

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10, WEEK 9

| 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     | SPLIY 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       | CLEAN PULL   | 70%-3 | 80%-2 | 90%-2 | 100%-2 | 110%-2 | 100%-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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# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 10, WEEK 9

| 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+3 | 70%-2+2 | 75%-2+2 | 80%-2+2 | 85%-2+2 | 80%-2+2 |       |
| EXERCISE 2    | SNATCH PULL  | 70%-3   | 80%-2   | 90%-2   | 100%-2  | 110%-2  | 100%-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 MID THIGH         | 60%-3   | 70%-2   | 75%-2   | 80%-2   | 85%-2   | 80%-2   |       |
| EXERCISE 2      | JERK DIPS                     | 80%-3   | 90%-2   | 100%-2  | 110%-2  | 120%-2  | 120%-2  |       |
| EXERCISE 3      | CLEAN FROM MID THIGH          | 60%-3   | 70%-2   | 75%-2   | 80%-2   | 85%-2   | 80%-2   |       |
| EXERCISE 4      | FRONT SQUAT + JERK(%1RM JERK) | 60%-3+1 | 70%-2+1 | 75%-2+1 | 80%-2+1 | 85%-2+1 | 85%-2+1 |       |

|               |                 |                 |                 |                 |                 |                 |                 |                 |
|---------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <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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