

Super Total Program (kg)

EXERCISE	1RM
Snatch	130.00 kg
Clean and Jerk	145.00 kg
Front Squat	160.00 kg
Back Squat	190.00 kg
Pause Bench Press	150.00 kg
Deadlift	230.00 kg
Push Press	120.00 kg
Strict Press	90.00 kg

Please watch the video guide here:
[VIDEO GUIDE](#)

Week →	The same sets and reps for week 1 to week 4			WEEK 1	WEEK 2	WEEK 3	WEEK 4	INTENSITY	Min RPE	Max RPE
	SETS	REPS	EXERCISE							
DAY 1	3	7	Pause Back Squat	122.5	127.5	132.5	137.5	65.0%	6	8
	3	8	Pause Bench Press	97.5	102.5	107.5	112.5	65.0%	6	8
	2	3	Hang Power Snatch (above knee)	87.5	90.0	92.5	95.0	67.5%		
	2	4	Jerk off racks	110.0	112.5	115.0	117.5	75.0%		
DAY 2	4	5	Front Squat	120	125	130	135	75.0%	6	8
	3	2	Snatch Pull + Snatch [1]	97.5	100	102.5	105	75.0%		
	3	1	Power Clean*3 and Power Jerk [2]	102.5	105	107.5	110	70.0%		
	3	6	Snatch Deadlift	127.5	132.5	137.5	142.5	97.5%		
DAY 3	5	1	Power Snatch*2 + Snatch [3]	87.5	90	Go for a max set [4]	92.5	67.5%		
	5	1	Power Clean*2 + Clean and Jerk [5]	102.5	105	107.5	110	70.0%		
	3	10	Pause Bench Press	90.0	95.0	100.0	Go for a 10RM [6]	60.0%	6	8
DAY 4	4	6	Pause Back Squat	127.5	132.5	137.5	142.5	67.5%	6	8
	3	1	Snatch Balance + Overhead Squat*3 [7]	90.0	92.5	95.0	97.5	70.0%		
	3	1	Clean*3 and Jerk [8]	110.0	112.5	Go for a max set [9]	115.0	75.0%		
DAY 5	5	1	Snatch + Overhead Squat*3 [10]	107.5	110.0	112.5	115.0	82.5%		
	5	AMRAP	Strict Press	60.0	60.0	60.0	60.0	67.5%	10	10
	3	6	Clean Deadlift	142.5	147.5	152.5	157.5	97.5%		

Week →	The same sets and reps for week 5 to week 8			WEEK 5	WEEK 6(deload)	WEEK 7	WEEK 8	INTENSITY	Min RPE	Max RPE	Deload
	SETS	REPS	EXERCISE								
DAY 1	3	3	Power Snatch	87.5	Day Off	90.0	92.5	67.5%			
	2	2	Clean and Jerk	122.5		125.0	127.5	85.0%			
	5	4	Back Squat	162.5		167.5	172.5	85.0%	7	9	
	4	6	Pause Bench Press	120.0		125.0	127.5	80.0%	7	9	

DAY 2	4	3	<u>Snatch</u>	107.5	77.5	110.0	112.5	82.5%			60.0%	
	6	3	<u>Front Squat</u>	127.5	100.0	132.5	137.5	80.0%	7	8	62.5%	
	4	3	<u>Snatch Deadlift</u>	142.5	107.5	147.5	150.0	110.0%			82.5%	
DAY 3	5	1	<u>Power Snatch*2 + Snatch [11]</u>	90.0	75.0	92.5	95.0	70.0%			57.5%	
	5	1	<u>Power Clean*3 and Jerk [12]</u>	105.0	82.5	107.5	110.0	72.5%			57.5%	
	5	5	<u>Pause Bench Press</u>	120.0	97.5	125.0	127.5	80.0%	7	9	65.0%	
DAY 4	4	3	<u>Hang Snatch (below knee)</u>	95.0	77.5	97.5	100.0	72.5%			60.0%	
	1	2	<u>Clean and Jerk</u>	Go for a 2RM		110.0	122.5	Go for a 2RM	MAX		75.0%	
	7	3	<u>Back Squat</u>	162.5	127.5	Go for a 5RM		170.0	85.0%	7	9	67.5%
	5	3		102.5	85.0	105.0	107.5	85.0%			70.0%	
DAY 5	1	3	<u>Snatch</u>	Go for a 3RM		105.0	Go for a 3RM	Go for a 3RM	MAX		80.0%	
	4	4	<u>Jerk off racks</u>	112.5	102.5	115.0	117.5	77.5%			70.0%	
	6	4	<u>Pause Bench Press</u>	125.0	110.0	130.0	132.5	82.5%	7	9	72.5%	
	4	3	<u>Deadlift</u>	195.0	167.5	200.0	205.0	85.0%	7	9	72.5%	

Week →			WEEK 9	INTENSITY	Min RPE	Max RPE
	SETS	REPS	EXERCISE			
DAY 1	5	2	<u>Snatch</u>	115.0	>WEEK 8	
	5	1	<u>Power Clean and Jerk*2 [13]</u>	115.0	>WEEK 8	
	5	3	<u>Back Squat</u>	172.5	>WEEK 8	8
	7	3	<u>Pause Bench Press</u>	135.0	>WEEK 8	8
DAY 2	5	2	<u>Power Snatch</u>	95.0	>WEEK 8	
	5	1	<u>Clean*2 and Jerk [14]</u>	130.0	>WEEK 8	
	5	2	<u>Snatch Deadlift</u>	140.0 [15]	>Previous Max	
DAY 3	5	1	<u>Power Snatch + Snatch [16]</u>	97.5	>WEEK 8	
	5	1	<u>Power Clean + Clean and Jerk [17]</u>	112.5	>WEEK 8	
	8	3	<u>Pause Bench Press</u>	135.0	Same as DAY 1	8
DAY 4	4	2	<u>Snatch</u>	105.0	80%	
	8	3	<u>Back Squat</u>	175.0	>DAY 1	8
	8	3	<u>Pause Bench Press</u>	137.5	>DAY 3	8
DAY 5	1	1	<u>Snatch</u>	Go for a 1RM		MAX
	3	1	<u>Clean and Jerk</u>	130.0	Same as DAY 2	
	1	1	<u>Pause Bench Press</u>	Go for a 1RM		MAX

Week →			WEEK 10	INTENSITY
	SETS	REPS	EXERCISE	
DAY 1	5	2	<u>Snatch</u>	90.0
	4	2	<u>Power Clean and Jerk</u>	95.0

	5	1	<u>Back Squat</u>	132.5	70%
DAY 2	1	1	<u>Back Squat</u>	Go for a 1RM	MAX
	4	2	<u>Power Snatch</u>	82.5	62.50%
	3	2	<u>Clean and Jerk</u>	102.5	70%
	3	2	<u>Clean Deadlift</u>	155.0 [18]	>Previous Max
DAY 3	4	1	<u>Power Snatch + Snatch</u> [19]	85.0	65%
	4	1	<u>Power Clean + Clean and Jerk</u> [20]	95.0	65%
	5	2	<u>Front Squat</u>	105.0	65%
DAY 4	4	1	<u>Power Snatch + Snatch</u> [21]	72.5	55%
	4	1	<u>Power Clean + Clean and Jerk</u> [22]	80.0	55%
DAY 5	1	1	<u>Snatch</u>	Go for a 1RM	MAX
	1	1	<u>Clean and Jerk</u>	Go for a 1RM	MAX
	1	1	<u>Deadlift</u>	Go for a 1RM	MAX

- Stuff to edit immediately is above, the rest is adjusted automatically.
- The weights for each week is calculated automatically so you should follow these weights. If you don't manage to increase one week then repeat the same weight as the previous (non-deload) week or pick a lighter weight. **Edit that cell with what you lifted.**
- Each exercise listed has a video attached showing you the exercise. Click on the exercise to view
- The "Intensity" fields can be ignored, this is just used to calculate the intensity for the 1st weeks and deload weeks of each phase
- For each exercise there is a minimum and maximum RPE. If the weight on the program is below the minimum or above the maximum RPE then you should adjust the weight until it is within that range

- [1] 1 set of Complex: snatch pull followed by a snatch followed by a snatch pull followed by a snatch
- [2] 1 set of complex: 3 power cleans followed by a power jerk
- [3] 1 set of complex: 2 power snatches followed by 1 snatch
- [4] Work up to a max with this complex. Only do the max, don't do 5 sets of 1.
- [5] 1 set of complex: 2 power cleans followed by a clean and jerk
- [6] Choose a weight you believe you can hit for 10 reps and do an AMRAP. Somewhere between 8-12 reps is fine
- [7] 1 set of Complex: 1 snatch balance followed by 3 overhead squats
- [8] 1 set of Complex: 3 cleans followed by a jerk
- [9] Work up to a max with this complex. Only do the max, don't do 3 sets of 1.
- [10] 1 set of Complex: snatch followed by 3 overhead squats
- [11] 1 set of complex: 2 power snatches followed by 1 snatch
- [12] 1 set of complex: 3 power cleans followed by 1 jerk
- [13] 1 set of complex: 1 power clean followed by 2 jerks
- [14] 1 set of complex: 2 cleans followed by 1 jerk
- [15] You should pick a weight you believe you can snatch on Day 5. For example if you believe you can snatch 110kg on Day 5 then do 110kg for 5*2 this day.
- [16] 1 set of complex: 1 power snatch followed by 1 snatch
- [17] 1 set of complex: 1 power clean followed by 1 clean and jerk
- [18] You should pick a weight you believe you can Clean and Jerk on Day 5. For example if you believe you can Clean and Jerk 130kg on Day 5 then do 130kg for 3*2 this day.
- [19] 1 set of complex: 1 power snatch followed by 1 snatch
- [20] 1 set of complex: 1 power clean followed by 1 clean and jerk

[21] 1 set of complex: 1 power snatch followed by 1 snatch

[22] 1 set of complex: 1 power clean followed by 1 clean and jerk