



Week 1-4
 1/12/2006
 Session 1

1. Box half squat 03559



Set box so that thighs are parrallel to floor when just touching the box/bench

Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps	3	reps	2	reps								
% of 1 Rep Max			75	%RM	80	%RM	90	%RM	95	%RM								
1/12/2006 Fri			150	Veasy	160	Med	180	Hard	190	Hard								
8/12/2006 Fri			152.5	Easy	165	Med	185	Hard	192	Hard								
15/12/2006 Fri			155	Med	167	Hard	187	H++	195	H++								
22/12/2006 Fri			160	Med	170	Easy	190	H++	195	H++								

2. Bench press 00339



Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps	3	reps	2	reps								
% of 1 Rep Max			75	%RM	80	%RM	90	%RM	95	%RM								
1/12/2006 Fri			100	Hard	110	Hard	120	Med	130	Med								
8/12/2006 Fri			105	Hard	115	Hard	125	Hard	132	Med								
15/12/2006 Fri			110	H++	120	H++	130	Hard	135	H++								
22/12/2006 Fri			110	H++	125	H++	132	H++	140	H++								

3. Straight arm snatch pull 00007



Use 60% of best squat and add 2.5-5kg per week

Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps												
% of 1 Rep Max			75	%RM	80	%RM												
1/12/2006 Fri																		
8/12/2006 Fri																		
15/12/2006 Fri																		
22/12/2006 Fri																		

5 Pullups
 10 Pushups
 15 situps

5 rounds as quickly as possible

1. Box half squat 03559



Start on 80% of 1 Rep Max and add 2.5-5kg per week
Set box so that thighs are parrallel to floor when just touching the box/bench

Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps	3	reps	2	reps								
% of 1 Rep Max			75	%RM	80	%RM	90	%RM	95	%RM								
1/12/2006	Fri																	
8/12/2006	Fri																	
15/12/2006	Fri																	
22/12/2006	Fri																	

2. Power clean push press 03544



Start on 80% of 1 Rep Max and add 2.5-5kg per week

Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps	3	reps	2	reps								
% of 1 Rep Max			75	%RM	80	%RM	90	%RM	95	%RM								
1/12/2006	Fri																	
8/12/2006	Fri																	
15/12/2006	Fri																	
22/12/2006	Fri																	

3. Power snatch 03547



Start on 80% of 1 Rep Max and add 2.5-5kg per week

Rest	1.5 min		Moderate															
Reps	2 x		5	reps	5	reps	3	reps	2	reps								
% of 1 Rep Max			75	%RM	80	%RM	90	%RM	95	%RM								
1/12/2006	Fri																	
8/12/2006	Fri																	
15/12/2006	Fri																	
22/12/2006	Fri																	

21, 15, 9 reps each of

- Dumbbell swing
- Pullups
- Janda Situps