

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 8, WEEK 7

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	3 position snatch (1 from each position)	50%-1	60%-1	70%-1	70%-1			
EXERCISE 2	Squat jerk	50%-3	60%-3	70%-3	70%-3			
EXERCISE 3	Halting clean (pause at knee for 3 sec then finish clean)	50%-3	60%-3	70%-3	70%-3			
EXERCISE 4	back squat	50%-3	60%-3	70%-3	70%-3			

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY								
EXERCISE 1	3 position clean (1 from each position)	50%-1	60%-1	70%-1	70%-1			
EXERCISE 2	Split jerk	50%-3	60%-3	70%-3	70%-3			
EXERCISE 3	Halting snatch (pause at knee for 3 sec then finish snatch)	50%-3	60%-3	70%-3	70%-3			
EXERCISE 4	rdl	50%-3	60%-3	70%-3	70%-3			

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
WEDNESDAY								
EXERCISE 1	Clean complex(1 clean pull, 1 power clean, 1 squat clean)	50%-1	60%-1	70%-1	70%-1			
EXERCISE 2	Snatch balance	50%-3	60%-3	70%-3	70%-3			



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EXERCISE 3	Jerk recoveries	70%-3	80%-3	90%-3	95%-3			
EXERCISE 4	front squat	50%-3	60%-3	70%-3	70%-3			

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
FRIDAY								
EXERCISE 1	snatch complex(1 snatch pull, 1 power snatch, 1 squat snatch)	50%-1	60%-1	70%-1	70%-1			
EXERCISE 2	Overhead squat	50%-3	60%-3	70%-3	70%-3			
EXERCISE 3	Clean grip lift off with 5 sec hold at knee	70%-3	80%-3	90%-3	90%-3			
EXERCISE 4	Lunges (bar on back 1 rm clean) 3 each leg	50%	60%	70%	70%			

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
SATURDAY								
EXERCISE 1	Clean & jerk	50%-3+1	60%-3+1	70%-3+1	70%-3+1			
EXERCISE 2	snatch	50%-3	60%-3	70%-3	70%-3			
EXERCISE 3	Back squat	50%-3	60%-3	70%-3	70%-3			
EXERCISE 4								
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY



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