

WEIGHTLIFTING 101

BACK TO BASICS

RAW STRENGTH & POWER

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WELCOME NOTES

Welcome onboard Raw Strength & Power by Weightlifting 101!

Before rushing off to the gym to get started, we want you to take the time to read through this introductory note. There are a few important things you should note before getting started.

This is a 12-week cycle aiming to develop a stronger and more powerful athlete.

The weightlifting part of the program is split into two blocks. The first block has a duration of 6 weeks stressing high volume and medium intensity in the majority of the sessions. The second block is 5 weeks with most sessions being medium-volume and high-intensity.

In between the 2 blocks, there is a 1-week deload phase in which we keep both the volume and the intensity fairly low.

All Olympic lifts in the program are performed exclusively as power versions and will often be paired with plyometric exercises to develop explosiveness.

The strength part of the program consists of separate cycles in back squat, deadlift, strict press, and bench press - the back squat having top priority among the four. The back squat is the number one exercise for building strength and power, and in many of the sessions, it will be featured before any other lift.

Besides the exercises specific to raw strength and weightlifting, a substantial part of the program involves accessory work for the grip, core, and back. These components are vital pieces of the puzzle when building overall strength, and none of them should be neglected. Each week consists of five training sessions, and each session should be completed in less than two hours. If it takes any longer, you are talking and resting too much.

Rest days are recommended after Day 2 and Day 5.

Raw Strength & Power is not a miracle cure that will automatically make you bigger and strong. It has the potential to help you accomplish this, but YOU need to put in the work, and that requires more than just slavishly following the program. You can have two people follow the same program, one of them making more progress than the other, not due to innate differences in physical talent, but because one is training harder and more conscientiously than the other. Hold yourself accountable!

The use of a belt is allowed, but you need to limit the use of it to lifts near max attempts (+90% 1RM). Your midline is what keeps everything together, and it needs to develop alongside everything else. A good pair of straps is indispensable, not just to a weightlifter, but for training in general. It reduces the wear and tear on the hands and makes the technical execution of certain lifts easier. Straps are especially recommended for deadlifts as well as snatch and clean pulls.

We provide exercise descriptions and instructional videos for a reason. Read through the program thoroughly, watch the videos before starting your training, write up the session on the whiteboard, and put your phone away – and get to work.

Feel free to contact us at info@weightlifting101.com if you have any questions, and be sure to tag us on Instagram as [@weightlifting_101](https://www.instagram.com/weightlifting_101), so we can follow your progress. We will be reposting the best videos.

Train hard!

/ Erik, Weightlifting 101

WEEK 1 | OVERVIEW

[BACK TO BLOCK OVERVIEW](#)

DAY 1 | POWER SNATCH, BACK SQUAT, PUSH PRESS, CORE.

DAY 2 | POWER CLEAN, BENCH PRESS, BODYBUILDING.

DAY 3 | FRONT SQUAT, DEADLIFT, CORE.

DAY 4 | PUSH JERK, STRICT PRESS, DIPS, FRONT RACK HOLD, GRIP.

DAY 5 | BACK SQUAT, SNATCH PULLSS, CLEAN PULLSS, ROWS.

WEEK 1 | DAY 1[BACK TO WEEK OVERVIEW](#)**POWER SNATCH, BACK SQUAT, PUSH PRESS, CORE.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Overhead Elbow Rotations](#)

2 x 20 reps with an empty barbell.

Rest for 1 min. between sets.

Rotate the elbows slowly back and forth while keeping the wrists straight, the shoulders relaxed, and the bar in the same position overhead. The elbows should be the only thing moving.

[\[3\] Strict Muscle Snatch from Hips \(Version 1\)](#)

2 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Pull the bar slowly from the hips to the lockout and show control - then slowly lower it back to the hips while keeping the legs straight and the upper body vertical throughout the entire movement.

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[4] No-Heels Snatch Pulls

2 x 3 reps at 30% of your 1RM squat snatch.

Rest for 1 min. between sets.

Instead of trying to do the snatch pull explosively, think of the snatch pull as an opportunity to practice the pulling mechanics of the snatch.

In particular, keeping the feet in the ground makes it easier to practice keeping the bar close to the body by moving it back to the hips to get the contact while the shoulders are kept over the bar.

You really want to avoid moving the hips excessively forward to compensate for the barbell being too far away from the body, leaning the upper body back and swinging the barbell forward in the process.

[5] Muscle Snatch

2 x 3 reps at 30% of your 1RM squat snatch.

Rest for 1 min. between sets.

View this exercise as one long pull from the floor to the lockout where you stay over the bar as long as possible and don't lean back.

[6] Paused Power Snatch

2 x 3 reps at 30% of your 1RM squat snatch.

Rest for 1 min. between sets.

Pull and catch the bar high without swinging, and gradually catch the bar deeper as it gets heavier - pause for 3 seconds in the catch position before standing up and dropping the bar from the top.

It's important to pause immediately when you catch the bar without making any positional corrections.

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[7] For Quality

Find your 1RM power snatch.

Then, 3 x 3 reps at 75% of your 1RM power snatch.

Then, 3 x 3 reps at 80% of your 1RM power snatch.

Do 3 high box jumps after each set of power snatch triples.

Do 1 set every 2 minutes. when going for your 1RM.

Then, switch to 3 min. for the sets of triples.

Both the 3 power snatches and the 3 reps of high box jumps must be completed within the 3-minute window.

Whenever the program states that something is for quality, it doesn't mean that you can't go hard, fast or heavy - but rather that quality is the number one concern, and that it shouldn't be compromised in any way, shape or form.

[7a] Power Snatch

1RM, then 3 x 3 reps at 75%, then 3 x 3 reps at 80%.

Pull and catch the bar high without swinging, and gradually catch the bar deeper as it gets heavier - without ever going below parallel.

In the power snatch, it's perfectly fine to land in a wider stance than you would squat from, as long as the stance doesn't get excessively wide and it remains symmetrical.

[7b] High Box Jumps

Do 3 reps after each set of power snatch triples.

Jump up, but step down in order to save your knees.

This exercise is for developing explosiveness with the goal of creating as much force as possible on every jump. Don't rush it, but focus on quality - and be very careful not to fall and hurt your shins.

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[8] Bottom Position Complex

Rest for 10 sec. in the bottom position after each movement in the complex.

If you can't do the complex unbroken, you can stand up and rest, but the goal should be to do the complex in as few sets as possible with as little rest as possible.

10 air squats + 10 single knee touches + 10 double knee touches + 10 knee pushes + 10 arm reaches. Watch the instructional video.

[9] Back Squat

3 x 5 reps at 70% of your 1RM back squat.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toes, in the ground for balance and support.

[10] Paused Push Press

3 x 5 reps at 30% of your 1RM push press.

Do 1 set every 2 minutes.

Remember, in the push press you dip only once. This means that the legs have to be completely straight the moment you hit the lockout and in the following three seconds pause.

[11] Push Press

Find your 8RM.

Then, 3 x 8 reps at 75% of your 8RM.

Do 1 set every 3 minutes.

In the push press you dip only once. The press will get heavier as the weight goes up, but this should NOT result in you turning the push press into a push jerk.

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[12] Barbell Sidebends

Accumulate 100 sidebends with an empty barbell. The goal is to go unbroken.

Keep the breaks to a minimum if you are not able to do it unbroken.

Lower the bar from side to side by bending your upper body while pushing the opposite hip out - get the range of motion laterally without tilting forward or losing your upright posture too much.

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WEEK 1 | DAY 2[BACK TO WEEK OVERVIEW](#)**POWER CLEAN, BENCH PRESS, BODYBUILDING.****[1] Barbell Yoga**

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[2] Front Rack Opener (Version 1)

60 seconds of uninterrupted work.

One elbow comes up as the other comes down, with the goal of opening up the front rack.

You can make it harder or easier for yourself by experimenting with keeping the barbell on the fingertips, in the palm of the hand, adding the hookgrip, widening the grip, or rotating the upper body as the elbow comes up.

[3] No-Heels Clean Pulls

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Instead of trying to do the pulls explosively, think of it as an opportunity to practice the pulling mechanics of the clean.

In particular, keeping the feet in the ground makes it easier to practice keeping the bar close to the body by moving it back to the thighs to get the contact while the shoulders are kept over the bar.

You really want to avoid moving the hips excessively forward to compensate for the barbell being too far away from the body, leaning the upper body back and swinging the barbell forward in the process.

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[4] Muscle Cleans

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Practice getting the contact between the bar and the thighs while at the same time getting the full extension in the right direction - up, not back!

[5] Paused Power Clean

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Pause for 3 seconds in the catch position. It's important to pause immediately when you catch the bar without making any positional corrections.

If you feel that something could have been better with the catch position, or in any other part of the lift, it's on the following rep that you have to try and make the improvement.

[6] For Quality

Find your 1RM.

Then, 3 x 3 reps at 75% of your 1RM.

Then, 3 x 3 reps at 80% of your 1RM.

Do 3 high box jumps after each set of power clean triples.

Do 1 set every 2 minutes. when going for your 1RM.

Then, switch to 3 min. for the sets of triples.

Both the 3 power cleans and the 3 reps of high box jumps must be completed within the 3-minute window.

Whenever the program states that something is for quality, it doesn't mean that you can't go hard, fast or heavy - but rather that quality is the number one concern, and that it shouldn't be compromised in any way, shape or form.

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[6a] Power Clean

1RM, then 3 x 3 at 75%, then 3 x 3 at 80%.

The catch can gradually get deeper as it gets heavier, but the bar should be kept on the shoulders, not land on or slide down the chest.

[6b] High Box Jumps

Do 3 reps after each set of power clean triples.

Jump up, but step down in order to save your knees.

This exercise is for developing explosiveness with the goal of creating as much force as possible on every jump. Don't rush it, but focus on quality - and be very careful not to fall and hurt your shins.

[7] Shoulder Dislocations

3 x 10 reps with a PVC-pipe.

Rest for 1 min. between sets.

Accumulate quality reps by keeping the arms straight and refraining from any asymmetrical twists and turns.

[8] Bench Press

1 rep at 90% of your 1RM.

Then, 3 x 5 reps at 80% of your 1RM.

Do 1 set every 2 minutes. in singles.

Then, switch to 3 min. for the sets of 5 reps.

You should only do quality reps - in particular, refrain from bouncing the barbell on your chest! Simply lower the bar slowly to the chest, press it up fast, and show control at the top.

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[9] Lu Raises

3 x 10 reps at AHAFAs.

Rest for 1 min. between sets.

Holding a plate or dumbbell in each hand, lift your arms laterally up and over your head while keeping them straight.

Your elbows should be internally rotated and the shoulders a little shrugged when the plates/dumbbells meet at the top.

[10] Seated Rear Delt Flyes

3 x 10 reps at AHAFAs.

Rest for 1 min. between sets.

Tilt your upper body forward so that the chest approaches the knees and lift your arms above a horizontal angle.

[11] Wide Grip Tempo Pull-Ups

5 x 3-5 reps in tempo 30X0.

Do 1 set every 2 minutes.

The arms have to be completely straight in the bottom, the chin has to touch the bar in the top and with strict adherence to the prescribed tempo.

[12] Barbell Biceps Curls

5 x 10 reps at AHAFAs.

Rest for 1 min. between sets.

Get full extension in the bottom and push the elbows forward at the top to fully engage the biceps. Keep your wrists straight throughout each rep.

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WEEK 1 | DAY 3[BACK TO WEEK OVERVIEW](#)**FRONT SQUAT, DEADLIFT, CORE.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Hip Flow Complex](#)

Do the flow in one go.

No rest in between the different movements.

10 hip flows + 10 no-hands hip flows + 10 pigeon stretches + 10 lunges. Watch the video.

[\[3\] Full Grip Front Squats \(Version 1\)](#)

2 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Squat down slowly, stand up fast without a pause in the bottom position and show control in the top position, while keeping the bar in the palm of your hands instead of on the fingertips.

[\[4\] Front Squat](#)

5 x 3 reps at 70% of your 1RM.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toe, in the ground for balance and support.

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[5] Jefferson Curls

10 unbroken reps with an empty barbell.

Slowly move the barbell towards the floor by rounding the upper body while keeping the legs completely straight, pause in the bottom, and then come up again by doing the motion in reverse.

[6] Good Mornings

2 x 10 reps with an empty barbell.

Rest for 1 min. between sets.

Keep your legs slightly bent, the lower back completely flat and the chin tucked, so that the entire spine is aligned, and feel the stretch in the hamstrings as you tilt the upper body forward while pushing your hips back.

[7] Deadlift (with reset and mix grip)

5 x 5 reps at 75% of your 1RM deadlift.

Do 1 set every 3 minutes.

The main purpose is to make you stronger at pulling from the floor while maintaining a rigidly straight lower back. Some people are only able to pull heavy from the floor by sacrificing the lower back and rounding right from the start. Don't do that - what we are looking for is to increase the strength with proper form.

The mixed grip tends to be stronger than the double overhand, with or without the hook, so to avoid the grip being the limiting factor, we are going to use that. However, if you have a really strong grip - or for any other reason feel strongly about using double overhead rather than the mix grip - you are allowed to.

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[8] Barbell Roll-Outs

5 x 10 reps.

Rest for 1 min. between sets.

Barbell roll-outs are meant to strengthen your midline, but lat strength and shoulder stability are required for full range of motion.

Whatever the limiting factor is for you, accumulating quality reps will improve it. If you need to scale, do it by reducing the range of motion.

If doing the roll-out from the knees is not challenging enough, you can do it standing.

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WEEK 1 | DAY 4[BACK TO WEEK OVERVIEW](#)**PUSH JERK, STRICT PRESS, DIPS, FRONT RACK HOLD, GRIP.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Shoulder Dislocations](#)

3 x 10 reps with a PVC-pipe.

Rest for 1 min. between sets.

Accumulate quality reps by keeping the arms straight and refraining from any asymmetrical twists and turns.

[\[3\] Paused Push Jerk](#)

2 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Pause for 3 seconds in the catch position without making any positional changes unless absolutely necessary.

[\[4\] Push Jerk](#)

Find your 1RM.

Then, EMOM 5:
2 reps at 75% of your 1RM.

Rest for 2 minutes between sets when finding your 1RM.

Always keep in mind that it is the legs that are the main generators of power - and for that reason, it is crucial to finish the leg drive before diving under the bar to catch it.

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[5] Seated Front Rack Strict Press

5-3-2-2-3-5 reps at AHFA in tempo 31X0.

Rest for 2 minutes between sets.

You would normally keep the elbows low in strict press in order to press more effectively from the shoulders, chest and triceps, but in this version, you have to maintain both a full grip on the barbell and use the same front rack position as in a heavy push or split jerk.

This makes it harder, and might result in a corresponding drop in weight, but is a way of developing flexibility and positional awareness.

[6] Dips

3 x max reps.

Do 1 set every 2 minutes.

Do all reps with full range of motion by getting the upper arms below horizontal in the bottom and by straightening the arms completely at the top.

[7] Front Rack Hold

Build to a max 10 sec. hold over the course of 4-5 sets.

Do 1 set every 2 minutes.

Get a good grip on the barbell and find a comfortable position on the shoulders to place it. Keeping the barbell on the shoulders, stand straight as an arrow with the midline engaged to prevent any arching of the lower back.

[8] For Quality

5 rounds of:

10m pinch walk with 2 x 15/10kg plates

20m farmer's walk with 2 x 32/24kg kettlebells

Go directly from pinch walk to farmer's walk.

Rest for 30-60 sec. between rounds.

Whenever the program states that something is for quality, it doesn't mean that you can't go hard, fast or heavy - but rather that quality is the number one concern, and that it shouldn't be compromised in any way, shape or form.

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[8a] Pinch Walk (plates)

10m.

Walk slowly while holding the plates in your fingertips.

[8b] Farmer's Walk (kettlebells)

10m.

Holding a kettlebell in each hand, walk slowly and in a controlled fashion. Keep a firm grip.

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WEEK 1 | DAY 5[BACK TO WEEK OVERVIEW](#)**BACK SQUAT, SNATCH PULLSS, CLEAN PULLSS, ROWS.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Bottom Position of Squat](#)

Accumulate 10 minutes.

Rest as needed between sets, but make sure that the rest doesn't exceed the time spent in the bottom position.

The bottom position has to be deep and relaxed.

[\[3\] Barbell Rotations](#)

20 reps with an empty barbell.

Rotate the barbell from side to side from a narrow stance while stepping forward with the opposite foot from the rotating side of the barbell.

[\[4\] Back Squat](#)

In 5-7 sets, build to a 5-rep back squat at 80% of your 1RM.

All sets must be done as sets of 5 reps.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toes, in the ground for balance and support.

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[5] Snatch Grip Monkey Fuckers

10 unbroken reps with an empty barbell.

Move from the bottom of a Jefferson curl into the starting position of the snatch and back again to complete a rep.

Pause for 3 seconds in both end-positions.

[6] Snatch Pulls

3 x 3 reps at 100% of your 1RM power snatch.

Do 1 set every 3 minutes.

Keep the shoulders over the bar in the starting position and through the pull and get the full extension by extending the entire body, including getting up on the toes, while keeping the upper body vertical instead of opening up the hips and tilting the upper body back.

In short, practice getting the full extension in the right direction.

Straps are allowed and recommended.

[7] Touch & Go Snatch Pulls

1 set of +10 reps at 100% of your 1RM power snatch.

Lower the bar slowly and precisely from the hips to the floor in order to be in the correct starting position when the plates touch.

Straps are allowed and recommended.

[8] Clean Pulls

3 x 3 reps at 100% of your 1RM power clean.

Do 1 set every 3 minutes.

Keep the shoulders over the bar in the starting position and through the pull and get the full extension by extending the entire body, including getting up on the toes, while keeping the upper body vertical instead of opening up the hips and tilting the upper body back.

In short, practice getting the full extension in the right direction.

Straps are allowed and recommended.

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[9] Bent-Over Barbell Rows (supinated grip)

4 x 15 reps at AHFAFA.

Do 1 set every 2 minutes.

Keep the upper body in an almost horizontal angle while pulling the elbows not up, but back and into the hips to engage the lats.

Supinated means that the palm of the hands should be facing away from you.

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WEEK 2 | OVERVIEW

[BACK TO BLOCK OVERVIEW](#)

DAY 1 | BACK SQUAT, POWER SNATCH, PUSH PRESS.

DAY 2 | POWER CLEAN, BENCH PRESS, BODYBUILDING.

DAY 3 | FRONT SQUAT, DEADLIFT, CORE.

DAY 4 | PUSH JERK, STRICT PRESS, DIPS, FRONT RACK HOLD, GRIP.

DAY 5 | BACK SQUAT, SNATCH PULLS, CLEAN PULLS, ROWS.

WEEK 2 | DAY 1[BACK TO WEEK OVERVIEW](#)**BACK SQUAT, POWER SNATCH, PUSH PRESS.**[\[1\] Barbell Yoga](#)

10 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Bottom Position Complex](#)

Rest for 10 sec. in the bottom position after each movement in the complex.

If you can't do the complex unbroken, you can stand up and rest, but the goal should be to do the complex in as few sets as possible with as little rest as possible.

10 air squats + 10 single knee touches + 10 double knee touches + 10 knee pushes + 10 arm reaches. Watch the instructional video.

[\[3\] Duck Walk](#)

2 x 5m.

The distance must be done unbroken which means that you are not allowed to stop or to stand up.

Rest for 1 min. between sets.

Walk in your bottom position with the chest up and the lower back straight.

[\[4\] Barbell Duck Walk](#)

2 x 5m with an empty barbell.

The distance must be done unbroken which means that you are not allowed to stop or to stand up.

Rest for 1 min. between sets.

Walk in your bottom position with a barbell on your back while keeping the chest up and the lower back straight.

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[5] Back Squat

3 x 5 reps at 72,5% of your 1RM back squat.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toes, in the ground for balance and support.

[6] Strict Muscle Snatch from Hips (Version 2)

2 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Pull the bar slowly from the hips to the lockout and show control. Then lower it to the top of the chest and press it back up, show control in the lockout and proceed to lower the bar slowly back to the hips while keeping the legs straight and the upper body vertical throughout the entire movement.

[7] Behind-the-Neck Snatch Grip Sots Press

3 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Think of this exercise as snatch grip behind the neck presses, but from a squat. The more flexible you are, the deeper into the bottom position you have to go.

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[8] No-Heels Snatch Pulls

2 x 3 reps at 30% your 1RM squat snatch.

Rest for 1 min. between sets.

Instead of trying to do the snatch pull explosively, think of the snatch pull as an opportunity to practice the pulling mechanics of the snatch.

In particular, keeping the feet in the ground makes it easier to practice keeping the bar close to the body by moving it back to the hips to get the contact while the shoulders are kept over the bar.

You really want to avoid moving the hips excessively forward to compensate for the barbell being too far away from the body, leaning the upper body back and swinging the barbell forward in the process.

[9] Muscle Snatch

2 x 3 reps at 30% your 1RM squat snatch.

Rest for 1 min. between sets.

View this exercise as one long pull from the floor to the lockout where you stay over the bar as long as possible and don't lean back.

[10] Paused Power Snatch

2 x 3 reps at 30% your 1RM squat snatch.

Rest for 1 min. between sets.

Pull and catch the bar high without swinging, and gradually catch the bar deeper as it gets heavier - pause for 3 seconds in the catch position before standing up and dropping the bar from the top.

It's important to pause immediately when you catch the bar without making any positional corrections.

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[11] Power Snatch

EMOM 5:
3 reps at 70% of your 1RM power snatch.

1 min. rest to change weights, then:

EMOM 5:
2 reps at 80% of your 1RM power snatch.

1 min. rest to change weights, then:

EMOM 5:
1 rep at 90% of your 1RM power snatch.

1 min. rest between workouts to change weights.

Pull and catch the bar high without swinging, and gradually catch the bar deeper as it gets heavier - without ever going below parallel.

In the power snatch, it's perfectly fine to land in a wider stance than you would squat from, as long as the stance doesn't get excessively wide and it remains symmetrical.

[12] Paused Push Press

3 x 5 reps at 30% of your 1RM push press.

Do 1 set every 2 minutes.

Remember, in the push press you dip only once. This means that the legs have to be completely straight the moment you hit the lockout and in the following three seconds pause.

[13] Push Press

Find your 5RM.

Then, 3 x 5 reps at 80% of your 5RM.

Do 1 set every 3 minutes.

In the push press you dip only once. The press will get heavier as the weight goes up, but this should NOT result in you turning the push press into a push jerk.

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WEEK 2 | DAY 2[BACK TO WEEK OVERVIEW](#)**POWER CLEAN, BENCH PRESS, BODYBUILDING.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Front Rack Opener \(Version 2\)](#)

60 seconds of uninterrupted work.

Keep a full clean grip on the bar, meaning that it has to be placed in the palm of the hands instead of the fingertips, including the hook only if you have excellent front rack flexibility, push the elbows as high as possible without losing the grip, then lower the elbows, regaining the grip in case you lost it, to complete the rep.

[\[3\] Clean Grip Monkey Fuckers](#)

10 unbroken reps with an empty barbell.

Move slowly from the bottom of a Jefferson curl into the starting position of the clean and then back again. Show control in both end-positions to complete one rep.

[\[4\] No-Heels Clean Pulls](#)

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Instead of trying to do the pulls explosively, think of it as an opportunity to practice the pulling mechanics of the clean.

In particular, keeping the feet in the ground makes it easier to practice keeping the bar close to the body by moving it back to the thighs to get the contact while the shoulders are kept over the bar.

You really want to avoid moving the hips excessively forward to compensate for the barbell being too far away from the body, leaning the upper body back and swinging the barbell forward in the process.

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[5] Muscle Cleans

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Practice getting the contact between the bar and the thighs while at the same time getting the full extension in the right direction - up, not back!

[6] Paused Power Clean

2 x 3 reps at 30% of your 1RM clean & jerk.

Rest for 1 min. between sets.

Pause for 3 seconds in the catch position. It's important to pause immediately when you catch the bar without making any positional corrections.

If you feel that something could have been better with the catch position, or in any other part of the lift, it's on the following rep that you have to try and make the improvement.

[7] Power Clean

EMOM 10:

2 reps at 80% of your 1RM power clean.

2 minutes rest to change weights, then:

Every 30 sec. x 10:

1 rep at 85% of your 1RM power clean.

2 minutes rest between workouts to change weights.

The catch can gradually get deeper as it gets heavier, but the bar should be kept on the shoulders, not land on or slide down the chest.

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[8] Bench Press

1 rep at 92,5% of your 1RM bench press.

Then, 5 x 3 reps at 82,5% of your 1RM bench press.

Do 1 set every 2 minutes. when doing singles.

Then, switch to 3 min. for the triples.

You should only do quality reps - in particular, refrain from bouncing the barbell on your chest! Simply lower the bar slowly to the chest, press it up fast, and show control at the top.

[9] Barbell Front Raises

3 x 12 reps at AHAFa.

Rest for 1 min. between sets.

Move the bar up and down while keeping the arms and legs straight and the upper body vertical. All reps should be done with great control, so it's a good idea to start with a lighter barbell and then go heavier if you feel comfortable.

[10] Seated Rear Delt Flyes

3 x 10 reps at AHAFa.

Rest for 1 min. between sets.

Tilt your upper body forward so that the chest approaches the knees and lift your arms above a horizontal angle.

[11] Tempo Chin-Ups

5 x 5-8 reps in tempo 30X0.

Do 1 set every 2 minutes.

Fully extend the arms in the bottom and get the chin over the bar at the top - keeping a strict adherence to the prescribed tempo.

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[12] Dumbbell Biceps Curls

5 x 10 reps at AHFA.

Rest for 1 min. between sets.

Keep the dumbbells in a hammer curl position in the bottom, gradually rotate them on the way up, and let the elbows come a bit forward to fully engage the biceps.

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WEEK 2 | DAY 3[BACK TO WEEK OVERVIEW](#)**FRONT SQUAT, DEADLIFT, CORE.**[\[1\] Barbell Yoga](#)

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[\[2\] Hip Flow Complex](#)

Do the flow in one go.

No rest in between the different movements.

10 hip flows + 10 no-hands hip flows + 10 pigeon stretches + 10 lunges. Watch the video.

[\[3\] Full Grip Front Squats \(Version 2\)](#)

2 x 5 reps with an empty barbell.

Rest for 1 min. between sets.

Squat down slowly, show control in the bottom position, stand up fast, show control in the top position, all while keeping the bar in the palm of the hands instead of on the fingertips.

[\[4\] Front Squat](#)

5 x 3 reps at 72,5% of your 1RM front squat.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toe, in the ground for balance and support.

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[5] Jefferson Curls

10 unbroken reps with an empty barbell.

Slowly move the barbell towards the floor by rounding the upper body while keeping the legs completely straight, pause in the bottom, and then come up again by doing the motion in reverse.

[6] Good Mornings

2 x 10 reps with an empty barbell.

Rest for 1 min. between sets.

Keep your legs slightly bent, the lower back completely flat and the chin tucked, so that the entire spine is aligned, and feel the stretch in the hamstrings as you tilt the upper body forward while pushing your hips back.

[7] Deadlift (with reset and mix grip)

5 x 3 reps at 80% of your 1RM deadlift.

Do 1 set every 3 minutes.

The main purpose is to make you stronger at pulling from the floor while maintaining a rigidly straight lower back. Some people are only able to pull heavy from the floor by sacrificing the lower back and rounding right from the start. Don't do that - what we are looking for is to increase the strength with proper form.

The mixed grip tends to be stronger than the double overhand, with or without the hook, so to avoid the grip being the limiting factor, we are going to use that. However, if you have a really strong grip - or for any other reason feel strongly about using double overhead rather than the mix grip - you are allowed to.

[8] For Quality

30-20-10 reps:

Barbell sidebends

Hanging knee raises

Rest as needed.

Whenever the program states that something is for quality, it doesn't mean that you can't go hard, fast or heavy - but rather that quality is the number one concern, and that it shouldn't be compromised in any way, shape or form.

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[8a] Barbell Sidebends

30-20-10 reps.

Lower the bar from side to side by bending your upper body while pushing the opposite hip out - get the range of motion laterally without tilting forward or losing your upright posture too much.

[8b] Hanging Knee Raises

30-20-10 reps.

Start from a position of dead hang and lift your knees over horizontal with as little swinging back and forth as possible.

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PUSH JERK, STRICT PRESS, DIPS, FRONT RACK HOLD, GRIP.**[1] Barbell Yoga**

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[2] Weighted Shoulder Dislocations

3 x 10 reps with a PVC-pipe + additional weight.

Rest for 1 min. between sets.

Accumulate quality reps by keeping the arms straight and refraining from any asymmetrical twists and turns.

Add weight by sticking the PCV-pipe through a small plate.

[3] Paused Push Jerk

2 x 5 reps at 30% of your 1RM push jerk.

Rest for 1 min. between sets.

Pause for 3 seconds in the catch position without making any positional changes unless absolutely necessary.

[4] Push Jerk

4 reps at 60-70-75-70-60% of your 1RM push jerk.

Rest for 2 minutes between sets.

Always keep in mind that it is the legs that are the main generators of power - and for that reason, it is crucial to finish the leg drive before diving under the bar to catch it.

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[5] Seated Front Rack Strict Press

5-3-2-2-3-5 reps at AHAFa in tempo 31X0.

Rest for 2 minutes between sets.

You would normally keep the elbows low in strict press in order to press more effectively from the shoulders, chest and triceps, but in this version, you have to maintain both a full grip on the barbell and use the same front rack position as in a heavy push or split jerk.

This makes it harder, and might result in a corresponding drop in weight, but is a way of developing flexibility and positional awareness.

[6] Weighted Dips

5 x 5 reps at AHAFa.

Do 1 set every 2 minutes.

Add weight by holding a dumbbell between your legs or use a dip belt. Even though the dips are weighted, you still need to get the full range of motion by getting the upper arm below a horizontal angle in the bottom and straightening the arms completely at the top.

[7] Front Rack Hold

10 sec. at 65% of max weight.

10 sec. at 75% of max weight.

10 sec. at 85% of max weight.

Do 1 set every 3 minutes or faster.

Get a good grip on the barbell and find a comfortable position on the shoulders to place it. Keeping the barbell on the shoulders, stand straight as an arrow with the midline engaged to prevent any arching of the lower back.

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[8] For Quality

5 rounds of:

30 sec. dead hang (no straps)

30 sec. farmer's hold (with 2 x 32/24kg kettlebells)

Go directly from dead hang to farmer's hold.

Rest for 30-60 sec. between rounds.

Whenever the program states that something is for quality, it doesn't mean that you can't go hard, fast or heavy - but rather that quality is the number one concern, and that it shouldn't be compromised in any way, shape or form.

[8a] Dead Hang (without straps)

30 sec.

Go directly from dead hang to farmer's hold.

Breathe, relax and make yourself as long as possible in order to intensify the stretch. You are not allowed to use straps, but still have to be relaxed while hanging.

[8b] Farmer's Hold (kettlebell)

30 sec.

Simply pick up a pair of kettlebells and hold on to them for a lengthy period of time, standing up, arms straight, core braced and shoulders neither shrugged nor relaxed. Using straps would defeat the purpose of the exercise, so don't use straps.

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BACK SQUAT, SNATCH PULLS, CLEAN PULLS, ROWS.**[1] Barbell Yoga**

5 minutes unbroken.

Look for positions restricted by sore muscles or a lack of flexibility and hammer away by stretching and moving with an empty bar.

[2] Wall Hip Flows

Accumulate 50 reps.

Keep the breaks to a minimum if you are not able to do it unbroken.

Keep the butt close to the wall and the lower back close to the floor while pushing the knees into the wall one at a time.

[3] Back Squat

In at least 5-7 sets, build to a 5-rep back squat at 82,5% of your 1RM.

All sets must be done as sets of 5 reps.

Do 1 set every 3 minutes.

Be sure to squat all the way down and to stand all the way up - the depth of the squat needs to be consistent and not determined by the weight on the barbell.

Show control in the top position while being straight as an arrow, i.e. legs straight, upper body vertical with the midline engaged to avoid any arching of the lower back, and the entire foot, from heel to toes, in the ground for balance and support.

[4] Snatch Grip Monkey Fuckers

10 unbroken reps with an empty barbell.

Move from the bottom of a Jefferson curl into the starting position of the snatch and back again to complete a rep.

Pause for 3 seconds in both end-positions.

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[5] Snatch Pulls

3 x 5 reps at 100% of your 1RM power snatch.

Do 1 set every 3 minutes.

Keep the shoulders over the bar in the starting position and through the pull and get the full extension by extending the entire body, including getting up on the toes, while keeping the upper body vertical instead of opening up the hips and tilting the upper body back.

In short, practice getting the full extension in the right direction.

Straps are allowed and recommended.

[6] Touch & Go Snatch Pulls

1 set of +15 reps at 90% of your 1RM power snatch.

Lower the bar slowly and precisely from the hips to the floor in order to be in the correct starting position when the plates touch.

Straps are allowed and recommended.

[7] Clean Pulls

3 x 5 reps at 100% of your 1RM power clean.

Do 1 set every 3 minutes.

Keep the shoulders over the bar in the starting position and through the pull and get the full extension by extending the entire body, including getting up on the toes, while keeping the upper body vertical instead of opening up the hips and tilting the upper body back.

In short, practice getting the full extension in the right direction.

Straps are allowed and recommended.

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[8] Touch & Go Muscle Cleans

2 x 8 reps at AHAFAs.

Do 1 set every 2 minutes.

Keep your shoulders over the bar to avoid tilting the upper body back in the pull phase where you have to combine the explosive power from the legs with aggressively using your arms to pull the bar to the shoulders.

When lowering the bar, the plates have to touch the floor at the same time and you need to be in a position to start pulling immediately without any need for positional corrections.

[9] Bent-Over Barbell Rows (supinated grip)

5 x 10 reps at AHAFAs (heavier than last week's 4 x 15 reps).

Do 1 set every 2 minutes.

Keep the upper body in an almost horizontal angle while pulling the elbows not up, but back and into the hips to engage the lats.

Supinated means that the palm of the hands should be facing away from you.

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