

Weightlifting Overview



Technique

Skill: Low Hang High Pull + High Pull

3 x 2 x (2+1) at 70%, 80%, 85% 1RMS

Skill: Tall Snatch

1 x 2 at 57% 1RM

1 x 2 at 60% 1RM

1 x 2 at 62% 1RM

1 x 2 at 65% 1RM

Skill: High Hang Power Snatch + High Hang Squat Snatch + Low Hang Squat Snatch

1 x [1 High Hang Power Snatch + 1 High Hang Squat Snatch + 1 Low Hang Squat Snatch] at 75% 1RM

1 x [1 High Hang Power Snatch + 1 High Hang Squat Snatch + 1 Low Hang Squat Snatch] at 80% 1RM

1 x [1 High Hang Power Snatch + 1 High Hang Squat Snatch + 1 Low Hang Squat Snatch] at 85% 1RM

1 x [1 High Hang Power Snatch + 1 High Hang Squat Snatch + 1 Low Hang Squat Snatch] at 87% 1RM

Rest as needed between sets.

Skill: Squat Snatch

1 x 4 at 70% 1RM

1 x 3 at 75% 1RM

1 x 2 at 80% 1RM

1 x 1 at 85% 1RM

Strength Block

Strength

EMOM 10:

1) 3 Tempo Overhead Squats (1133)

2) 6 Spanish Squats

5 x 3, 5 x 6 at 77.5%, 87.5%, 87.5%, 92.5%, 95% 1RMS

16/12 KB for Spanish Squats