

# OUTLAW BARBELL TRAINING PROGRAM

## CYCLE 11, WEEK 1

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
<b>MONDAY</b>						
EXERCISE 1	SNATCH COMPLEX(PULL, POWER, FULL)	50%	60%	70%	75%	70%
EXERCISE 2	CLEAN GRIP LIFT OFF WITH 3 SEC HOLD AT KNEE	60%-3	70%-3	80%-3	90%-3	95%-3
EXERCISE 3	FRONT SQUAT + SPLIT JERK(%1RM JERK)	50%-3+2	60%-3+2	70%-3+2	75%-3+2	70%-3+2

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
<b>TUESDAY</b>						
EXERCISE 1	CLEAN COMPLEX(PULL, POWER, FULL)	50%	60%	70%	75%	70%
EXERCISE 2	BEHIND HEAD PRESS FROM SPLIT POSITION(%1RM MILITARY PRESS)	50%-3	60%-3	70%-3	75%-3	70%-3
EXERCISE 3	OVERHEAD SQUAT	60%-3	70%-3	80%-3	90%-3	95%-3
EXERCISE 4	RDL	50%-3	60%-3	70%-3	75%-3	70%-3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
<b>WEDNESDAY</b>						
EXERCISE 1	3 POSITION SNATCH	50%	60%	70%	75%	70%
EXERCISE 2	POWER JERK	50%-3	60%-3	70%-3	75%-3	70%-3
EXERCISE 3	SNATCH GRIP LIFT OFF WITH 3 SEC HOLD AT KNEE	60%-3	70%-3	80%-3	90%-3	95%-3
EXERCISE 4	BACK SQUAT	50%-3	60%-3	70%-3	75%-3	70%-3

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## CYCLE 11, WEEK 1

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
FRIDAY						
EXERCISE 1	3 POSITION CLEAN	50%	60%	70%	75%	70%
EXERCISE 2	OVERHEAD LUNGE(%1RM JERK)2 EACH LEG	50%	60%	70%	75%	70%
EXERCISE 3	SNATCH PULL	60%-3	70%-3	75%-3	80%-3	85%-3
EXERCISE 4	RDL	50%-3	60%-3	70%-3	75%-3	70%-3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
SATURDAY						
EXERCISE 1	SNATCH	50%-3	60%-3	70%-3	75%-3	70%-3
EXERCISE 2	CLEAN & JERK	50%-3	60%-3	70%-3	75%-3	70%-3
EXERCISE 3	FRONT SQUAT	50%-3	60%-3	70%-3	75%-3	70%-3

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