

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 10, WEEK 2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
MONDAY							
EXERCISE 1	SNATCH FROM MID THIGH	40%-5	50%-5	60%-5	70%-5	80%-3	80%-3
EXERCISE 2	BACK SQUAT	40%-5	50%-5	60%-5	70%-4	80%-6x4	
EXERCISE 3	RDL(%1RM FRONT SQUAT)	40%-5	50%-5	60%-5	70%-4	80%-6x2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
TUESDAY							
EXERCISE 1	CLEAN FROM MID THIGH	40%-5	50%-5	60%-5	70%-5	80%-3	80%-3
EXERCISE 2	BEHIND HEAD SPLIT JERK	40%-5	50%-5	60%-5	70%-5	80%-3	80%-3
EXERCISE 3	RDL(%1RM FRONT SQUAT)	40%-5	50%-5	60%-5	70%-4	80%-6x4	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
WEDNESDAY							
EXERCISE 1	SNATCH	40%-5	50%-5	60%-5	70%-5	80%-3	80%-3
EXERCISE 2	CLEAN PULL	50%-5	60%-5	70%-5	80%-3	90%-3	90%-3
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-4	80%-6x2	

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



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CYCLE 10, WEEK 2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
FRIDAY							
EXERCISE 1	CLEAN & JERK	40%-5+3	50%-5+3	60%-5+3	70%-3+3	80%-3+3	80%-3+3
EXERCISE 2	BENT ROWS	WORK UP TO	3 SETS OF 5	AT	MODERATE	INTENSITY	
EXERCISE 3	RDL(%1RM FRONT SQUAT)	40%-5	50%-5	60%-5	70%-4	80%-6x2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
SATURDAY							
EXERCISE 1	SNATCH PULL	50%-5	60%-5	70%-5	80%-3	90%-3	90%-3
EXERCISE 2	JERK BALANCE	40%-5	50%-5	60%-5	65%-5	65%-5	
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-4	80%-6x5	

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