

OUTLAW BARBELL TRAINING PROGRAM

CYCLE 11, WEEK 3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
MONDAY							
EXERCISE 1	SNATCH FROM KNEE	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 2	JERK DIPS	70%-3	80%-3	90%-3	100%-3	110%-3	120%-3
EXERCISE 3	CLEAN PULL	70%-3	80%-3	90%-3	100%-3	110%-3	110%-3
EXERCISE 4	RDL(%1RM FRONT SQUAT)	60%-3	70%-3	80%-3	85%-3	90%-3	80%-3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
TUESDAY							
EXERCISE 1	CLEAN FROM KNEE	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 2	BEHIND HEAD SPLIT JERK	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 3	SNATCH PULL	70%-3	80%-3	90%-3	100%-3	110%-3	110%-3
EXERCISE 4	FRONT SQUAT	60%-3	70%-3	80%-3	85%-3	90%-3	80%-3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
WEDNESDAY							
EXERCISE 1	SNATCH	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 2	DUMBBELL PRESS FROM SPLIT POSITION	Work up to 3 sets of 3	At moderate intensity				
EXERCISE 3	SNATCH GRIP LIFT OFF	70%-3	80%-3	90%-3	100%-3	105%-3	110%-3
EXERCISE 4	GOOD MORNING	Work up to 3 sets of 3	At moderate intensity				

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
THURSDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY



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CYCLE 11, WEEK 3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
FRIDAY							
EXERCISE 1	CLEAN & JERK	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 2	SNATCH BALANCE	60%-3	70%-3	80%-3	85%-3	90%-3	80%-3
EXERCISE 3	BACK SQUAT	60%-3	70%-3	80%-3	85%-3	90%-3	80%-3

DAY	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
SATURDAY							
EXERCISE 1	POWER SNATCH	60%-3	70%-3	80%-3	85%-3	90%-2	80%-3
EXERCISE 2	JERK BALANCE	40%-3	50%-3	60%-3	65%-3	65%-3	60%-3
EXERCISE 3	CLEAN GRIP LIFT OFF	70%-3	80%-3	90%-3	100%-3	105%-3	110%-3
EXERCISE 4	FRONT SQUAT	60%-3	70%-3	80%-3	85%-3	90%-3	80%-3
SUNDAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY	REST DAY



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