

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10, WEEK 6

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>MONDAY</b>								
EXERCISE 1	POWER SNATCH	60%-3	70%-3	80%-3	85%-3	85%-3	75%-3	
EXERCISE 2	BEHIND HEAD SPLIT JERK	60%-3	70%-3	80%-3	85%-3	85%-3	75%-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
<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%-5	80%-6X2		

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<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	50%-5	60%-5	70%-3	80%-3	90%-3	95%-2	100%-2X2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>THURSDAY</b>	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY



This material is copyrighted by David J. Fleming under a Creative Commons license. You may copy, redistribute, or remix non-commercially, and must credit the original source.

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10, WEEK 6

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
FRIDAY								
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 AT KNEE	60%-3	70%-3	80%-3	85%-3	90%-3	95%-3	
EXERCISE 3	RDL	50%-5	60%-5	70%-3	80%-3	90%-3	95%-2	100%-2X2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
SATURDAY								
EXERCISE 1	SNATCH PULL	60%-3	70%-3	80%-3	90%-3	95%-3	100%-3	
EXERCISE 2	OVERHEAD SQUAT	60%-3	70%-3	80%-3	85%-3	90%-3	95%-3	
EXERCISE 3	BACK SQUAT	40%-5	50%-5	60%-5	70%-5	80%-6X2		

SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY
--------	----------	----------	----------	----------	----------	----------	----------	----------



This material is copyrighted by David J. Fleming under a Creative Commons license. You may copy, redistribute, or remix non-commercially, and must credit the original source.