

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10 , WEEK 11

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%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	POWER JERK	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 3	CLEAN GRIP LIFT OFF	70%-3	80%-2	90%-2	100%-2	110%-2	100%-2	
EXERCISE 4	FRONT SQUAT	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>TUESDAY</b>								
EXERCISE 1	POWER CLEAN	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	SPLIT JERK	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 3	SNATCH GRIP LIFT OFF	70%-3	80%-2	90%-2	100%-2	110%-2	100%-2	
EXERCISE 4	RDL	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

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%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	JERK BALANCE	40%-3	50%-2	60%-2	65%-2	70%-2	65%-2	
EXERCISE 3	HALTING CLEAN PULL( 3 SEC HOLD JUST OFF FLOOR AND AT KNEE)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 4	BACK SQUAT	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	

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



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## CYCLE 10 , WEEK 11

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>FRIDAY</b>								
EXERCISE 1	CLEAN & JERK	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	Halting snatch pull(3 sec holds just off floor and at knee)	70%-3	80%-2	85%-2	90%-2	90%-2	85%-2	
EXERCISE 3	RDL	60%-3	70%-2	75%-2	80%-2	85%-2	90%-2	
EXERCISE 4								

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
<b>SATURDAY</b>								
EXERCISE 1	SNATCH FROM KNEE	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 2	CLEAN FROM KNEE	60%-3	70%-2	75%-2	80%-2	85%-2	80%-2	
EXERCISE 3	FRONT SQUAT + SPLIT JERK(%1RM JERK)	60%-3+1	70%-2+1	75%-2+1	80%-2+1	85%-2+1	85%-2+1	
EXERCISE 4								

<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>	<b>REST DAY</b>
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