

## Sample: 2 Day/Week Lifting Program

**\* STRENGTH COACH MUST SEE TOP SET OF CAPITALIZED MOVEMENTS**

*\*complete warm up sets prior to each exercise/pair A's and B's*

	hang clean	squat	bench press	jerk/deadlift	hang snatch	body weight
iSPORTSi	100	150	100	90	70	
	100	150	100	125	70	90.00

### Week 1

Day 1	wt	reps
<b>HANG SNATCH</b>		55 x3
<i>rest 3:00 min</i>		60 x3
	90%	<b>65 x3</b>
<b>A1 FRONT SQUAT</b>		85 x5
<i>pair 1:30 rest</i>		90 x5
	85%	<b>95 x5</b>
<b>A2 Pull-Up</b>		x6
		x6
		x6
<b>B1 Single Leg Squat</b>		x5
<i>pair 1:30 rest</i>		x5
<b>B2 Inverted Rack Row</b>		x Max
		x Max
		x Max
<b>C1 Cable Face Pulls</b>		x8
<i>pair 1:30 rest</i>		x8
		x8
<b>C2 DB Curl</b>		x8
		x8
		x8



Day 2	wt	reps
<b>HANG CLEAN</b>		80 x3
<i>rest 3:00 min</i>		85 x3
	90%	<b>90 x3</b>
<b>A1 BENCH PRESS</b>		75 x5
<i>pair 1:30 rest</i>		80 x5
	85%	<b>85 x5</b>
<b>A2 BB RDL</b>		85 x5
		90 x5
		95 x5
<b>B1 Military Press</b>		40 x5
<i>pair 1:30 rest</i>		40 x5
		45 x5
<b>B2 Single Leg Back Extension</b>		x8
		x8
		x8
<b>DB Tricep Extension</b>		x8
		x8
		x8

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