

Sports performance accelerator impulse and power style

Impulse and power Day 1

3 x 6 dumbbell power clean
3 x 5 barbell power clean
3 x 5 barbell power snatch
4 x 5 dumbbell single hand snatch
3 x 12 barbell push jerks
3 x 12 barbell explosive push press

3-5min rest between each sets

Impulse and power Day 2

3 x 6 barbell muscle snatch
3 x 6 weighted squat jumps
3 x 6 weighted lunges jump
3 x 12 medicine ball slams
3 x 12 medicine ball chest throws
3 x 6 deadlift+jump

3-5min rest between each sets

Impulse and power Day 3

3 x 12 weighted box jump lunges
3 x 6 barbell power cleans
3 x 6 barbell muscle snatch
3 x 6 barbell power snatch
3 x 12 weighted jumps
3 x 20 kettlebell swings

3-5min rest between each sets