

## Sample: 3 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

iSPORTSi	hang clean	squat	bench press	jerk/deadlift	hang snatch	body weight
	100	150	100	90	70	
	100	150	100	125	70	90,00

### Week 1

Day 1 :	wt	reps
<b>BB Jump Squats</b>		50 x3
<i>rest 1:00 min</i>		50 x3
		50 x3
<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>		x5
		x5
		x5
<b>B1 DB Lunge</b>		20 x5
<i>pair 1:30 rest</i>		20 x5
<b>B2 DB Row</b>		30 x5
		30 x5
<b>BB Curl</b>		x5
		x5
		x5

Day 3 :	wt	reps
<b>HANG CLEAN</b>		55 x3
<i>rest 3:00 min</i>		60 x3
	90%	<b>65 x3</b>
<b>A1 DEADLIFT</b>		60 x5
<i>pair 1:30 rest</i>		65 x5
		<b>70 x5</b>
<b>A2 Lat Pull-Down</b>		x8
		x8
		x8
<b>B1 BB Reverse Lunge</b>		40 x5
<i>pair 1:30 rest</i>		45 x5
		50 x5
<b>B2 Face Pulls</b>		x12
		x12
<b>DB Curl</b>		3 set x8

Day 2 :	wt	reps
<b>JERK</b>		70 x3
<i>rest 3:00 min</i>		75 x3
	90%	<b>80 x3</b>
<b>A1 DB BENCH PRESS</b>		30 x5
<i>pair 1:30 rest</i>		30 x5
	85%	<b>30 x5</b>
<b>A2 BB RDL</b>		75 x8
		75 x8
		75 x8
<b>B1 BB Military Press</b>		45 x5
<i>pair 1:30 rest</i>		50 x5
<b>B2 SL SB Hip Bridge</b>		x8
		x8
		x8
<b>BB Tricep Extensions</b>		x8
		x8
		x8

