

Updated weeks 1-3

Weeks 1–3

Program Notes:

- Strength and classic lifts (e.g., squats, pulls, overhead work) should progress by 5–10 lbs each week, as long as form remains solid.
  - Primer movements (e.g., standing and hip muscle snatch/clean) are always done with just the bar to reinforce technique and warm-up.
  - Use the “1–2 reps in reserve” (RIR) cue—stop each set with 1–2 reps left in the tank.
  - Prioritize movement quality over load. Do not add weight if form breaks down.
  - Core holds (e.g., prone back extension, tuck hollow hold) increase by 5 seconds per week, up to 35 seconds.
  - For Behind the Neck Press on Box, rather than increasing weight, lower the box height week to week to progress mobility and strength in the deep squat position.
  - Mobility work can be completed entirely before or after training—this is up to the lifter’s preference and recovery needs.
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Movement Explanations:

- Standing Muscle Snatch & Clean: Upper-body focused drills performed from a standing position without a dip or catch. Reinforce bar path, turnover speed, and pulling mechanics. Keep the bar close and finish with a strong lockout.
- Hip Muscle Snatch & Clean: Performed from the hip (high hang) position. Shoulders should stay depressed and packed down, arms long and internally rotated, with focus on vertical extension and quick turnover.
- Hang Position Pulls (Clean & Snatch): Pulls initiated just above the knees. Emphasize vertical extension while maintaining bar contact through the thighs. Work to keep feet flat longer in both snatch and clean pulls to improve timing and leg drive.
- Front Rack Negatives: Drill for improving front rack mobility and positioning. Slowly lower the bar from rack position while keeping elbows high and controlling wrist position.

- Sotts Press on Box: Seated in a deep squat, pressing from behind the neck. Builds overhead strength and mobility. Progress week to week by lowering the box height rather than increasing load.

#### Day 1 – Snatch Mechanics & Mobility Focus

##### Mobility:

- [Shoulder Flexion Stretch – 2x15 sec](#)
- [Shoulder Extension Stretch – 2x15 sec](#)

##### Technique Work:

- [Standing Muscle Snatch \(Primer\) – 3x5](#)
- [Hip Muscle Snatch – 3x5](#)

##### Strength & Movement Prep:

- [Knee Over Toes Lunge – 2x10/leg](#)
- [Goblet Squat – 3x5](#)

Or

- [Arms-Across Front Squat – 3x5 \(Work to a moderate 5 reps, 1–2 RIR\)](#)

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#### Day 2 – Clean Mechanics & Pulling Prep

##### Mobility & Activation:

- [Front Rack Negatives – 3x5](#)
- [Dumbbell Internal Rotations – 2x15](#)

##### Technique Work:

- [Standing Muscle Clean \(Primer\) – 3x5](#)
- [Hip Muscle Clean – 3x5](#)

##### Strength & Pulls:

- [Elephant Walks – 2x15/leg](#)

- [Hang Position Clean Pulls – 3x5](#)

(Work to a moderate 5 reps, 1–2 RIR)

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### Day 3 – Overhead Strength & Squat Development

Mobility & Prep:

- [Shoulder Flexion Stretch – 2x15 sec](#)
- [Front Rack Negatives – 3x5](#)

Strength Work:

- [Push Press – 3x5 \(Work to a moderate 5 reps, 1–2 RIR\)](#)
  - [Knee Over Toes Lunge – 2x10/leg](#)
  - [Back Squat – 3x5 \(Work to a moderate 5 reps, 1–2 RIR\)](#)
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### Day 4 – Full Classic Lift Combinations

Overhead & Prep:

- [Behind the Neck Sotfs Press on Box – 3x5 \(add weight if stable or lower the box height, 1–2 RIR\)](#)

Snatch Complex:

- [Hip Muscle Snatch \(Primer\) – 3x5](#)
- [Hip Power Snatch + Overhead Squat – 4x\(2+2\)](#) (Just the bar)

Clean Complex:

- [Hip Muscle Clean \(Primer\) – 3x5](#)
- [Hang Power Clean + Front Squat – 4x\(2+2\)](#)

Pulling Strength:

- [Hang Position Snatch Pull – 3x5](#)

(Work to a moderate 5 reps, 1–2 RIR)

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Day 5 – Accessories & Core/Cardio Stability

Core & Posterior Chain:

- [Prone Back Extension Hold – 4x15–20 sec](#)
- [Hollow Hold – 4x15–20 sec](#)

Upper Body Strength:

- [Single Arm Rows – 3x10](#) or

[Pendlay Rows – 3x10](#)

- [Overhead Press – 3x10](#) (Moderate weight, 1–2 RIR)

Cooldown Mobility:

- [Couch Stretch – 2x15 sec/side](#)
- [Rear Hip Capsule Opener – 2x15 sec/side](#)