

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 10, WEEK 5

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	POWER SNATCH	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 2	OVERHEAD SQUAT (%1RM SNATCH)	50%-3	60%-3	70%-3	75%-3	80%-3	85%-3	
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-5	80%-4	85%-4	90%-4X4

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY								
EXERCISE 1	POWER CLEAN	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 2	BEHIND HEAD PRESS FROM SPLIT	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-5	80%-6X2		

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
WEDNESDAY								
EXERCISE 1	HALTING SNATCH (3 SEC PAUSE AT KNEE)	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 2	BEHIND HEAD SNATCH GRIP PUSH PRESS	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-5	80%-6X2		

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



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CYCLE 10, WEEK 5

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
FRIDAY								
EXERCISE 1	HALTING CLEAN (3 SEC PAUSE AT KNEE)	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 2	POWER JERK	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 3	BACK SQUAT	50%-5	60%-5	70%-5	80%-3	85%-3	90%-3	95%-3X3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
SATURDAY								
EXERCISE 1	SNATCH	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 2	CLEAN & JERK	40%-3	50%-3	60%-3	70%-3	75%-3	70%-3	
EXERCISE 3	RDL	50%-5	60%-5	70%-5	80%-3	85%-3	90%-3	95%-3X3

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