

WEEK 1 (Dec. 22 – 26)		WEEK 2 (Dec. 29 – Jan 2)		WEEK 3 (Jan. 5 – 9)	
DAY 1		DAY 1		DAY 1	
1. Back Squat	2 x 20	1. Back Squat	3 x 15	1. Bench Press	3 x 15
2. Front Full Squat	2 x 20	2. First Pull	3 x 8	2. Reverse Grip Bench Press	3 x 10
3. Overhead Full Squat	2 x 10	3. Hang Snatch	3 x 6	3. Bent over Row	3 x 15
4. RDL	2 x 20	4. Reverse Grip Bench Press	3 x 15	4. Dips	3 x 15
5. First Pull	4 x 10	5. Standing Military / RDL	3 x 10	5. 3 position Roman Chair	3 x 5
DAY 2		DAY 2		DAY 2	
1. Bench Press	2 x 20	1. Overhead Full Squat		1. Hang Clean	3 x 8
2. Bent over Row	2 x 20	2. Squat Clean	6, 5, 4, 3	2. Hang Clean & Jerk	3 x 4
3. Standing Military	2 x 20	3. First Pull	3 x 10	3. Squat Clean	3 x 6
4. Behind the neck pullup	2 x 10	4. Bench Press	3 x 15	4. Hang Snatch	3 x 6
5. Dips	2 x 15	5. Dips	3 x 15	5. Squat Snatch	3 x 6
6. Roman Chair	2 x 15	6. Bent over row / RDL	3 x 10	6. Overhead Squat	3 x 6
DAY 3		DAY 3		DAY 3	
1. Hang Snatch	2 x 10	1. Front Squat	3 x 15	1. Front Full Squat	3 x 15
2. Hang Clean	2 x 10	2. Hang Clean	3 x 6	2. Back Squat	3 x 15
3. Squat Snatch	2 x 6	3. Hang Snatch	3 x 6	3. Standing Military	3 x 12
4. Squat Clean	2 x 6	4. Standing Military	3 x 10	4. Behind the neck pull-up	3 x 10
5. Hang Clean & Jerk	2 x 6	5. Behind the neck pull-up	3 x 10	5. 3 position Roman Chair	3 x 5