

WEEK 2

OLYMPIC LIFT DAY

Cleans: 3 x 4 – 8

- Warmup set with no weight before first round
- Start at knees
- Lift with your legs, not arms or back
- Push through with legs, get under the bar with elbows catching
- Should end in a half squat position

Deadlifts: 3 x 6 – 10

- Warmup set with no weight before first round
- Use trap bar is available
- Feet shoulder width apart
- Should start with your hips back, knees not beyond toes
- Lift with legs, not back
- Arms should be straight through whole movement
- Tight core
- Control throughout whole movement

Squats: 3 x 4 – 10

- Warmup set with no weight before first round
- Feet shoulder width apart, pointed forward
- Knees should not go past toes
- Controlled descent, powerful push back up

Inclined Chest Rows (Machine): 3 x 4 – 8

- Same thing as DB Incline Bench Rows from Week 1 Pull Day