

Start Your Engine: 4 Weeks			
	Day 1	Day 2	Day 3
Week 1	Drop Snatch 5x3	Snatch PP + Sn Balance (2+1) x 3*	Snatch 3, 3, 2, 2, 1, 1, 1
	High Hang Clean 5x3	Behind the Neck Jerk 5x3	Clean & Jerk (3+1) x 2, (2+1) x 2, 1, 1, 1
	Pause Back Squat 5x5 **	High Hang Snatch 5 x 3	Front Squat 5 x 3
	Clean Deadlift + Shrugs (3+2) x 5	Snatch Deadlift + Shrug (3+2) x 5	Snatch Grip Pend. Row 5 x 5
Week 2	Drop Snatch 5x3	Snatch PP + Sn Balance (2+1) x 3	Snatch 3, 3, 2, 2, 1, 1, 1
	High Hang Clean 5x3	Behind the Neck Jerk 5x3	Clean & Jerk (3+1) x 2, (2+1) x 2, 1, 1, 1
	Pause Back Squat 5x5 **	High Hang Snatch 5 x 3	Front Squat 5 x 3
	Clean Deadlift + Shrugs (3+2) x 5	Snatch Deadlift + Shrug (3+2) x 5	Snatch Grip Pend. Row 5 x 5
Week 3	Drop Snatch 5x3	Snatch PP + Sn Balance (2+1) x 3	Snatch 3, 3, 2, 2, 1, 1, 1
	High Hang Clean 5x3	Behind the Neck Jerk 5x3	Clean & Jerk (3+1) x 2, (2+1) x 2, 1, 1, 1
	Pause Back Squat 5x5 **	High Hang Snatch 5 x 3	Front Squat 5 x 3
	Clean Deadlift + Shrugs (3+2) x 5	Snatch Deadlift + Shrug (3+2) x 5	Snatch Grip Pend. Row 5 x 5
Week 4	Drop Snatch 5x3	Snatch PP + Sn Balance (2+1) x 3	Snatch Max Out!
	High Hang Clean 5x3	Behind the Neck Jerk 5x3	Clean & Jerk Max Out!
	Pause Back Squat 5x5 **	High Hang Snatch 5 x 3	Back Squat Max Out!
	Clean Deadlift + Shrugs (3+2) x 5	Snatch Deadlift + Shrug (3+2) x 5	
	** Pause for 3 seconds in the bottom, then explode up	*(3+2) x 2 = 2 set of 3 reps of 1st movement + 2 reps of 2nd movement	