



CROSSFIT SPECIALTY COURSE: WEIGHTLIFTING TRAINING GUIDE

CrossFit
TRAINING



TABLE OF CONTENTS

COURSE OVERVIEW 3

DETAILED COURSE CURRICULUM 15

CONTACT INFORMATION 31

ADDENDUM 32

GOAL OF THE COURSE:

To teach the snatch and clean and jerk safely, efficiently and effectively.

DAY 1: SNATCH

Fundamentals of teaching the snatch:

- STANCE
- GRIP
- POSITION



Figure 1.

The snatch is jumping the barbell through a range of motion and receiving it in an overhead squat.

If you can jump, you can snatch.

Remember this weekend, it all comes back to the jump. The jump creates **speed through the middle**, and it all starts with the feet (stance).

1. STANCE

Stance is critical! 90% of all missed lifts are missed because of footwork.

STANCE:



Figure 2.



Figure 3.

JUMPING (PULL/PRESS/JERK) POSITION (FIGURE 2):

Feet are under hips (stance you would assume prior to a vertical jump). Everyone will be hip width initially; adjustments can be made on an individual basis.

LANDING (RECEIVE/SQUAT) POSITION (FIGURE 3):

Feet are shoulder width apart, toes turned out slightly while **cork-screwing the knees** (weight is on the heels. Torso is upright (no hinge at the hip) and back is slightly arched. Turn knees out and track in the same direction as the toes.

Stance drills:

1. Walk feet from jumping to landing position.
2. Jump feet from jumping to landing position.
3. Jump feet to landing position while increasing the depth of the squat (2", 4", 6", full squat).

COACHING POINTS:

- Feet move for speed and stability!
- In each drill, torso should be upright (no hinge at the hip) and weight is distributed on the back half of your feet.
- No donkey kicks. Jump hard, not high.
- You must be consistent with getting your feet where they need to be and hitting the proper positions every time.

2. GRIP

HOOK GRIP: FINGERS AROUND THE THUMB (FIGURE 4):

1. Always use the hook grip!
2. It is not a death grip on the barbell (that will slow down the barbell and lead to arm pulling).
3. Width: barbell should be 8" – 12" (20–30cm) above the head.



Figure 4.

3. POSITION: BARBELL POSITION OVERHEAD AND ACTIVE SHOULDERS

METHODS FOR DETERMINING CORRECT OVERHEAD POSITION:

1. **Eyeball method**
Great method for large groups: athletes put barbell overhead; coach looks to see the barbell is 8"–12" above the athlete's head. Move hands out to lower barbell; move hands in to raise barbell.
2. **Hip crease method**
Have athletes stand with PVC pipe at their hip and hands in a snatch grip. Athletes should raise one leg, and the PVC pipe should rest in their hip crease without rising up. If the barbell rises, the hands are too narrow to start. If the barbell misses the hip crease all together, hands are too wide to start. Place the barbell overhead, and coach looks to see the barbell is 8"– 12" above the head.
3. **Scarecrow method**
This method works best for small groups or individual basis. Have athlete turn back to coach and stand with elbows high and outside (elbows raised above shoulders, forearms and hands pointed down to the ground). Coach stands behind the athlete, holding a PVC pipe across the athlete's back, and places his hands on the PVC pipe in the same spot where the athlete's hands are hanging. The athlete then turns around and places his hands outside of the coach's hands. The athlete then lifts the barbell overhead, and coach checks to see that the barbell is 8"–12" above the head.

COACHING POINTS:

- Barbell should be centered over the body. From a side view, you should be able to draw a plumb line from the end of the barbell down through the shoulders, hips, knees, and ankles (the barbell is not too far forward or too far back).
- Shoulders are “active”. Cue: “SHOW ME YOUR ARMPITS!” (shoulders are externally rotated and armpits are facing forward, not down – Figures 5–7). [Watch this video from Kelly Starrett on “ACTIVE SHOULDERS”](#).
- For beginners, err on the side of hands being too narrow to avoid wrist pain.
- Wrists should be neutral overhead (not cocked backward or too far forward), palms turned slightly up.
- Can flip thumbs out at the top.

**Figure 5.****Figure 6.****Figure 7.**

4. POSITION:

COACHING POINT:

With each position, it is important to emphasize why we do each movement and expect focused, deliberate practice (perfect practice makes perfect!).

BURGENER WARM-UP:

1. Down and “Finish”: speed through the middle
2. Elbows High and Outside: keep the barbell close
3. Muscle Snatch: strong turnover
4. Snatch Lands at 2”, 4”, 6”: footwork
5. Snatch Drops: footwork, speed, strength in bottom of snatch

COACHING POINT:

Look for vertical hip drive, not horizontal hip drive, so that the barbell will stay back in the least line of resistance (Russian/Polish method). The path of the barbell will be back into the hips with a light brush of the hips.

[Correcting issues](#) with the Burgener Warm-up

SKILL TRANSFER EXERCISES:

1. Snatch Push Press: overhead strength
2. Overhead Squat: core strength
3. Heaving Snatch Balance: speed of arms
4. Snatch Balance without a dip*: foot/arm speed
5. Snatch Balance with a dip: foot/arm speed

*Commonly referred to as “Drop Snatch” (see note on page 20). Watch Milko Tokola perform snatch + drop snatch:

[Look for speed through the middle and junkyard dog attitude!](#)

(NOTE: If you have an athlete with mobility issues in the bottom position of the squat (i.e. cannot keep torso erect in the bottom position), consider a split snatch. See specific coaching cues/instructions on page 21).

COACHING POINT:

It is important to understand that as the barbell travels up, you press your body down under the barbell. Much like a teeter-totter (Figures 8–11)—when one side comes up, the other side presses down to the ground.



Figure 8.



Figure 9.

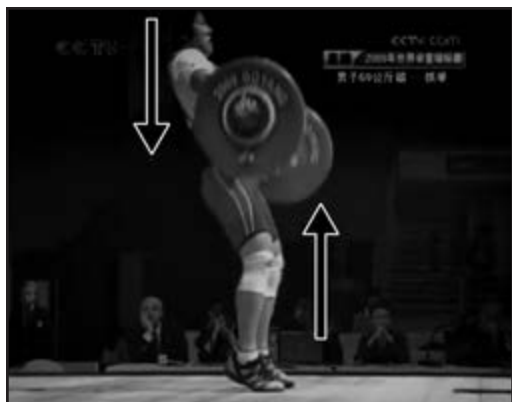


Figure 10.



Figure 11.

In Figure 9, look at his hair: his hair is flying up, which means he is pulling his body down under the barbell.

Watch this [video](#) of the 2009 World Championships: it shows the change in direction from elevating the barbell up to pulling down underneath the barbell.

5. POSITION: HIGH HANG SNATCH

There are three positions we will snatch from: high hang, launch and floor.

EVERYONE CAN SNATCH FROM THE HIGH HANG!

- High hang is nothing more than “Down and Finish” and receiving the barbell in an overhead squat.
- High hang is a great position to learn from, and should problems occur, it is a great place to go back to and snatch from.
- Do high hang snatch and receive in a 2” squat, hold and ride down; recover. Do

a high hang snatch and receive in a 4" squat (hold and ride down); recover and repeat, landing in a 6" squat (hold and ride down). Make sure feet hit landing position!

6. POSITION: LAUNCH

LAUNCH – 1" ABOVE THE KNEE (FIGURES 12–13)

The launch position is the jump sequence from 1" above the knee to the high hang. The launch position is crucial as it is the point where the hamstrings are stretched to allow for explosion! The key is to stay back. If one stays back while pulling off the ground and stretches the hamstrings, the barbell will automatically hit the high hang and finish!

Reference: click on "sportivny" and go to the article: Key Muscles for Weightlifting.

Natalie at Mike's Gym (Figures 12–13)



Figure 12.



Figure 13.

Breakdown of the launch [position](#).

It is important to understand the barbell will attempt to pull the lifter forward. The lifter has to stay back and counterbalance the weight of the barbell. The lifter must learn to stay over the barbell and be patient by using the legs (not the back) to reach the launch position, and only then stand with the legs to engage the hamstrings and finish!

7. POSITION: FLOOR/STARTING POSITION

FLOOR/STARTING POSITION (ADDRESSING THE BARBELL; FIGURE 14):

1. Shoulders are over or slightly in front of the barbell
2. Head is neutral
3. Back is slightly arched and tight
4. Hips are slightly higher than the knees
5. The distribution of weight is over the center of the foot or slightly forward

COACHING POINTS:

- It is important to hammer in the details here! You cannot start in a weak position and end in a strong position. In order to finish strong, you must start strong.
- When lifting the barbell from the ground, the weight is initially in the center of the foot. As the barbell is raised, the path of the barbell is back into the hips and the weight is transferred to the heels.
- Back angle does not change from the ground to the launch position (hips and back rise together).
- With beginner lifters, always use a static start position.

WORK EACH POSITION (EMPHASIS ON EACH POSITION IS FINISH!)

1. Liftoff
2. Liftoff to Launch to Finish
3. Liftoff to Launch to Snatch

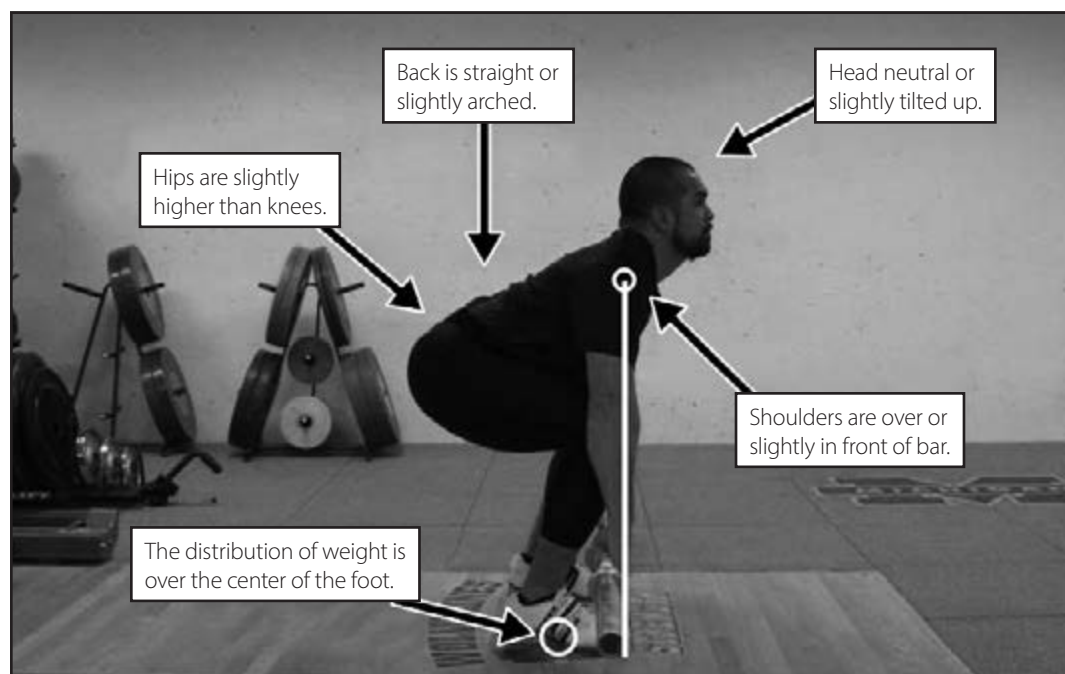


Figure 14.

END DAY 1

DAY 2: CLEAN AND JERK**GOAL OF THE COURSE:**

To teach the snatch and clean and jerk safely, efficiently and effectively.

BURGENER WARM-UP:

1. Down and "Finish": speed through the middle
2. Elbows High and Outside: keep the barbell close
3. Muscle Snatch: quick turnover
4. Snatch Lands at 2", 4", 6": footwork
5. Snatch Drops: footwork, speed, strength in bottom of snatch

SKILL TRANSFER EXERCISES:

1. Snatch Push Press: overhead strength
2. Overhead Squat: core strength
3. Heaving Snatch Balance: speed of arms
4. Snatch Balance without a dip*: foot/arm speed
5. Snatch Balance with a dip: foot/arm speed

*Commonly referred to as "Drop Snatch" (see note on page 20).



Figure 15.

1. THE CLEAN

Teaching the clean is simple because everything you learned for the snatch applies to the clean. Stance, grip, and position of the clean are very similar to the snatch.

FRONT SQUAT: The front squat rack position is the same receiving position as in a clean.

1. **Front Squats without hands on barbell** (Figure 16) Arms extended straight out, barbell rests on front rack position.



Figure 16.

2. **Front Squats with hands on barbell**

To grip the barbell, place thumbs at edge of knurling and move hands about a thumb and half away from the edge of knurling. Elbows lead up out of the bottom of the squat.

3. **Pause Front Squats**

Hold lifter in bottom of squat, count 1001, 1002, and then drive up with elbows.

4. **1 and 1/4 Front Squats**

Complete one full front squat, come up out of the hole a quarter of a squat, go back down in the hole, and drive up all the way to the top. A person with inflamed knees would not be a candidate for 1 and 1/4 squats. Also, note 1 and 1/4 front squat max should be what one can clean.

5. **In the hole Front Squats**

Starts in the bottom of the squat. Set rack to hold the barbell at the height of the bottom of the squat in order for the lifter to get under it. Lifter gets under barbell and drives up from bottom of squat. The third rep is an eccentric rep: 10 second tempo down to the hole, drive up.

From here, athletes drill high hang clean and launch clean, working on the adjustment from front squat to press/jerk. With the barbell on the front rack, rotate elbows down, but remain forward of the barbell, to create a shelf (Figure 18). From here, drive the barbell up for a press or jerk.



Figure 17.

Positions are the same for front squat to press, front squat to push press, front squat to push jerk and front squat to jerk.

CLEAN:

Stance: Jumping position

Grip: Hands are a thumb + knuckle from edge of knurling

Positions: High Hang – Launch – Floor

2. THE JERK

SKILL TRANSFER EXERCISES – JERK:

1. Push Press behind the neck (start from behind neck to teach straight line dip and drive keeping face out of the way).
2. Push Jerk behind the neck
3. Push Press
4. Push Jerk
5. Jerk behind the neck
6. Jerk

PROGRESSION FOR TEACHING THE JERK:

(For specific instructions on how to mark the feet for the Jerk, go to page 28.)

1. Start with the feet in the jumping position
2. Take a lunge step forward, put back knee on deck
 - Front knee is stacked over ankle, torso is perpendicular to the ground
 - Cork-screw the front knee
3. Stand 6" – 8" (15 – 20 cm) without moving the feet
 - Torso remains erect
 - Back leg is slightly bent to keep torso tall and prevent pelvic tilt
4. Recover
 - Step front foot back 6" or so (15 cm)
 - Bring back foot forward while keeping erect torso

Drill with PVC pipe: jerk from behind the neck using all cues and footwork from above.

Jerk with PVC pipe from the front using all cues and footwork from above.

CLEAN AND JERK:

1. Clean from the high hang, adjust, and jerk
2. Clean from launch (pause at high hang if needed), adjust, and jerk
3. Clean from floor (pause at launch if needed), adjust and jerk

DAY 1: THE SNATCH**1.0 INTRODUCTIONS:**

- a. Facility Staff/Amenities
- b. Coaching Staff
- c. Injury Inquiry

2.0 GOAL OF THE COURSE:

To teach the snatch and clean and jerk safely, efficiently and effectively.

3.0 THE WARM-UP:

Outside the gym, assemble the group in lines (~3–4 columns, group dependent)

Exercises done on “go”:

- a. High knees
- b. Butt kicks (bum whackers)
- c. High-knees skipping
- d. Backward skipping
- e. Sideways skipping (turn other way on 2nd “go”)
- f. 3 “go’s”: go-sprint-go-turn to right and back pedal-go-turn to right and sprint through
- g. 3 “go’s”: go-sprint-go-turn right 360 sprint-go-turn left 360 sprint through
- h. 3 “go’s”: go-run backwards-go-turn right 180 or 360-go-turn left 180 or 360 sprint through
- i. Belly sprints
- j. Back sprints
- k. Junkyard Dog Warm-up

4.0 FUNDAMENTALS OF TEACHING THE SNATCH:**STANCE, GRIP AND POSITION**

Get PVC pipe, place it on right side of body. The snatch is jumping a barbell through a range of motion and receiving it in an overhead squat. **If you can jump, you can snatch.** Have group jump in place 1/8” off ground with shrug at top. Do a few reps. If you can do this, which everyone can, you can snatch.

Remember this weekend, it all comes back to the jump. It is this jump that creates the **speed through the middle**, which is critical in the Olympic lifts, and this jump starts at the feet (stance).

5.0 STANCE:**1. Jumping (pull/press/jerk) position:**

Feet are under the hips, the same stance one would assume prior to doing a vertical jump (note: stance is critical as 90% of all missed lifts can be attributed to the feet/base). Initially, everyone will be at hip width. Adjustments can be made later once you work with someone individually.

2. Landing (receive/squat) position:

This is where the athlete receives the barbell; feet move for speed and stability. Feet are shoulder width apart, toes turned out slightly while corkscrewing the knees (weight is on the heels. Torso is upright (no hinge at the hip) and back is slightly arched. Turn knees out and track in the same direction as the toes.

3. Drills:

a. Walk your feet from jumping to landing position. Make sure there is proper width for feet in each position and knees are bent in landing position (do not land with straight legs!). Chest should be upright (no hinge at the hip). Wiggle the toes to make sure your weight is more on the back half of your feet. It is important to hammer on the details here. That is a coach's job! Do this drill several times with coaches checking feet and body position.

b. Jump feet from jumping position to landing position. No donkey kicks. This drill is how you avoid donkey kicks. Reinforce that the ground is a weight lifter's friend, and feet move for speed and stability. This is not a floating basketball jump. Instead, slide the feet out fast to the landing position. Lifters must be consistent with getting the feet where they need to be, and one should be able to squat deep from this landing position (assuming flexibility – see note below). Have group stay down in the landing position, adjusting feet as needed, and only come up when everyone is set in proper position.

c. Jump feet to the landing position while increasing the depth of the squat to 2" squat, 4" squat, 6" squat, and full squat. Again, feet should hit proper spot every time. Athletes should be able to land in full squat without adjusting feet. Practice a few times.

(Note: address "butt wink"/flexibility here. In bottom of full squat, raise chest up, arch low back and drive hips to heels, push knees out. The "butt wink" position is a soft position and not safe to lift weight overhead. Do not squat to a depth where wink develops. Cut squat short and then work within the limits of the athlete's range of motion and correct as you go. Fix the movement pattern first before adding heavy weight overhead.)

5.1 GRIP:

1. **Hook Grip:** Wrap first two fingers around the thumb when gripping the barbell. This is a very secure grip. A lifter will not have barbell slip out of their hands with this grip, and it helps with keeping arms straight.
You must have hook grip! Note, however, this is not a death grip on the barbell, as that will slow down the barbell and lead to arm pulling. Have group show coaches the hook grip. Discuss flipping out the thumbs at the top to increase the speed of the turnover. If this is not addressed early, a lifter will not adopt this habit. Lifters will release hook grip in the clean, so might as well do it in snatch.

2. **Width of hands on the bar (bar should be 8"–12" (20–30cm) above the top of the head when overhead):**

There are a variety of methods for finding a good grip for the snatch: eyeball method, hip crease method, scarecrow method. For beginners, err on the side of too narrow of a grip to avoid wrist pain.

- a. **Eyeball method:** Have the group use the "eyeball" method to set their grip. Have them put the barbell overhead and coaches walk around to verify the barbell is 8" – 12" above the head – make adjustments as necessary. Move hands out to lower barbell; move hands in to raise barbell.
- b. **Hip crease method**
Have athletes stand with PVC pipe at their hip and hands wide in a snatch grip. Athletes should raise one leg, and the PVC pipe should rest in their hip crease without rising up. If the barbell rises, the hands are too narrow to start. If the barbell misses the hip crease all together, hands are too wide to start. Place the barbell overhead, and coach looks to see the barbell is 8"–12" above the head.
- c. **Scarecrow method**
This method works best for small groups or individual basis. Have athlete turn back to coach and stand with elbows high and outside (elbows raised above shoulders, forearms and hands pointed down to the ground). Coach stands behind the athlete, holding a PVC pipe across the athlete's back, and places his hands on the PVC pipe in the same spot where the athlete's hands are hanging. The athlete then turns around and places his hands outside of the coach's hands. The athlete then lifts the barbell overhead, and coach checks to see that the barbell is 8"–12" above the head.

Correct barbell position overhead in relation to the frontal plane:

Barbell should be centered over the body. From a side view, you should be able to draw a plumb line down through the shoulders, hips, knees and ankles (the barbell is not too far forward or too far back). Shoulders are active ("show me your armpits!" armpits are forward, not down). Turn palms up slightly and push barbell up to ceiling. Have group raise and lower barbell a few times so everyone knows how to find proper position.

10 MINUTE BREAK

5.2 POSITION: BURGNER WARM-UP:

Always keep an eye on stance and grip. Recheck a lifter's grip by having them put the barbell overhead. Also, ensure wrists stay neutral and elbows turned out slightly. With positions, it is important to look for vertical hip drive, not horizontal hip drive, so that barbell will stay in least line of resistance (Russian/Polish method). The path of barbell will be back into hips with light brush of the hips (as opposed to catapult or horizontal hip drive method).

1. Down and Finish¹

The Down and Finish creates speed through the middle (the most important concept in course. Speed comes from legs and proper jumping stance). The position will be the high hang, the position from which you jump. Stay tall (no dipping forward or hinging in the hips), cork-screw the knees, relax the arms and keep the barbell close. Come up by driving through legs and shrugging hips and shoulders (jump).

This is a crucial movement as it is the foundation for the lift itself (emphasizing standing with the legs). Make sure lifters lead with shoulders and arms follow. The shrug at the top, after the hip extension, is the signal to press your body under the barbell as fast as possible! The shrug pulls you under the barbell fast. Arms are like ROPES, hanging long but relaxed, so the barbell does not bounce out with hip extension. Arms do not bend until after the jump and shrug (shoulders lead arms follow)!

(Note: The “down” portion of the “Down and Finish” is the same dip as in the press and jerk.)

COACHING POINT: If someone is having trouble keeping their chest up (staying tall), a coach can place a fist in front of chest and tell them to dip and not to hit the fist.

2. Elbows High and Outside:

This movement will teach lifter how to keep the barbell close in the least line of resistance. The movement is Down and Finish, then elbows high and outside. This is the beginning of the third pull (talk about the three pulls here). Don't let elbows rotate back or hands come too high that the elbows dip. Keep the chest up, not over the barbell—be tall. If a lifter is over barbell, he/she may hit their head on a snatch. By having the elbows high and outside, the barbell will stay in the least line of resistance and will stay within the area of the base formed by the feet.

¹ On SN, CL, J, PP the “down” is controlled and smooth to prevent drop of chest and bending of arms (which occurs when drop too fast). On Jerk or push press, going down too fast will cause bar to crash on lifter. Control down, explode up for speed through the middle.

3. Muscle Snatch:

This movement develops a quick turnover that reinforces a strong pull under the barbell! Demonstrate this step-by-step from waist to high elbows, and then turn it over to top position. Do this a few times, adding speed. Make sure there is no re-bending of the knee. Put it all together, with barbell travelling fast and close. This helps develop the third pull. Make sure shoulders lead and arms follow! This is a great upper body strengthening exercise—Coach Burgener’s athletes do this heavy every day!

4. Snatch Lands at 2”, 4” and 6”:

This movement reinforces footwork and receiving positions. Keep the barbell overhead after the last muscle snatch. Receive the barbell at 2”, hold and ride down to a full squat; recover. Receive barbell at 4”, hold and ride down to full squat; recover. Receive the barbell at 6”, hold and ride down to a full squat; recover. This teaches footwork in the power position and fixes donkey kicks and floating. Keep the barbell up through all these reps—no one puts it down.

5. Snatch Drops:

This movement develops **footwork, speed and strength in the bottom of the snatch**. The lifter should drop as if standing on trap door— just drop, no down and up. Move feet fast to the landing position. Hold bottom position and make sure lifters do not have to move feet to squat down. No one puts barbell down.

Now put it all together. Three reps on each exercise, three times through. Lifters should do this everyday as a beginner when learning lifts. Also, as coaches, make sure to pay attention to details: consistency on footwork, stance, grip and position should always be evaluated. Increase weight very gradually in these drills: PVC, PVC+sand, cold-rolled steel and so on.



Down and Finish

Elbows high and outside



Turnover

Figure 18.

5.3 POSITION: SKILL TRANSFER EXERCISES:**1. Snatch Push Press:**

Develops overhead strength and ability to support weight overhead. It is performed just like a regular push press done by CrossFitters, but with wide grip and barbell is behind the neck. Keep chest up, feet in jumping position, sit back on heels, no forward flexion at hips; feel the heels on the down and up*, cork-screw the knees (push knees out), active shoulders and do not re-bend the knees. Think speed through the middle! Lifters should be able to Snatch push press+overhead squat 100% of best snatch.

(*Note: The down and drive up of the barbell here is the same position as the “down” on the Down and Finish!)

2. Overhead Squat:

Develops core strength. Keep barbell overhead on last Snatch Push Press; move feet out to landing position and squat. Go over briefly: chest up, cork-screw the knees, weight on heels, active shoulders. (Show me the armpits!)

3. Heaving Snatch Balance:

Develops speed of arms. Feet remain in the landing position from Overhead Squat. The barbell starts on the athlete’s back, and the athlete will dip and then drive under the barbell with speed. The feet do not move and remain in the landing position.

4. Snatch Balance without a dip*:

Develops foot/arm speed. Feet will start in the jumping position. Athletes will work on pressing their body down under the barbell while moving their feet to the landing position as fast as possible. There is no dip – athletes will have to focus on driving under the barbell quickly.

***Note:** You will commonly see this movement referred to as “drop snatch” (universal weightlifting terminology), not to be confused with snatch drops in the Burgener Warm-up (our local terminology) – the difference between the two is the placement of the barbell. With snatch drops (as part of the Burgener Warm-up), the barbell starts in the overhead position and is used to dial in footwork only. In a drop snatch, the barbell starts on the back, and both the barbell and feet move together, developing speed and drive under the barbell.

5. Snatch Balance with a dip:

Develops foot/arm speed. Feet will start in the jumping position. Athletes will use a slight dip and then press their body down under the barbell while moving their feet to the landing position as fast as possible. Snatch balance is the fastest of these movements. Note that the feet go from jumping to landing position. This is a very good exercise to use with lifters, and it must be fast. Lifters should be able to snatch balance 100%+ of their 1RM snatch.

COACHING POINT:

With Snatch Balance (both with and without a dip), the barbell and feet move together. An athlete's feet should land at the same time the elbows reach full extension on the barbell. Practice with PVC/light weight first and drill the timing so that lifters do not develop a habit of landing and then pressing out the barbell. Add weight only as long as the technique and timing are in sync.

SPLIT SNATCH:

Athletes with mobility issues in the bottom of the squat position can transition to a split snatch; use this for athletes who cannot maintain an upright torso in the bottom of a squat. Teaching an athlete to split in the bottom of the snatch will allow the athlete to keep an upright torso and keep the barbell centered over the body in the bottom position.

Place PVC pipe on back. Take a long lunge step forward, placing the back knee on the deck. Stand 6"–8" without moving the feet (torso remains erect); back leg is slightly bent to keep torso tall and prevent pelvic tilt. Recover by taking a half step back with the lead foot, and then step forward with the back foot.

Now place the PVC pipe overhead and take a few steps of walking lunges, keeping the back knee off of the deck. Overhead walking lunges will give the athlete confidence to get into a split snatch position.

Burgener Warm-up for Split Snatch:

1. Down and Finish (same as above)
2. Elbows High and Outside (same as above)
3. Muscle Snatch (same as above)
4. Snatch Lands (Omit)
5. Snatch Drops (drop into a lunge)

Skill Transfer Exercises for Split Snatch:

1. Snatch Push Press (same as above)
2. Walking lunge step and press weight overhead
3. (Omit heaving snatch balance)
4. Snatch Balance without a dip (land in a lunge)
5. Snatch Balance with a dip (land in a lunge)

LUNCH

5.4 POSITION: HIGH HANG SNATCH:

A high hang snatch is nothing more than “Down and Finish” and receiving the barbell in an overhead squat, creating speed and elevation on the barbell. Stand close to the athlete’s barbell or place PVC pipe in front so that the barbell does not swing out. Have the athlete do a few reps. If athletes have trouble, have them do Down and Finish a few times, then snatch. Tell the group that everyone can snatch from the high hang!

The high hang position is a great position to learn from, add weight, and improve snatches. Always come back to the high hang if technique problems occur.

Drill:

1. Down + Finish
2. Down + Finish + Overhead Squat (High hang snatch), (Position 1 of 3-position snatch)

Do high hang snatch and receive at 2” (hold then ride down to full squat for all reps) for a few reps, 4” (hold and go down), 6” (hold and go down), full squat (hold at bottom). Make sure feet are hitting landing position!

HOW TO MISS:

As a coach, it is important to teach your athletes the proper way to “miss” a snatch to avoid injury. Do not assume your athletes will know how to miss, and encourage them to practice missing so that if they do miss a heavy lift, the body will already know what to do.

1. How to miss behind:
The safest way to miss when the barbell goes too far backwards overhead is to take a step forward and get your bottom out of the way. Do not collapse forward and try to throw the barbell overhead.
2. How to miss forward: The safest way to miss when the barbell is received too far forward is to drop the barbell in front of the lifter and take a step back. Do not throw the barbell forward; throwing the barbell forward can result in the barbell bouncing back on to the lifter. Instead, drop the barbell down and step backwards.

Drill:

With PVC pipe, practice snatching the pipe overhead and drop it behind while stepping forward and getting out of the way.

COACHING POINT:

Injuries can occur when a lifter tries to “save” a missed lift, either too far forward or backward. Teach your lifters to safely miss lifts and don’t fight saving it, risking injury. It is better to miss the lift and try to lift it again, rather than saving it.

5.5 POSITION: LAUNCH

Launch position (approximately 1" above the knee)
(Figures 19–20):

The goal of this section is to teach the jump sequence from one inch above the knee through the Down and Finish. The “launch” is crucial as it is the point where the hamstrings are stretched to allow for explosion! The key is to stay back. If one stays back off the ground and stretches the hamstrings, the barbell will automatically hit the Down and Finish!

It is important to understand the barbell will attempt to pull the lifter forward. The lifter has to stay back while creating a combined center of gravity (COG) between the body and the barbell. Lifters must learn to stay over the barbell and be patient by using legs (not the back) to reach the launch position. Once the launch position is hit, the lifter will explode, creating speed on the barbell while pulling their bodies down and around the barbell.

Show the launch position. Athletes must feel the hamstrings fire and engage. With feet in the jumping position, have lifters lock the knees, palms face down on hips. Then, send bumpers (butt) back (keeping knees locked) until hands are approximately 1" above the knee. Have lifters hold this position to feel the hamstrings fire. Stand and slide hands back up to hips. Repeat a few times to give lifters a good feel for the launch position.

Tell lifters to lock knees again, send bumpers (butt) back and move hands to 1" above knee. Holding the position and keeping hamstrings engaged, have lifters slide hands out horizontally to simulate where their snatch grip on the barbell would be. Next cue is “unlock the knees” – have lifters slightly bend knees to move shoulders in front of the barbell. Hold the position, and keeping hands out in snatch grip, have lifters stand. Repeat a few times.

Grab a PVC pipe. Tell lifters to lock in, send bumpers back and unlock the knees. On the coach’s cue, tell lifters to Finish (jump). Watch to ensure lifters are staying back, hitting the down position and shrugging shoulders at the top. Make sure lifters are jumping (double knee bend) and not just extending! After group has it, add snatch and hold in bottom. Watch for barbell swinging out or not getting to proper positions. Do a few reps.

If athletes are missing positions (i.e. jumping too soon, missing the Down and Finish), always go back one position, either the Launch or High Hang. Hold athletes and make them pause to dial in the barbell path and ensure proper positioning throughout the lift.



Figure 19.



Figure 20.

Drills: (All with PVC)

1. Launch + Finish
2. Launch + Finish + Overhead Squat (mid thigh snatch) (position 2 in 3-position snatch)

Teach: launch to floor, floor to launch

3. Launch to Floor
 1. Floor to Launch
 2. Floor to Launch-pause-Finish-Overhead Squat (position 3 in 3-position snatch)

10 MINUTE BREAK

5.6 POSITION: STARTING POSITION

To address the barbell/starting position: shoulders are over or slightly in front of the barbell, head is neutral, back is slightly arched and tight, and hips are slightly higher than the knees. When lifting the barbell from the ground, the weight is initially in the center of the foot or slightly forward. As the barbell is raised, the path of the barbell is back into the hips, and the weight is transferred to the heels. The back angle does not change from the ground to the launch position (hips and back rise together). With beginner lifters, always use a static start position.

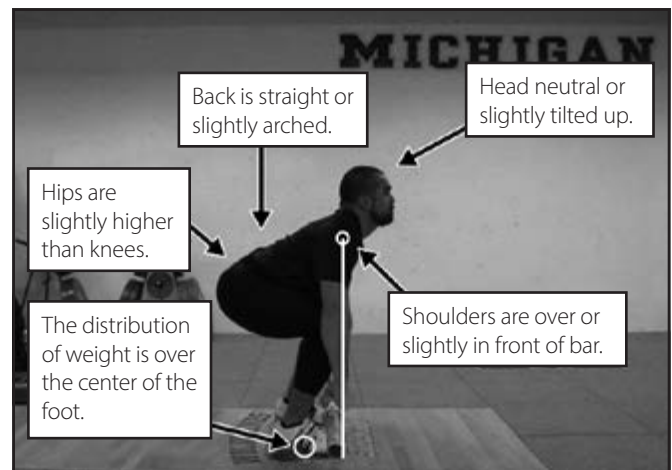


Figure 21.

COACHING POINT: It is important to hammer in the details here! You cannot start in a weak position and end in a strong position. In order to finish strong, you must start strong.

Drill below knee to Launch to Down and Finish to floor to Launch to Down and Finish with entire group with PVC.

Go into training groups and work on these positions with the barbell, starting from the High Hang (emphasis on each position is Finish!).



Launch Position - - - - - Down and Finish - - - - Elbows High & Outside - Turnover - - - Snatch! - -
Figure 22.

1. Liftoff
2. Liftoff to Launch to Finish
3. Liftoff to Launch to Snatch

COACHING POINT: Anyone can snatch from high hang, but barbell path may get a little crazy when lifters start going from below knee or floor. If the lifter is struggling, just come back to high hang position. Look for vertical motion (not horizontal hip thrust), and use Down and Finish and jumping drills to instill this.

It is OK to look like a beginner when learning—do not get discouraged or frustrated. Remember, perfect practice makes perfect. Be patient and hammer in the details for long term gains!

END DAY 1

6.0 DAY 2: CLEAN AND JERK

Start with Q&A, then use same lateral, speed and agility drills as Day 1. All athletes then complete the Junkyard Dog Warm-up, Burgener Warm-up and Skill Transfer Exercises.

Divide into small groups to snatch with barbell (loaded with training plates or 10kg plates – lifters are only allowed to progress in weight if the technique is sound). Three position snatch: High Hang Snatch, Launch position Snatch, Snatch from floor (smooth off floor, controlled to Launch).

COACHING POINT: To prevent back angle from changing, get to heels as soon as possible off floor, bringing the barbell back to you. Show how a coach can use PVC to prevent barbell from staying out and not coming back into lifter. Hold PVC pipe vertically in front of the lifter and line up with athlete's shoulders in the start position. Cue: "Do not hit my PVC pipe!"

10 MINUTE BREAK

6.1 THE CLEAN:

Teaching the clean is simple because everything you learned for the snatch applies to the clean. Stance/Grip/Position—very similar to snatch.

1. Front Squat

Front squats teach where a lifter will **receive the barbell** for the clean. Start with barbell on the front rack, arms extended out straight, and hands free to show where to rack the barbell when receiving clean (in notch on shoulder). Chest upright, cork-screw the knees, stay as tall as possible, bringing hips to heels.

2. Then show **grip:** hands will be about a thumb width + knuckle from the edge of the knurling.

3. In large group, demonstrate **five different front squat techniques**, then break into small groups to practice:

a. Front Squats without hands on barbell

Arms extended straight out, barbell rests on front rack position.

b. Front squats with hands on barbell

To grip the barbell, place thumbs at edge of knurling and place hands about a thumb width + knuckle from the edge of the knurling. Elbows are up and lead up from the bottom of the squat.

c. Pause front squats

Hold lifter in bottom of squat, count 1001, 1002, then drive up with elbows.

d. 1 and 1/4 Front Squats

Complete one full front squat, come up out of the hole a quarter of a squat, go back down in the hole, and drive up all the way to the top. (A person with inflamed knees would not be a candidate for 1 and ¼ squats. Also, note 1 and ¼ Front squat max should be what one can clean.)

e. In the hole Front Squats

Starts in the bottom of the squat: set the rack to the hold barbell to the height

of where the bar would be in the front rack during the bottom of the squat in order for the lifter to get under it. Lifter gets under barbell and drives up from bottom of squat. The third rep is an eccentric rep: 10 second tempo down to the hole, drive up.

Train the front squat techniques, high hang clean and launch clean in small groups with the barbell. Athletes should lead with the elbows out of the bottom of the squat with the barbell high on the shelf.

4. Come together briefly to teach **adjustment of grip/transition for Jerk (Figures 23–24)**. With the barbell in the front rack, rotate elbows down and out but forward of barbell so that shoulders still create a shelf. Do not have death grip on the barbell. Demonstrate consistency with front squat to press/front squat to push press/front squat to push jerk/front squat to jerk.
5. In groups, work front squat to transition for the jerk. Then work front squat to press and front squat to push press. Do several sets.
6. In groups, do High **Hang Clean, Launch position Clean and Clean from floor**.

Drills:

1. High Hang Clean, adjust and Press
2. Launch position Clean, adjust and Press
3. Full Clean, adjust and Press

On cleans, look for full extension, shrug at top, foot position and properly racking barbell. Always hit launch position and emphasize staying back to hit Down and Finish! Watch back angle: **lift with legs, not back**. The legs give speed to the barbell.



Figure 23.



Figure 24.

LUNCH

6.2 JERKS

SKILL TRANSFER EXERCISES

- a. Push Press Behind Neck
- b. Push Jerk Behind Neck
- c. Push Press
- d. Push Jerk
- e. Jerk Behind Neck
- f. Jerk

Jerks and presses from behind neck are a good way to learn as it puts barbell in proper position.



Figure 25.



Figure 26.

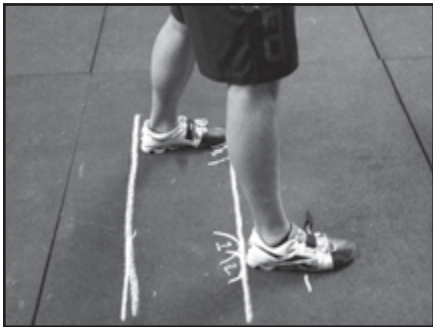


Figure 27.

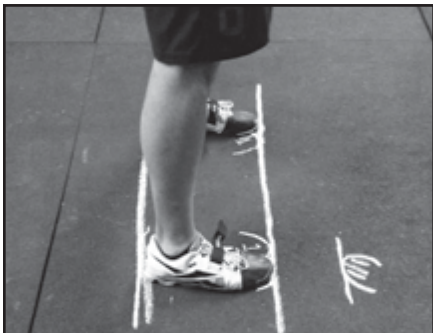


Figure 28.

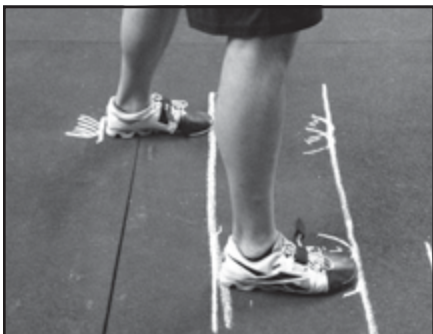


Figure 29.

Demonstrate the Push Press behind the neck, Push Jerk, Push Press from a front squat (adjust grip), Push Jerk from front squat (adjust grip). As a big group, have everyone do a few reps with PVC of each exercise.

6.3 THE JERK:

PROGRESSION FOR TEACHING THE JERK:

1. To determine the "lead leg", take a long lunge step forward, placing the back knee on the deck – whichever foot steps forward is the lead foot for the jerk.
2. Start with the feet in the jumping position and mark the toes with sidewalk chalk. Draw a line across the top of the toes, and draw a second line across the back of the heels (Figure 25).
3. Walk feet to the landing position of a squat and mark the toes with sidewalk chalk (Figure 26).

(Directions below assume a right leg forward jerk:)

- a. Keep the right foot in the landing position and step the right foot forward so that the heel is in front of the top line. Mark a point that is halfway through the right foot. Have the lifter move the right foot back to the landing position. Where the line was marked, draw a line and add a heel mark above it—this is the point where the right heel will land in the jerk (Figure 27–28).
- b. Keep the left foot in the landing position, and bring the left foot down and behind the second line. Mark a line at the back of the left foot and draw a toe—this is the spot where the left foot will land in the jerk (Figure 29; see Figure 30 for complete diagram).
- c. Have the athlete walk both feet back to the jumping position and walk feet out to the jerk landing positions (Figure 31 – next page).
- d. Front knee stacked over the ankle (cork-screw the knee) (Figure 31).
- e. Thigh of back leg is perpendicular to hip (Figure 31).
- f. Weight of back foot is on the ball of the foot (Figure 31).
- g. Front foot is flat but weight is on the heel (Figure 31).

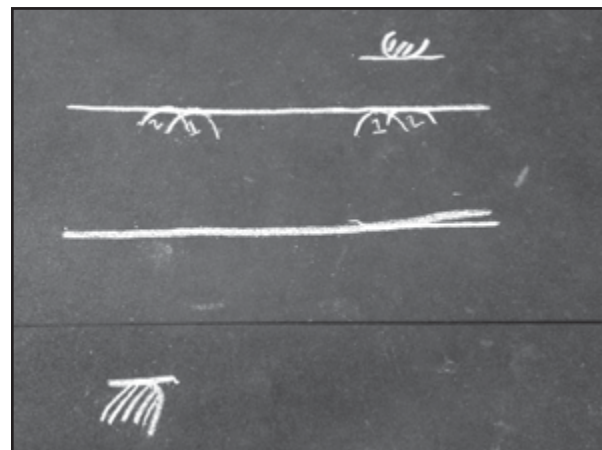


Figure 30. 1= Jumping Position; 2=Landing Position

4. Stand 6"–8" without moving feet (Figure 25). Check for the following:
 - a. Ensure the torso remains erect. If torso is tilted forward (pelvis is tilted back), check back leg being too straight or hips not rotated forward.
 - b. Back foot pushing forward
 - c. Front foot flat with most weight on heel
 - d. Both feet can be slightly turned in
 - e. Cue=stack the bones
5. Recover
 - a. Front foot steps back about 6" or so and then back foot steps forward
 - b. Maintain a very erect torso while recovering
 - c. Keep barbell overhead and locked out with armpits facing forward until Coach gives down signal
6. Drill (start with PVC pipe, gradually add weight):
 - a. Dip (straight down)
 - b. Drive straight up (creating speed on bar)
 - c. Footwork, marked feet (stability and balance).
 - d. Recovery (stacking the bones)
 - e. Jerk PVC pipe behind the neck using all cues and footwork from above.
 - f. Jerk PVC pipe from front, using all cues and footwork from above. Barbell should be placed on the deltoids in the same place as the front squat. Adjust grip and stance.



Figure 31.

10 MINUTE BREAK

6.4 CLEAN AND JERK:

Drills:

1. Clean from High Hang, adjust and jerk (watch footwork on recovery!)
2. Clean from Launch (pause at High Hang if needed), adjust and jerk
3. Clean from floor (pause at Launch if needed), adjust and jerk

Review of seminar: Stance-grip-position for snatch and clean and jerk Review of board material.

Do Burgener drills every day. Watch YouTube, call Coach. Keep practicing.

Come see us again!

END DAY 2

TEXT ON BOARD:**GOAL OF THE COURSE:**

To teach the snatch and clean and jerk safely, efficiently and effectively

Fundamentals of Teaching: Stance-Grip-Position

1. Stance:
Jumping (Pull): Press, Jerk
Landing (Receive): Snatch, Clean, Back Squat, Front Squat, Overhead Squat
2. Grip:
Hook Grip
8"–12"
Eyeball, Scarecrow, Hip method
3. Positions
External rotation (Show me the Armpits!)
Plumb line/stack the bones
High hang/Launch/Below Knees/Floor
4. Burgener Warm-up:
 - a. Down and Finish—Speed through the middle
 - b. Elbows High and Outside—Keep the barbell close
 - c. Muscle Snatch—Turnover
 - d. Snatch Land—Footwork (power)
 - e. Snatch Drops—Footwork (full)
5. Skill Transfer Exercises:
 - a. Snatch Push Press—Overhead strength
 - b. Overhead Squat—Core strength
 - c. Heaving Snatch Balance—Speed of arms
 - d. Snatch Balance without a dip—Foot/arm speed
 - e. Snatch Balance with a dip—(fastest, 100%+ of snatch) – Foot/arm speed

3 Pulls of weightlifting: first, second, third

"When the arms bend, the power ends"

"Jump hard, not high"

"Shoulders lead arms follow"

"Finish!"

"Pull yourself under the barbell"

"Speed through the middle"

CROSSFIT WEIGHTLIFTING TRAINER COURSE

Email mikeburgener@mac.com

Cell 760-535-1835

Web www.crossfitweightlifting.com

**FACEBOOK:**

[CrossFit Weightlifting Trainer Course](#)

**INSTAGRAM**

[@crossfit_weightlifting](#)

**TWITTER**

[@CrossFitWtLift](#)

[@Coachburgener](#)

THE BUSY ATHLETE'S GUIDE TO PROGRAMMING

By Josh Everett

The goal of this article is to provide you with some guidelines for minimalist and effective weightlifting programming. These guidelines are great for someone with limited time to train, or those who want to use weightlifting to train for a sport or as part of a weightlifting targeted CrossFit program. Even with only 3 dedicated days per week to training, both beginners to intermediate weightlifters can make great progress. This program isn't enough volume to be competitive at the international level, but just about everybody else with multiple goals and priorities can thrive with this outline.

Your three sessions will be broken down into 1 snatch emphasis session, 1 clean emphasis session, and 1 heavy day consisting of snatch, clean & jerk, and a squat. Your 2 mid-week sessions will follow this outline:

One movement from each area:

1. Classic lift
2. Overhead movement
3. Pulling movement
4. Squatting movement
5. Optional work on weakness
6. Abs/core

Classical lift: These can be done from various positions, off blocks, power versions or full movements, etc.

Examples:

- Snatch
- Clean
- Clean & Jerk/overhead variation

Overhead Movement: Typically we will program a barbell movement, but keep your options open particularly if you lack strength.

Examples:

- Press, Push Press, Push Jerk
- Rack Jerk, Behind the Neck Jerk
- Snatch Balance, Snatch Push Press
- Handstand Push-ups, Dumbbell/Kettlebell Presses

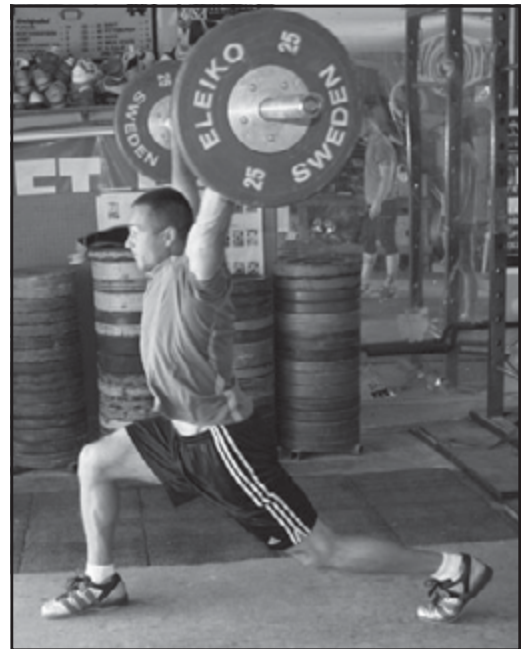


Figure 32.

Pulling Movement: You can choose from specific movements or non-specific (strength). Specific movements will be done immediately after the classical lift. Nonspecific pulls will typically be done after squatting.

Specific:

- Clean Pull
- Snatch Pull
- Snatch High Pull

Strength:

- Deadlift
- Romanian Deadlift
- Good Mornings
- Kettlebell Swing
- Glute-ham Raise

Squatting Movement: Front Squat should be your most frequently programmed squat motion. There are lots of possibilities for building leg strength. I personally like to program a single leg movement 1x a week as well.

Examples:

- Front Squat
- Back squat
- Overhead Squat
- Pause squat
- In the hole squat
- 1 ¼ squat
- Walking lunges
- Step-ups
- Split Squat
- Pistols

Work on your weakness: If you have time and energy left over, you may want to target the weak link in your lifting and devote some time to it. This may be technique work, mobility work, or strength work. If it's strength work and you have weak legs, you may front squat for your squat movement, and then add step-ups for your weakness area. For back strength, you may do a clean pull, followed by Romanian deadlifts at the end of the workout.

Abs: Time to hit your "core": various planks, sit-up variations, etc.

Your heavy session! This session will consist of a Snatch, a Clean & Jerk, and finally a squat. Work up to your max for the day in each lift. Sometimes that may only be 90% of 1RM, sometimes a new personal record!

Rotate week-to-week, or month-to-month, whether you do a Front Squat or a Back Squat for your squat movement.



Figure 33.



Figure 34.

Also place some boundaries on your workout: for the Snatch—3 misses and you are done with Snatch. In the Clean & Jerk—2 misses and you are done. Squat—1 miss and you are done. When you make a personal record you are done for that lift. Go home happy & make another one next week!

Set/Rep Schemes: I'm not going to spend too much time here, as that topic can be exhaustive in and of itself. There are many great resources to find set/reps including the workouts posted on crossfitweightlifting.com. I like to keep things simple...in general follow the Preplin Principles, but you can be very creative within those rep/intensity ranges.

One cycle I like for the classic lifts:

Week 1: 3 sets of 3 position (working sets)

Week 2: 4 sets of 2 position

Week 3: 5 singles

Week 4: 3x3 from high hang at 70%

Repeat the cycle at more weight

I hope this helps organize your training and provides some good guidelines to make great gains with as little as 3 hours a week invested in weightlifting.

Josh has worked in the field of Strength and Conditioning since 1998. He has coached at Ohio University, UCLA, UC Riverside, and with the military. Josh has also been heavily involved in the CrossFit community as a CrossFit level 1 seminar instructor, CrossFit Weightlifting Seminar instructor, Head coach for TEAM USA for the 2012 London Invitational, Analyst and Color Commentator for CrossFit Regional and Games broadcasts, and member of the CrossFit level 1 seminar advisory board.

Athletically, Josh has stood on the podium at 2 CrossFit Games, competed in 3 national championships in Weightlifting, and lettered in football and Track at Ohio Northern University where he earned All-American honors in Track & Field. Josh and his wife Mary have 2 boys (Luke & Timm) and reside in Imperial beach, CA.



Figure 35.

HOW TO SAFELY TEST A PROPER PERSONAL RECORD (PR) IN THE SNATCH AND CLEAN AND JERK

by Mike Burgener (Coach B)

CrossFit Weightlifting Head Coach

USAW Senior International Olympic Coach

As a former Strength Coach at the High School level, as well as the head coach for the Weightlifting Trainer Course, I am always bombarded with requests of how to program to lift maximum weights. With beginners I don't like to test and prescribe maximum weights. I prefer to teach technique, and I believe that a max will increase with technique improvement. Try as I may, athletes still want to be tested! Therefore, I developed a 10-point scale emphasizing technique.

The 10-point scale makes athletes concerned with proper technique during testing sessions. The idea is on a scale of 1 to 10, the lift is graded on technique, and weight can be added only if the athlete receives a specified number of points. For example, if an athlete lifts 100 kilograms in the snatch or the clean and is graded with an 8 or higher, the athlete is credited with the lift and may attempt a heavier weight. However, if the athlete is graded with a 7 or lower, the lift is not credited, and the last weight in which he received an 8 is credited. Of course, the athlete can attempt the lift again, especially if the score was a 6 or 7. If the lift was less than 6, the athlete would be given no additional attempts with that weight.

I used the 10-point scale with my former Physical Education (PE) classes, as well as my beginning Olympic lifters in establishing workout loads and intensities. I found that it has benefited all of the athletes that adhere to the system. It is also fun to watch my athletes use the 10-point scale during practice sessions; they have come accustomed to yelling out loudly: "6!" or what ever they feel the lift is to be awarded. This allows for technique competition among the lifters, as well as allowing them to realize that the main emphasis in teaching the power related movements is technique, not the amount of weight they can lift. They come to understand rather quickly that when technique improves, so does the amount of weight lifted.

Here are the criteria for the 10-point scale of the power clean. You can make your own scale based on your teaching and coaching methods.

THE SET UP:

(2 POINTS)

- A. Chest up
- B. Back tight and flat as possible
- C. Shoulders even with or slightly in front of bar
- D. Head straight ahead
- E. Weight distributed in center of feet or very slightly forward



Figure 36.

**THE LIFT OFF TO FIRST PULL APP 2" ABOVE KNEES:
(2 POINTS)**

- A. Initiate pull with legs
- B. Weight moves slightly back on heels (keep balanced)
- C. Keep bar as close to shins as possible
- D. Shins need to be vertical to floor with loaded hips
- E. Back angle stays same as set up until bar passes knees

**Figure 37.****SECOND PULL: FROM MID THIGH (LAUNCH) TO FINISH:
(2 POINTS)**

- A. Bar is in a position of power as last pix above
- B. From this position, lifter goes straight to the finish position
- C. Maximum acceleration and elevation is placed on the bar with legs and hips
- D. Hips need to be in a vertical position during this phase. No other thought process takes place here. Launch that sucker! Be very aggressive! Position is the key!

**Figure 38.**

**3RD PULL: PULLING BODY DOWN AND AROUND THE BARBELL
(2 POINTS)**

- A. As you have created maximum acceleration and elevation on bar with legs and hips (end of 2nd pull)
- B. Hips are in a vertical position while you have finished
- C. Bar stays in the least line of resistance (area of the base)
- D. One begins pulling their body down and around the bar as their feet slide outward into the receiving position (beginning of 3rd pull)



Figure 39.

**RECEIVING BAR (SNATCH) WHILE PUNCHING BODY DOWN INTO OVERHEAD SQUAT (RECEIVING POSITION)
(2 POINTS)**

- A. Fast turnover, punching body down
- B. Receive bar into a overhead squat position
 - A. Chest vertical
 - B. External rotation of shoulders
 - C. Weight distribution from mid-foot to heel and balanced



Figure 40.

TOTAL: 10 POINTS

8 points or better is a pass and allows beginning lifters to count the lift and go up in weight on barbell at coach's discretion.



CROSSFIT + WEIGHTLIFTING

The following has been used successfully at Mike's Gym in Bonsall, CA to successfully progress crossfitters in their weightlifting training. Coach Burgener's methods have evolved due to his fifty years' experience in the Olympic lifts along with Mike's Gym being the fifth-ever CrossFit affiliate.

WEEK 1: Remember—each day regardless of the workout, one must do: Junk Yard Dog, Burgener Warm-up + skill transfer exercises for Snatch, plus 3-position Snatches all for three reps at each position. Takes approximately 10 minutes. Warm-up, skills transfers and 3-position Snatch may be done with PVC or light training bar for the warm-up.

MONDAY:

Metabolic Conditioning ("Metcon")

TUESDAY:

Snatch work: classcal lift, pull, overhead, squat, core

3-Position snatch (classical)

Snatch pulls (pull)

Snatch push press behind neck (overhead)

Front squat (legs)

Good mornings (core)

WEDNESDAY:

Metcon

THURSDAY:

Rest day (3 on 1 off philosophy)

FRIDAY:

Clean and jerk work

3-Position cleans (classical)

Clean halting deadlifts aka "liftoffs" (pull)

Rack jerks behind neck (overhead)

Back squat (legs)

Box jumps (core)

SATURDAY:

Metcon

SUNDAY:

Rest day

WEEK 2**MONDAY:**

Snatch work....Now we do the same basic workout but move to 2-position snatches

2-Position snatch (classical)

Snatch halting deadlifts aka "liftoffs" (pull)

Pause front squats (legs)

Snatch push press behind neck (overhead)

Evil wheel abs (core) 3 sets of 10

TUESDAY:

Metcon

WEDNESDAY:

2-Position cleans + jerk (classical + overhead)

Snatch deadlifts aka "liftoffs" (pull)

In-the-hole back squats (legs)

Box jumps (core)

THURSDAY:

Rest day (3 on 1 off)

FRIDAY:

Metcon

SATURDAY:

Test day

1. Snatch – max for day
2. Clean and jerk – max for day
3. Front squat – max for day

SUNDAY:

Rest day



