

# Explosive Lifting Day

1. Clean Progression (choose one exercise per phase)
  - a. Barbell Rack Clean (Rack Shrug OR Rack Jump)
  - b. Barbell Hang Clean (Hang Shrug OR Hang Jump)
  - c. Barbell Power Clean (Clean Shrug OR Clean Jump)
2. Barbell High Pull
  - a. High Pull from the Hang
3. Shoulder Progression (choose one exercise per phase)
  - a. Dumbbell Shoulder Raises (choose this if the athlete cannot stabilize the weight overhead) OR
  - b. Barbell Standing behind the Neck Shoulder Press
  - c. Barbell Push Press 3d. Barbell Push Jerk
4. Pulling Choice
  - a. Pull-Ups
  - b. Standing Low Row
  - c. Lat Pulldown
  - d. Bent-Over Row
5. Bicep Choice
  - a. EZ-Bar Curl
6. Abdominals Choice
  - a. Hand Planks
  - b. Elbow Planks (front and sides)