Single Arm
 SB = Stability Ball
 DB = Dumbbell
 BB = Barbell
 OH = Overhead
 RE = Rear Elevated
 FE = Front Elevated
 SG = Snatch Grip
 1 Kg= 2.20462lbs
 TF= Till Failure
 2.5lbs= ~1kg
 5lbs= ~2kg
 10lbs= ~4kg
BB Complex 1:
 RDL
 Upright Row
 Front Squat
 High Hang Clean
 Hang Clean w/ Squat
BB Complex 2:
 SG RDL
 SG Behind Military Press
 SG OH Squat
 SG Drop Catch
 SG High Hang Snatch
 SG Hang Snatch w/ Squat

AT HOME WORKOUTS