

Training 1

We Lift!

Snatch Warm-Up:

Overhead Squat (OHS)

With an empty barbell: preform 2 sets of 5 reps in the following:

OHS Down slow, up fast.

OHS Down slow, up fast but with a three second pause in the bottom and top position.

Snatch warm-up from the ground (Video)

Be sure to use large plates (25-40kg) to get the right distance from the floor. *Three seconds pause in the starting position of all lifts and in the catch position of the Power and full Snatches.*

2 x 5 Snatch pulls

2 x 5 Muscle snatch

2 x 5 Power snatch

2 x 5 Deep power snatch

2 x 5 Snatch

Rx Weight 25-40kg

Snatch pull + Power Snatch + Hang Snatch + OHS

1. 1 complex every 90 sec until you have reach 93-95% of the weight you hit in #5.7

Increase with 2,5kg - 5kg each round and allow for around 10 jumps in total.

2. EMOM x 5: 1 Power Snatch + 1 Hang snatch @ heaviest weight you hit in (1).

Last week with this exact complex. Stop before your technique breaks down.

Eccentric snatch pulls

5 x 3 reps at 110% of your most recent Power Snatch [Video](#)

Each lowering should take 3 sec. Reset on the floor between each rep.

Workout:

4 rounds for time:

2 OHS @80% of the complex in #5.7

10 Burpee over box

10 KB swings 20-32kg

10 Goblet squats 20-32kg

The OHS has to be taken from the floor. The rep has to start from full extension, meaning you can't squat snatch the first rep and count that as a rep.

Core:

3 rounds of:

10 Ring rollouts [Video](#)

10 Side lateral raises L/R [Video](#)

10 Seated leg lifts [Video](#)

Training 2

Power Day!

Warm Up:

3 rounds of:

5 Squatted jefferson curls [Video](#)

10 WB rotations [Video](#)

Deadlift:

Build to a heavy quick single.

There can be no grinding in this rep, it must stay quick. Use the “3 second” rule. If it takes longer than that. Stop.

Banded speed pulls

Drop down to 40% of todays heavy 1RM and perform 10 x 2 reps from one plate deficit. [Video](#)

Workout:

“The Fraser Workout”

E2MOM x 5 : 20/15 cal Assault Bike

Odd object:

1 rounds:

30 Straight leg D-Ball to shoulder [Video](#)

30 D-Ball Squats (at chest, fight to stay upright)

30 D-Ball front hold good mornings [Video](#)

Males Rx 30kg DBall / Female 20kg. If you don't have a D-Ball you can use a plate 25/20kg.

Followed by:

2 rounds:

20 Straight leg sumo deadlifts

20 Hip thrusts

20 Straight leg romanian deadlifts

Rx weight 60/45kg, however keep the reps quick each round.

TGU + Windmill + OHS

1. Find todays heavy 1 +1 + 1 each arm [Video](#)

2. Drop down to about 60-70% and accumulate 10 TGU + windmill each arm

Repeated from last week, try to increase the weight.

Training 3

Slow and steady:

30 min AMRAP:

30/25 cal Row

15 Burpee box step overs 2 x 10-22.5kg DB

20m One arm OH walking lunges (10m each arm) 1 x 10-22.5kg DB

30/25 cal Assault Bike

15 Box jump overs (only feet touching) 24/20in

20m One arm OH walking lunges (10m each arm) 1 x 10-22.5kg DB

30/25 cal Ski

15 Devils press 2 x 10-22.5kg DB

20m One arm OH walking lunges (10m each arm) 1 x 10-22.5kg DB

We Recover:

The focus of this session is an "easy recovery" to not only improve your movement but to get your body feeling fresh before your next training session begins.

18 min EMOM:

Min 1: Glute stretch right [Video](#)

Min 2: Glute stretch left

Min 3: Kneeling hip extensions [Video](#)

Min 4: Narrow grip dead hang

Min 5: Rolling deck squats [Video](#)

Min 6: Standing I position hold [Video](#)

The goal of these sets is to be moving for 30-45 seconds of the minute.

Training 4

We Lift!

Clean warmup:

Front Squat Complex

Performed with an empty barbell; two sets of five reps in the three different versions. These are:

1. down slow, up fast, without pause in the bottom position;
2. down slow, up fast but with a three seconds pause in the top- and bottom position;
3. 1,5's. No pause in the bottom position but a pause in the top between reps.

Make sure that you do all the reps with a full grip. The barbell has to stay in the palm of the hands and not slide out into the fingertips. If possible keep hook grip through all the sets/reps.

Clean & Jerk Warm-Up

- A. Two sets of three reps of muscle cleans w. a three second pause in the top position.
- B. Two sets of three reps of power clean w. a three second pause in the catch.
- C. Two sets of three reps of power clean w. a three second pause in the catch followed by a front squat of the first version (down slow, up fast, no pause in the bottom position).
- D. Two sets of three reps of power clean w. a two second pause in the catch followed by a front squat of the first version and after the last clean three split jerks w. a three second pause in the split.
- E. Two sets of three reps of power clean w. a one second pause in the catch followed by a front squat and after the last clean three split jerks w. a three second pause in the split.
- F. Two sets of three reps of power clean without the pause in the catch followed by a front squat and after the last clean three split jerks w. a three second pause in the split.

Clean + Front Squat + Hang Clean + Push Jerk

1. Build to a heavy 1 + 1 + 1 + 1 of the day.
2. Drop down to 80-90% and perform 4 more sets of the complex focusing on good technique.

Step ups

Build to a heavy 8RM each leg to a 20inch box

Use a bar in Front Rack position

Workout:

12 x 1 min on : 1 min off alternating between:

A:

- 10 Goblet squats 24 - 32kg KB
- 10 KB swings 24-32kg KB

B:

- 10 cal AB
- AMRAP Burpees over KB
- (24 min total 12 minutes of work)

Finisher:

Accumulate 100 banded hamstring curls [Video](#)

Training 5

Beach Day!

Chin-up

1. Max set banded chin-ups [Video](#) (increase band tension from last week)
2. 3 more sets of 70-80% of the reps you just managed

Floor press

Build to a 3RM.

Workout:

4 rounds for time:

20/15 cal Ski

15 Devils press 2 x DB 12 - 22,5kg

9 min EMOM:

1. 10 - 12 Ring rows with a 2sec pause at the chest
2. 8 - 10 Ring dips, weighted if possible.
3. 40 sec kneeling German Hang [Video](#)

Increase weight or reps from last week.

Kettlebell Circuit:

4 rounds for quality of:

40m KB OH walk

20 Arch rocks

40m KB Front rack walk

20 Hollow rocks

40m KB Farmer carry

20 V-ups

Use 2 x KB 12 - 24kg. Fight to eliminate rest between exercises, but rest as needed between rounds.