

# 6

# WEEK WEIGHTLIFTING PLAN

	Monday	Wednesday	Friday
<b>WEEK 1</b>	<p>1. Split Jerk 4 x 2 @ 80%</p> <p>2. Hang Power Snatch 4 x 3 @ 70%</p> <p>3. Back Squat 3 x 4-5 @ 75%</p> <p>4a. Single-Arm Press Work up to 8-10-rep max each side</p> <p>4b. Loaded Plank 3 x 20 secs</p>	<p>1. Snatch 4 x 2 @ 80%</p> <p>2. Power Clean 4 x 3 @ 70%</p> <p>3. Front Squat 4 x 3 @ 75%</p> <p>4a. Single-Arm Row Work up to 8-10-rep max each side</p> <p>4b. Back Extension Hold 3 x 20 secs</p>	<p>1. Clean &amp; Jerk 3-4 x 2 @ 80%</p> <p>2. Snatch Pull 3-4 x 3 @ 90% of your snatch 1RM</p> <p>3. Push Press 4 x 3 @ 70%</p> <p>4a. Bulgarian Split Squat Work up to 8-10-rep max</p> <p>4b. Alekna 3 x 8-10 reps</p>
<b>WEEK 2</b>	<p>1. Split Jerk 5 x 2 @ 80%</p> <p>2. Hang Power Snatch 4 x 3 @ 70%</p> <p>3. Back Squat 4 x 4-5 @ 75%</p> <p>4a. Single-Arm Press 2 x 6-8 each side @ 8-10RM</p> <p>4b. Loaded Plank 3 x 25 secs</p>	<p>1. Snatch 4-5 x 2 @ 80%</p> <p>2. Power Clean 4 x 3 @ 70%</p> <p>3. Front Squat 4 x 3 @ 75%</p> <p>4a. Single-Arm Row 2 x 6-8 each side @ 8-10RM</p> <p>4b. Back Extension Hold 3 x 25 secs</p>	<p>1. Clean &amp; Jerk 4-5 x 2 @ 80%</p> <p>2. Snatch Pull 3-4 x 3 @ 95%</p> <p>3. Push Press 4 x 3 @ 70%</p> <p>4a. Bulgarian Split Squat 2 x 6-8 each side @ 8-10RM</p> <p>4b. Alekna 3 x 10 reps</p>
<b>WEEK 3</b>	<p>1. Split Jerk 6 x 2 @ 80%</p> <p>2. Hang Power Snatch 4 x 3 @ 70%</p> <p>3. Back Squat 5 x 4-5 @ 75%</p> <p>4a. Single-Arm Press 3 x 6-8 each side @ 8-10RM</p> <p>4b. Loaded Plank 3 x 30 secs</p>	<p>1. Snatch 5-6 x 2 @ 80%</p> <p>2. Power Clean 4 x 3 @ 70%</p> <p>3. Front Squat 4 x 3 @ 75%</p> <p>4a. Single-Arm Row 3 x 6-8 each side @ 8-10RM</p> <p>4b. Back Extension Hold 3 x 30 secs</p>	<p>1. Clean &amp; Jerk 5-6 x 2 @ 80%</p> <p>2. Snatch Pull 3-4 x 3 @ 100%</p> <p>3. Push Press 4 x 3 @ 70%</p> <p>4a. Bulgarian Split Squat 3 x 6-8 each side @ 8-10RM</p> <p>4b. Alekna 3 x 10-12 reps</p>
<b>WEEK 4</b>	<p>1. Split Jerk 2 x 2 @ 80%</p> <p>2. Hang Power Snatch 3 x 3 @ 75%</p> <p>3. Back Squat 2 x 4-5 @ 80%</p> <p>4a. Single-Arm Press Work up to 6-8RM per side</p> <p>4b. Loaded Plank 3 x 35 secs</p>	<p>1. Snatch 3 x 2 @ 80%</p> <p>2. Power Clean 3 x 3 @ 75%</p> <p>3. Front Squat 3 x 3 @ 75%</p> <p>4a. Single-Arm Row Work up to 6-8RM each side</p> <p>4b. Back Extension Hold 3 x 35 secs</p>	<p>1. Clean &amp; Jerk 3 x 2 @ 80%</p> <p>2. Snatch Pull 2 x 3 @ 105%</p> <p>3. Push Press 3 x 3 @ 75%</p> <p>4a. Bulgarian Split Squat Work up to 6-8RM each side</p> <p>4b. Alekna 3 x 12 reps</p>
<b>WEEK 5</b>	<p>1. Split Jerk 2-3 x 1 @ 85-90%</p> <p>2. Hang Power Snatch 3 x 2 @ 80%</p> <p>3. Back Squat Work up to a 5RM</p> <p>4a. Single-Arm Press 2 x 4-6 each side @ 6-8RM</p> <p>4b. Loaded Plank 3 x 40 secs</p>	<p>1. Snatch 2-3 x 1 @ 85-90%</p> <p>2. Power Clean 3 x 2 @ 80%</p> <p>3. Front Squat 3 x 2 @ 80%</p> <p>4a. Single-Arm Row 2 x 4-6 each side @ 6-8RM</p> <p>4b. Back Extension Hold 3 x 40 secs</p>	<p>1. Clean &amp; Jerk 2-3 x 1 @ 85-90%</p> <p>2. Snatch Pull Build to a snatch pull 3RM</p> <p>3. Push Press 3 x 2 @ 80%</p> <p>4a. Bulgarian Split Squat 2 x 4-6 each side @ 6-8RM</p> <p>4b. Alekna 3 x 12-15 reps</p>
<b>WEEK 6</b>	<p>1. Split Jerk Build to a max dbl/single</p> <p>2. Hang Power Snatch 2 x 2 @ 85%</p> <p>3. Back Squat 2-3 x 2-3 @ week 5 5RM</p> <p>4a. Single-Arm Press 3 x 4-6 each side @ 6-8RM</p> <p>4b. Loaded Plank 2 x 30 secs</p>	<p>1. Snatch Build to a max dbl/single</p> <p>2. Power Clean 2 x 2 @ 85%</p> <p>3. Front Squat 2 x 2 @ 85%</p> <p>4a. Single-Arm Row 3 x 4-6 each side @ 6-8RM</p> <p>4b. Back Extension Hold 2 x 30 secs</p>	<p>1. Clean &amp; Jerk Build to a max dbl/single</p> <p>2. Snatch Pull 2 x 3 @ 90%</p> <p>3. Push Press 2 x 2 @ 85%</p> <p>4a. Bulgarian Split Squat 3 x 4-6 each side @ 6-8RM</p> <p>4b. Alekna 2 x 12 reps</p>