



WEIGHTLIFTING®
BEGINNER PROGRAM

BASE WEEK

Monday

Bar warm -up

Hang Snatch	5x55%	5x60%	5x65%	5x65%
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Power Jerk	5x60%	5x60%	5x65%	
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Front Squat	10x55%	8x60%	6x65%	
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Clean Pull	5x60%	5x60%	5x65%	
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Core Routine

Plyos

Stretching and Mobility

Wednesday

Bar warm -up

Overhead Squat (Balance)	5x55%	5x60%	5x65%	5x65%
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Hang Clean	5x55%	5x60%	5x65%	5x65%
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Box Squat	10x55%	8x60%	6x65%	6x65%
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Snatch Pull	5x60%	5x60%	5x65%	
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Core Routine

Sprints

Stretching and Mobility

Friday

Bar warm -up

Power Snatch	5x55%	5x60%	5x65%	5x65%
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Power Clean and Jerk	5x55%	5x60%	5x60%	5x65%
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Back Squat	10x55%	8x60%	6x65%	6x65%
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Bench Press	10x55%	10x60%	8x65%	8x65%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

VOLUME WEEK

Monday

Bar warm -up

Hang Snatch	5x65%	5x70%	3x75%	3x75%
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Power Jerk	5x65%	5x70%	3x75%	
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Front Squat	8x65%	8x65%	6x70%	6x75%
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Clean Pull	5x70%	5x72%	5x75%	
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Core Routine

Plyos

Stretching and Mobility

Wednesday

Bar warm -up

Overhead Squat (Balance)	5x65%	5x65%	3x70%	3x75%
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Hang Clean	5x65%	5x70%	3x75%	3x75%
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Box Squat	8x65%	8x65%	6x70%	6x75%
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Snatch Pull	5x70%	5x72%	5x75%	
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Core Routine

Sprints

Stretching and Mobility

Friday

Bar warm -up

Power Snatch	5x65%	5x65%	3x70%	3x75%
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Power Clean and Jerk	5x65%	5x65%	3x70%	3x75%
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Back Squat	8x65%	8x65%	6x70%	6x75%
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Bench Press	8x65%	8x65%	6x70%	6x75%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

RECOVERY WEEK

Monday

Bar warm -up

Hang Snatch	5x60%	5x65%	5x65%	5x70%
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Power Jerk	5x60%	5x65%	5x70%	
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Front Squat	8x60%	8x60%	6x65%	6x70%
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Clean Pull	5x70%	5x70%	5x70%	
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Core Routine

Plyos

Stretching and Mobility

Wednesday

Bar warm -up

Overhead Squat (Balance)	5x60%	5x60%	5x65%	5x70%
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Hang Clean	5x60%	5x65%	5x65%	5x70%
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Box Squat	8x60%	8x60%	6x65%	6x70%
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Snatch Pull	5x70%	5x70%	5x70%	
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Core Routine

Sprints

Stretching and Mobility

Friday

Bar warm -up

Power Snatch	5x60%	5x60%	5x65%	5x70%
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Power Clean and Jerk	5x60%	5x60%	5x65%	5x70%
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Back Squat	8x60%	8x60%	6x65%	6x70%
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Bench Press	8x60%	8x60%	6x65%	6x70%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

PERFORMANCE WEEK

Monday

Bar warm -up

Hang Snatch	5x70%	5x70%	3x75%	2x80%
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Power Jerk	5x70%	3x75%	2x80%	
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Front Squat	6x70%	6x70%	6x75%	4x80%
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Clean Pull	5x75%	5x80%	5x80%	
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Core Routine

Plyos

Stretching and Mobility

Wednesday

Bar warm -up

Overhead Squat (Balance)	3x70%	3x70%	3x75%	2x80%
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Hang Clean	5x70%	5x70%	3x75%	2x80%
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Box Squat	6x70%	6x70%	6x75%	4x80%
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Snatch Pull	5x75%	5x80%	5x80%	
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Core Routine

Sprints

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Friday

Bar warm -up

Power Snatch	3x70%	3x70%	3x75%	2x80%
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Power Clean and Jerk	3x70%	3x70%	3x75%	2x80%
----------------------	-------	-------	-------	-------

Back Squat	6x70%	6x70%	6x75%	4x80%
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Bench Press	6x70%	6x70%	6x75%	4x80%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

BASE WEEK

Monday

Bar warm -up

Below the Knee Snatch	5x60%	5x65%	5x70%	5x70%
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Split Jerk	5x65%	5x65%	5x70%	
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Front Squat	8x60%	6x65%	6x70%	
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Clean Pull	5x65%	5x65%	5x70%	
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Core Routine

Plyos

Stretching and Mobility

Wednesday

Bar warm -up

Overhead Squat (Balance)	5x60%	5x60%	5x65%	5x70%
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Below the Knee Clean	5x60%	5x60%	5x65%	5x70%
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Box Squat	8x60%	8x60%	6x65%	6x70%
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Snatch Pull	5x65%	5x65%	5x70%	
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Core Routine

Sprints

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Friday

Bar warm -up

Snatch	5x60%	5x60%	5x65%	5x70%
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Clean and Jerk	5x60%	5x60%	5x65%	5x70%
----------------	-------	-------	-------	-------

Back Squat	8x60%	8x60%	6x65%	6x70%
------------	-------	-------	-------	-------

Bench Press	8x60%	8x60%	6x65%	6x70%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

VOLUME WEEK

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Bar warm -up

Below the Knee Snatch	5x65%	5x70%	3x75%	3x80%
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Split Jerk	5x70%	3x75%	3x80%	
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Front Squat	6x70%	6x70%	6x75%	4x80%
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Clean Pull	5x75%	5x75%	5x80%	
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Plyos

Stretching and Mobility

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Box Squat	6x70%	6x70%	6x75%	4x80%
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Snatch Pull	5x75%	5x80%	5x80%	
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Back Squat	6x70%	6x70%	6x75%	4x80%
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Bench Press	6x70%	6x70%	6x75%	4x80%
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Pull Ups	10x	10x	10x	10x
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Stretching and Mobility

RECOVERY WEEK

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Wednesday

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Clean and Jerk	5x65%	5x65%	3x70%	3x75%
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Bench Press	8x65%	8x65%	6x70%	6x75%
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Pull Ups	10x	10x	10x	10x
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Med Ball Throws

Core Routine

Stretching and Mobility

MAX WEEK

Olympic Performance

Monday					
Clean and Jerk	5x50%	3x60%	3X70%	2x80%	1x90%
	1x95%	1x100%	1x105%	1x110%	1x115%
	1x120%				

Wednesday					
Snatch	5x60%	3x70%	2X80%	1x85%	1x90%
	1x95%	1x100%	1x105%	1x110%	1x115%
	1x120%				

Sports Performance

Monday					
Power clean	5x50%	3x60%	3X70%	2x80%	1x90%
	1x95%	1x100%	1x105%	1x110%	1x115%
	1x120%				

Wednesday					
Bench press	5x60%	3x70%	2X80%	1x85%	1x90%
	1x95%	1x100%	1x105%	1x110%	1x115%
	1x120%				

Friday					
Back squat	5x60%	3x70%	3x80%	1x90%	
	1x100%	1x105%	1x110%	1x115%	
	1x120%				

BEGINNER PROGRAM