

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 9, WEEK 10

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	Power Snatch	50%-3	60%-3	70%-2	75%-1	80%-1	80%-1	70%-1
EXERCISE 2	Clean & jerk	50%-3+3	60%-3+3	70%-2+2	75%-1+1	80%-1+1	80%-1+1	70%-1+1
EXERCISE 3	Squat	50%-3	60%-3	70%-2	75%-1	80%-1	80%-1	70%-1

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY	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
WEDNESDAY								
EXERCISE 1	Snatch	50%-3	60%-3	70%-2	75%-1	80%-1	80%-1	70%-1
EXERCISE 2	Power clean & power jerk	50%-3+3	60%-3+3	70%-2+2	75%-1+1	80%-1+1	80%-1+1	70%-1+1
EXERCISE 3	Front squat	50%-3	60%-3	70%-2	75%-1	80%-1	80%-1	70%-1

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	50%-3	60%-3	70%-2	80%-2			
EXERCISE 2	Clean & jerk	50%-3+3	60%-3+3	70%-2+3	80%-2+2			



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CYCLE 9, WEEK 10

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
SATURDAY								
EXERCISE 1	COMPETE	WIN	EVERYTHING					
EXERCISE 2	COMPETE	WIN	EVERYTHING					
EXERCISE 3	COMPETE	WIN	EVERYTHING					
EXERCISE 4	COMPETE	WIN	EVERYTHING					

SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
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