

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 5, WEEK 9

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>MONDAY</b>								
EXERCISE 1	Power snatch	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Power jerk	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 3	Clean grip lift off	70%-3	80%-2	90%-2	100%-2	110%-2	100%-2	
EXERCISE 4	Front squat	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>TUESDAY</b>								
EXERCISE 1	Power clean	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Split jerk	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 3	Snatch grip lift off	70%-3	80%-2	90%-2	100%-2	110%-2	100%-2	
EXERCISE 4	RDL	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>WEDNESDAY</b>								
EXERCISE 1	Snatch	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Jerk balance	40%-3	50%-2	60%-2	65%-2	70%-2	65%-2	
EXERCISE 3	Halting clean pull (3 sec holds just off floor and at knee)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 4	Back squat	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>THURSDAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>



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# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 5, WEEK 9

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>FRIDAY</b>								
EXERCISE 1	Clean & jerk	60%-3+3	70%-2+2	75%-2+2	80%-2+2	85%-2+2	80%-2+2	
EXERCISE 2	Halting snatch pull (3 sec holds just off floor and at knee)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 3	RDL	60%-3	70%-2	75%-2	80%-2	85%-2	90%-2	
EXERCISE 4								

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>SATURDAY</b>								
EXERCISE 1	Snatch from knee	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Jerk recoveries	80%-3	90%-2	100%-2	110%-2	120%-2	120%-2	
EXERCISE 3	Clean from knee	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 4	Front squat + Jerk (%1rm jerk)	60%-3+1	70%-2+1	75%-2+1	80%-2+1	85%-2+1	85%-2+1	

<b>SUNDAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>	<b>REST DAY</b>
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