

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 10, WEEK 12

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
MONDAY								
EXERCISE 1	POWER SNATCH	60%-2	70%-2	80%-2	90%-2	95%-2	100%-1	TEST
EXERCISE 2	JERK DIPS	80%-2	90%-2	100%-2	110%-2	115%-2	120%-2	
EXERCISE 3	FRONT SQUAT	60%-2	70%-2	80%-2	90%-2	95%-2	100%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
TUESDAY								
EXERCISE 1	CLEAN & JERK	60%-2	70%-2	80%-2	90%-2	95%-1	100%-1	TEST
EXERCISE 2	SNATCH BALANCE	60%-2	70%-2	80%-2	90%-2	95%-2	100%-2	
EXERCISE 3	CLEAN PULL	80%-2	90%-2	95%-2	100%-2	110%-2	115%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
WEDNESDAY								
EXERCISE 1	POWER CLEAN	60%-2	70%-2	80%-2	90%-2	95%-2	100%-1	TEST
EXERCISE 2	POWER JERK	60%-2	70%-2	80%-2	90%-2	95%-2	100%-1	TEST
EXERCISE 3	OVERHEAD SQUAT	60%-2	70%-2	80%-2	90%-2	95%-2	100%-2	

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



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CYCLE 10, WEEK 12

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7
FRIDAY								
EXERCISE 1	SNATCH	60%-2	70%-2	80%-2	90%-2	95%-2	100%-1	TEST
EXERCISE 2	SPLIT JERK	60%-2	70%-2	80%-2	90%-2	95%-2	95%-2	
EXERCISE 3	SNATCH PULL	70%-2	80%-2	90%-2	100%-2	110%-2	115%-2	

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
SATURDAY							
EXERCISE 1	SNATCH GRIP LIFT OFF	80%-2	90%-2	100%-2	110%-2	115%-2	120%-2
EXERCISE 2	FRONT SQUAT + JERK (%1RM JERK)	60%-4+1	70%-3+1	80%-3+1	90%-3+1	95%-2+1	100%-2+1
EXERCISE 3	CLEAN GRIP LIFT OFF	80%-2	90%-2	100%-2	110%-2	115%-2	120%-2

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