

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 10, WEEK 4

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	SNATCH FROM MID THIGH	40%-3	50%-3	60%-3	70%-3	70%-3		
EXERCISE 2	JERK BALANCE	30%-3	40%-3	50%-3	60%-3	60%-3		
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-5	80%-5	85%-5X5	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY								
EXERCISE 1	CLEAN FROM MID THIGH	40%-3	50%-3	60%-3	70%-3	70%-3		
EXERCISE 2	SPLIT JERK	40%-3	50%-3	60%-3	70%-3	70%-3		
EXERCISE 3	RDL	40%-5	50%-5	60%-5	70%-5	80%-5	85%-5X5	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
WEDNESDAY								
EXERCISE 1	SNATCH FROM KNEE	40%-3	50%-3	60%-3	70%-3	70%-3		
EXERCISE 2	SNATCH GRIP LIFT OFF	40%-3	50%-3	60%-3	70%-3	80%-3	85%-3	
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-3	70%-3	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

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7



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FRIDAY								
EXERCISE 1	CLEAN FROM KNEE	40%-3	50%-3	60%-3	70%-3	70%-3		
EXERCISE 2	OVERHEAD SQUAT(%1RM SNATCH)	40%-3	50%-3	60%-3	70%-3	80%-3	80%-3	
EXERCISE 3	RDL	40%-5	50%-5	60%-3	70%-3	80%-6X2		

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	70%-3		
EXERCISE 2	CLEAN PULL	40%-3	50%-3	60%-3	70%-3	80%-3	85%-3	
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-4	80%-4	85%-4	90%-4x4

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