

Bulgarian Rhapsody						
	Day 1	Max Weight	Day 2	Max Weight	Day 3	Max Weight
Week 1	Overhead Squat 5 x 1 @ 90% of Snatch		Clean & Jerk 5 x 1		Snatch 7 x 1	
	Snatch 5 x 1		Front Squat 5 x 5 @ 75%		Clean & Jerk 7 x 1	
	Back Squat 5 x 1 @ 85%+		Jerks 5 x 1 @ 85%+		Front Squat 5 x 1 @ 90%+	
	Straight Leg Deadlift 5 x 5		Snatch Deadlift 3 x 3 @ 95% of snatch		Romanian DeadLift 5 x 2	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 2	
	Chin ups 3 x 10		Overhead Holds with Barbell 6 x 30 seconds		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 2	Overhead Squat 5 x 1 @ 95% of Snatch		Clean & Jerk 5 x 1		Snatch 7 x 1	
	Snatch 5 x 1		Front Squat 5 x 5 @ 75% + 5lbs		Clean & Jerk 7 x 1	
	Back Squat 5 x 1 @ 85%+		Jerks 5 x 1 @ 85%+		Front Squat 5 x 1 @ 90%+	
	Straight Leg Deadlift 5 x 5		Snatch Deadlift 3 x 3 @ 100% of snatch		Romanian DeadLift 5 x 2	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 2	
	Chin ups 3 x 10		Overhead Holds with Barbell 6 x 30 seconds		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 3	Overhead Squat 5 x 1 @ 100% of Snatch		Clean & Jerk 5 x 1		Snatch 7 x 1	
	Snatch 5 x 1		Front Squat 5 x 5 @ 75% + 10lbs		Clean & Jerk 7 x 1	
	Back Squat 5 x 1 @ 90%+		Jerks 5 x 1 @ 90%+		Front Squat 5 x 1 @ 90%+	
	Straight Leg Deadlift 5 x 3		Snatch Deadlift 3 x 3 @ 105% of snatch		Romanian DeadLift 5 x 2	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 2	
	Chin ups 3 x 10		Overhead Holds with Barbell 6 x 30 seconds		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	
Week 4	Overhead Squat 5 x 1 @ 105% of Snatch		Clean & Jerk 5 x 1		Snatch 7 x 1	
	Snatch 5 x 1		Front Squat 5 x 5 @ 75% +15 lbs		Clean & Jerk 7 x 1	
	Back Squat 5 x 1 @ 90%+		Jerks 5 x 1 @ 90%+		Front Squat 5 x 1 @ 90%+	
	Straight Leg Deadlift 5 x 3		Snatch Deadlift 3 x 3 @ 110% of snatch		Romanian DeadLift 5 x 2	
	Hollow Holds 3 x 1 minutes		Back Rack Lunges 5 x 10		Push Press 5 x 2	
	Chin ups 3 x 10		Overhead Holds with Barbell 6 x 30 seconds		Snatch Grip Pend. Row 5 x 5	
	Mobility: Posterior Chain, lower back		Mobility: Lats, Triceps, Forearms, Shoulders		Mobility: Hip Flexors, Quads, Chest	