L2 OLYMPIC WEIGHTLIFTING

SUNDAY - JUL. 4, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Olympic Weightlifting	Accumulation 1/4															

MONDAY - JUL. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SP, HSN, OHS)	3 Rounds - Snatch Deadlift x3 High Hang Snatch x3 Overhead Squat x3 - Use an empty barbell.															
A High Hang Snatch		5		4		3		2		2		2		2		
	40%		55%		63%		70%		70%		70%		70%			
	Work up to 70% for 4 sets of 2 reps. - Rest 120 secs. between sets															
B Snatch Deadlift		12		10		8		8								
	40%		53%		60%		65%									
	Work up to a top set of 8 reps at 65% or above. - Rest 120 secs. between sets															
C BB Back Squat		10		8		6		5		5		5				
	40%		55%		63%		70%		70%		70%					
	Work up to 70% for 3 sets of 5 reps. - Rest 180 secs. between sets															
D Front Forearm Plank		20 secs		20 secs		20 secs										
	No rest between rounds. Keep your back flat and your core tight.															
D Hollow Hold		20 secs		20 secs		20 secs										
	No rest between rounds. Maintain a hollow position and squeeze your core.															

TUESDAY - JUL. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SD, HA, SB, OH)	3 Rounds - Snatch Deadlift x3 Hang Above Knee Snatch x3 Snatch Balance x3 Overhead Squat x3 - Use an empty barbell.															
A Snatch Balance		6		5		4		3		3		3				
	40%		55%		63%		70%		70%		70%					
	Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets															
B Power Clean + Power Jerk		3		3		3		2		2		2		2		
	40%		55%		65%		73%		73%		73%		73%			
	Work up to 73% for 4 sets of 2 reps. 3 Reps = 3 Power Cleans + 3 Power Jerks 2 Reps = 2 Power Cleans + 2 Power Jerks - Rest 120 secs. between sets															
C Clean High Pull		6		5		4		4		4						
	70%		78%		83%		83%		83%							
	Hold positions and pull as high as possible. - Rest 120 secs. between sets															
D SA DB Bent Over Row (Standing)		12 (ea.)		12 (ea.)		12 (ea.)										
	Go as heavy as possible. - Rest 60 secs. between sets															
E Lat Pulldown - Wide Grip		15		15		15										
	Go as heavy as possible. - Rest 60 secs. between sets															

WEDNESDAY - JUL. 7, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Power Clean (RDL, MCL, PCL)	3 Rounds - Barbell RDL x3 Muscle Clean x3 Power Clean x3 - Use an empty barbell.															
A Power Clean		5		4		3		3		3		3		3		3
	40%		55%		65%		73%		73%		73%		73%		73%	
	Work up to 73% for 5 sets of 3 reps. - Rest 120 secs. between sets															
B Front Squat		8		6		5		5		5						
	40%		55%		63%		70%		75%							
	Work up to a top set of 5 reps at 75% or above. - Rest 180 secs. between sets															
C Good Morning		8		6		5		5		5						
	40%		55%		65%		65%		65%							
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets															
D DB Incline Press		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															
E DB Front Raise		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															

THURSDAY - JUL. 8, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SP, MSN, OHS)	3 Rounds - Snatch Deadlift x3 Muscle Snatch x3 Overhead Squat x3 - Use an empty barbell.															
A Muscle Snatch		5		4		3		3		3		3		3		
	45%		55%		63%		70%		75%		75%		75%			
	Work up to 75% for 3 sets of 3 reps. - Rest 120 secs. between sets															
B Snatch Balance		5		4		3		3		2		2		2		
	40%		55%		63%		70%		75%		75%		75%			
	Work up to 75% for 3 sets of 2 reps. - Rest 120 secs. between sets															
C Push Press from Behind the Neck		5		5		4		3		3		3				
	40%		55%		63%		70%		70%		70%					
	Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets															
D BB Upright Rows		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															
E DB Hammer Curls		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															

FRIDAY - JUL. 9, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Rest Day	No scheduled workout.															

SATURDAY - JUL. 10, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

SATURDAY - JUL. 10, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (HPSN, OHS, STS)	3 Rounds - Hang Power Snatch x3 Overhead Squat x3 Snatch Sotts Press x3 - Use an empty barbell.															
A Snatch		3		3		3		3		3		3				
	40%		55%		63%		70%		70%		70%					
	Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets															
B Clean and Jerk		3		3		3		3		3		3				
	40%		55%		63%		70%		70%		70%					
	Work up to 70% for 3 sets of 3 reps. 3 Reps = (1 Clean + 1 Split Jerk) x3 - Rest 120 secs. between sets															
C BB Back Squat		6		5		4		3		3		3		3		
	40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 3 reps. - Rest 180 secs. between sets															

SUNDAY - JUL. 11, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Olympic Weightlifting	Accumulation 2/4															

MONDAY - JUL. 12, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SP, HSN, OHS)	3 Rounds - Snatch Deadlift x3 High Hang Snatch x3 Overhead Squat x3 - Use an empty barbell.															
A High Hang Snatch		5		4		3		3		2		2		2		2
	40%		55%		63%		70%		75%		75%		75%		75%	
	Work up to 75% for 4 sets of 2 reps. - Rest 120 secs. between sets															
B Clean and Jerk		3		3		2		2		2		2		2		
	40%		55%		65%		73%		73%		73%		73%			
	Work up to 73% for 4 sets of 2 reps. 3 Reps = (1 Clean + 1 Split Jerk) x3 2 Reps = (1 Clean + 1 Split Jerk) x2 - Rest 120 secs. between sets															
C BB Back Squat		8		6		5		4		4		4				
	40%		55%		65%		75%		75%		75%					
	Work up to 75% for 3 sets of 4 reps. - Rest 180 secs. between sets															
D Front Forearm Plank		20 secs		20 secs		20 secs										
	No rest between rounds. Keep your back flat and your core tight.															
D Hollow Hold		20 secs		20 secs		20 secs										
	No rest between rounds. Maintain a hollow position and squeeze your core.															

TUESDAY - JUL. 13, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

TUESDAY - JUL. 13, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SD, HA, SB, OH)	3 Rounds - Snatch Deadlift x3 Hang Above Knee Snatch x3 Snatch Balance x3 Overhead Squat x3 - Use an empty barbell.															
A Snatch Balance		6		5		4		3		2		2		2		
	40%		55%		63%		70%		75%		75%		75%			
	Work up to 75% for 3 sets of 2 reps. - Rest 120 secs. between sets															
B Power Snatch		5		4		3		3		3		3				
	40%		55%		65%		73%		78%		78%					
	Work up to 78% for 2 sets of 3 reps. - Rest 120 secs. between sets															
C High Hang Power Clean		5		4		3		3		3		3		3		
	40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 3 reps. - Rest 120 secs. between sets															
D Clean Deadlift		10		8		6		5								
	40%		55%		65%		75%									
	Work up to a top set of 5 reps at 75% or above. - Rest 120 secs. between sets															
E SA DB Bent Over Row (Standing)		15 (ea.)		15 (ea.)		15 (ea.)										
	Go as heavy as possible. - Rest 60 secs. between sets															

WEDNESDAY - JUL. 14, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Clean (CD, HCL, FS)	3 Rounds - Clean Deadlift x3 High Hang Clean x3 Front Squat x3 - Use an empty barbell.															
A Clean + Front Squat		3		3		2		2		2		2		2		
	40%		55%		65%		73%		73%		73%		73%			
	Work up to 73% for 4 sets of 2 reps. 3 Reps = 3 Cleans + 3 Front Squats 2 Reps = 2 Cleans + 2 Front Squats - Rest 120 secs. between sets															
B Front Squat		8		6		5		4		4						
	40%		55%		65%		73%		78%							
	Work up to a top set of 4 reps at 78% or above. - Rest 180 secs. between sets															
C Push Press		6		5		4		3		3		3		3		
	40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 3 reps. - Rest 120 secs. between sets															
D DB Lateral Raise		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															
E Band Tricep Extensions		15		15		15										
	Use a heavy resistance band and move slowly. - Rest 60 secs. between sets															

THURSDAY - JUL. 15, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

THURSDAY - JUL. 15, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SD, HHS, SB, OHS)	3 Rounds - Snatch Deadlift x3 High Hang Snatch x3 Snatch Balance x3 Overhead Squat x3 - Use an empty barbell.															
A Snatch Balance		5		4		3		3		2		2				
	40%		55%		65%		73%		78%		78%					
	Work up to 78% for 2 sets of 2 reps. - Rest 120 secs. between sets															
B High Hang Snatch		5		4		3		3		2		2		2		
	40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 2 reps. - Rest 120 secs. between sets															
C Snatch High Pull		5		4		3		3		3						
	80%		90%		98%		105%		110%							
	Hold positions and pull as high as possible. - Rest 120 secs. between sets															
D BB Upright Rows		12		12		12										
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
E DB Curls		15		15		15										
	Go as heavy as possible. - Rest 60 secs. between sets															

FRIDAY - JUL. 16, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Rest Day	No scheduled workout.															

SATURDAY - JUL. 17, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (HSN, HSN, SN)	3 Rounds - High Hang Snatch x3 Hang Below Knee Snatch x3 Snatch x3 - Use an empty barbell.															
A Snatch		3		3		3		3		3		3		3		
	40%		55%		63%		70%		75%		75%		75%			
	Work up to 75% for 3 sets of 3 reps. - Rest 120 secs. between sets															
B Clean and Jerk		3		3		3		3		3		3				
	40%		55%		63%		70%		75%		75%					
	Work up to 75% for 2 sets of 3 reps. 3 Reps = (1 Clean + 1 Split Jerk) x3 - Rest 120 secs. between sets															
C BB Back Squat		8		6		5		4		4		4		4		
	40%		55%		65%		73%		80%		80%		80%			
	Work up to 80% for 3 sets of 4 reps. - Rest 180 secs. between sets															

SUNDAY - JUL. 18, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Olympic Weightlifting	Accumulation 3/4															

MONDAY - JUL. 19, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

MONDAY - JUL. 19, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Snatch (SP, MSN, OHS)	3 Rounds - Snatch Deadlift x3 Muscle Snatch x3 Overhead Squat x3 - Use an empty barbell.															
A Muscle Snatch + Overhead Squat		3		3		3		3		3		3				
	40%		55%		63%		70%		75%		75%					
	Work up to 75% for 2 sets of 3 reps. 3 Reps = 3 Muscle Snatch + 3 Overhead Squat - Rest 120 secs. between sets															
B Snatch Deadlift		8		6		5		5		5						
	40%		55%		63%		70%		75%							
	Work up to a top set of 5 reps at 75% or above - Rest 120 secs. between sets															
C BB Back Squat (Pause)		5		4		3		2		2		2		2		
	40%		55%		65%		73%		80%		80%		80%			
	Pause for 3 seconds. Work up to 80% for 3 sets of 2 reps. - Rest 180 secs. between sets															
D Weighted Russian Twists		12 (ea.)		12 (ea.)		12 (ea.)										
	Move slowly and stay in control. - Rest 45 secs. between sets															

TUESDAY - JUL. 20, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Power Snatch (SD, SP, PSN)	3 Rounds - Snatch Deadlift x3 Snatch High Pull x3 Power Snatch x3 - Use an empty barbell.															
A Snatch Pull + Power Snatch		2		2		2		1		1		1		1		1
	40%		55%		65%		73%		80%		80%		80%		80%	
	Work up to 80% for 4 singles. 2 Reps = 2 Snatch High Pulls + 2 Power Snatch 1 Rep = 1 Snatch High Pull + 1 Power Snatch - Rest 120 secs. between sets															
B Clean Pull + Power Clean		2		2		2		1		1		1		1		1
	40%		55%		65%		73%		80%		80%		80%		80%	
	Work up to 80% for 4 singles. 2 Reps = 2 Clean Pulls + 2 Power Cleans 1 Rep = 1 Clean Pull + 1 Power Clean - Rest 120 secs. between sets															
C BB Bench Press		10		8		6		5		5		5				
	40%		55%		65%		75%		75%		75%					
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets															
D SA DB Bent Over Row (Standing)		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)								
	Go as heavy as possible. - Rest 60 secs. between sets															
E DB Hammer Curls		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															

WEDNESDAY - JUL. 21, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

WEDNESDAY - JUL. 21, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Clean (CD, HCL, FS)	3 Rounds - Clean Deadlift x3 High Hang Clean x3 Front Squat x3 - Use an empty barbell.															
A Clean + Front Squat		3		3		3		2		2		2		2		
	40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 2 reps. 3 Reps = 3 Cleans + 3 Front Squats 2 Reps = 2 Cleans + 2 Front Squats - Rest 120 secs. between sets															
B Clean High Pull		5		4		3		3								
	85%		95%		105%		115%									
	Hold positions and pull as high as possible. - Rest 120 secs. between sets															
C Front Squat		6		5		4		3		3		5		5		
	40%		55%		65%		73%		80%		70%		70%			
	Work up to a top triple at 80% or above. Back off to 70% for 2 sets of 5 reps. - Rest 180 secs. between sets															
D DB Step Ups		6 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)								
	Go as heavy as possible. - Rest 60 secs. between sets															

THURSDAY - JUL. 22, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Power Snatch (SD, SP, PSN)	3 Rounds - Snatch Deadlift x3 Snatch High Pull x3 Power Snatch x3 - Use an empty barbell.															
A Power Snatch (Slow 1st Pull)		3		3		2		3		2		2		2		2
	40%		55%		63%		70%		75%		75%		75%		75%	
	Work up to 75% for 4 sets of 2 reps. Pull slowly (3 seconds) from floor to knee and then aggressively accelerate through the finish of the pull. - Rest 120 secs. between sets															
B Snatch High Pull		5		4		3		3		3						
	80%		90%		98%		105%		110%							
	Hold positions and pull as high as possible. - Rest 120 secs. between sets															
C Power Clean		3		3		3		3		3		3		3		
	40%		55%		63%		70%		75%		75%		75%			
	Work up to 75% for 3 sets of 3 reps. - Rest 120 secs. between sets															
D Push Press from Behind the Neck		5		5		5		5								
	40%		55%		65%		75%									
	Work up to a top set of 5 reps at 75% or above. - Rest 120 secs. between sets															
E DB Upright Row		12		12		12										
	Go as heavy as possible. - Rest 60 secs. between sets															

FRIDAY - JUL. 23, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Rest Day	No scheduled workout.															

SATURDAY - JUL. 24, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

SATURDAY - JUL. 24, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Power Snatch (PSN, SN, OHS)	3 Rounds - Power Snatch x3 Snatch x3 Overhead Squat x3 - Use an empty barbell.															
A Power Snatch + Snatch		2		2		2		1		1		1		1		
	40%		55%		65%		73%		80%		80%		80%			
	Work up to 80% for 3 singles. 2 Reps = 2 Power Snatch + 2 Snatch 1 Rep = 1 Power Snatch + 1 Snatch - Rest 120 secs. between sets															
B Power Clean + Clean + Push Press		2		2		2		1		1		1		1		
	40%		55%		65%		73%		80%		80%		80%			
	Work up to 80% for 3 singles. 2 Reps = 2 P. Cleans + 2 Cleans + 2 Push Press 1 Rep = 1 P. Clean + 1 Clean + 1 Push Press - Rest 120 secs. between sets															
C BB Back Squat		10		8		6		5		5						
	40%		55%		65%		73%		80%							
	Work up to a top set of 5 reps at 80% or above. - Rest 180 secs. between sets															