

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10, WEEK 3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
<b>MONDAY</b>							
EXERCISE 1	POWER SNATCH	60%-3	70%-3	80%-3	85%-3	85%-3	75%-3
EXERCISE 2	BACK SQUAT	40%-5	50%-5	60%-5	70%-3	80% 6X2	
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-3	80% 6X5	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
<b>TUESDAY</b>							
EXERCISE 1	POWER CLEAN & POWER JERK	60%-3+3	70%-3+3	80%-3+3	85%-3+3	85%-3+3	75%-3+3
EXERCISE 2	SNATCH BALANCE	60%-3	70%-3	80%-3	85%-3	90%-3	85%-3
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-3	80% 6X2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
<b>WEDNESDAY</b>							
EXERCISE 1	SNATCH	60%-3	70%-3	80%-3	85%-3	85%-3	75%-3
EXERCISE 2	JERK BALANCE	40%-3	50%-3	55%-3	60%-3	65%-3	60%-3
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-3	80% 6X6	

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



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## CYCLE 10, WEEK 3

EXERCISE 1	CLEAN & JERK	60%-3+3	70%-3+3	80%-3+3	85%-3+3	85%-3+3	75%-3+3
EXERCISE 2	SNATCH GRIP LIFT OFF WITH 3 SEC HOLD JUST OFF FLOOR AND AT KNEE	60%-3	70%-3	80%-3	85%-3	90%-3	95%-3
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-3	80% 6X6	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
<b>SATURDAY</b>							
EXERCISE 1	SNATCH PULL	60%-3	70%-3	80%-3	90%-3	95%-3	100%-3
EXERCISE 2	BACK SQUAT	40%-5	50%-5	60%-5	70%-3	80% 6X2	
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-3	80% 6X2	

<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>
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