CALIFORNIA STRENGTH

NAME *MAX EFFORT*

Dynamic Warm Up - 2 Sets, 10 Yrds Each	
Knee Pulls	Toe Pulls
Quad Pulls	Scissor Kicks
Lateral Lunge	Scorpion

Movement Prep	
Mini Band Glute Activation Circuit	1x10
Band Assisted Hip Flexor Stretch	60 Sec Each Leg
Band Pull Apart	3 x 10

Static Stretch (Stretch and hold 60 Sec)		
Hamstrings	Quadriceps	Tris
Hip Flexors	Groin	
Priiformis	Chest	

Body Weight _____ Date _____

Exercise	Instructions		Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps	Kilos/Reps
DAY 1												
Halt Clean	*In week 1, work at 85% of your 1RM Clean & Jerk for 5x1.*											
*Pause for 2 seconds just below the knee.	*In week 2, apply target increase and complete 4x1.*	Wk 1	1	1	1	1	1					
	In week 3, apply target increase and complete 3x1.	Wk 2	1	1	1	1						
	In week 4, apply target increase and complete 3x1.	Wk 3	1	1	1							
	Target 5kg (11#) increase / week if work sets are above 110kg (242#).	Wk 4	1	1	1							
	Target 2.5kg (5.5#) increase / week if work sets are below 110kg (242#).											
	Target 2kg (4.5#) increase / week if work sets are below 80kg (176#).											
Front Squat + Split Jerk	*In Week 1, work at 85% of your 1RM Clean & Jerk for 3 sets of 3 Front Squats + 1 Jerk.*	Wk 1	3+1	3+1	3+1							
	In Week 2, apply target weight increase and complete 2 sets of 3 Front Squats + 1 Jerk.	Wk 2	3+1	3+1								
	In Week 3, apply target weight increase and complete 2 sets of 2 Front Squats + 1 Jerk.	Wk 3	2+1	2+1								
	In Week 4, apply target weight increase and complete 1 set of 2 Front Squats + 1 Jerk.	Wk 4	2+1									
	Target 10kg (22#) increase / week if work sets are above 130kg (287#).											
	Target 5kg (11#) increase / week if work sets are below 130kg (287#).											
	Target 3kg (6.5#) increase / week if work sets are below 100kg (220#).											
Snatch Grip Deadlift	*In week 1, work at 60% of your 1RM Deadlift for 4x5.*											
	Target 5kg (11#) increase / week if work sets are above 130kg (287#).		5	5	5	5						
	Target 3kg (6.5#) increase / week if work sets are below 130kg (287#).											
	Target 2.5kg (5.5#) increase / week if work sets are below 100kg (220#).											
Complexes	3 Banded Pavlov Press / Weighted Plate V-Ups / Uni-Lateral Isometric Back Extension 10 reps each side, 8 reps, 25 seconds each arm											
DAY 2												
Snatch	*In week 1, work at 90% of your 1RM Snatch for 5x1.*	Wk 1	1	1	1	1	1					
	In week 2, work at 93% of your 1RM Snatch for 4x1.	Wk 2	1	1	1	1						
	In week 3, work to 97% of your 1RM Snatch for 2x1.	Wk 3	1	1								
	In week 4, work to 100% - 102% of your 1RM Snatch for 1x1.	Wk 4	1RM									
Touch & Go Box Squat	*In week 1, work at 60% of your 1RM Back Squat for 5x3.*											
	Target 10kg (22#) increase / week if work sets are above 150kg (330#).		3	3	3	3	3					
	Target 5kg (11#) increase / week if work sets are below 150kg (330#).											
	Target 2.5kg (5.5#) increase / week if work sets are below 100kg (220#).											
Bench Press	*In week 1, work to 90% of your 1RM Bench Press for 1x1, then decrease weight for Drop Sets 3x3.*											
	For Drop Sets 3x3, decrease the weight by 20kg (44#) down if work single is above 102kg (225#).		**1**	3	3	3						
	For Drop Sets 3x3, decrease the weight by 15kg (33#) down if work single is below 102kg (225#).											
	Target 5kg (11#) increase / week if work sets are above 102kg (225#).											
	Target 2.5kg (5.5#) increase / week if work sets are below 102kg (225#).											
	Target 2kg (4.5#) increase / week if work sets are below 61kg (135#).											
Complexes	3 Jumping Good Morning @ 75% of your Body Weight / Forward & Backward KB Lunge 5 reps, 10 reps each side											
DAY 3												
Clean	*In week 1, work at 95% of your 1RM Clean & Jerk for 4x1.*	Wk 1	1	1	1	1						
	In week 2, work at 97% of your 1RM Clean & Jerk for 3x1.	Wk 2	1	1	1							
	In week 3, work to 100% of your 1RM Clean & Jerk for 2x1.	Wk 3	1	1								
	In week 4, work to 102% - 105% of your 1RM Clean & Jerk for 1x1.	Wk 4	1									
Back Squat	*In week 1, work to 83% of your 1RM Back Squat for 1x3, then decrease weight for Drop Set 1x5.*	Wk 1	**3**	5								
	In week 2, work to 90% of your 1RM Back Squat for 1x2, then decrease weight for Drop Set 1x5.	Wk 2	**2**	5								
	In week 3, work to 95% of your 1RM Back Squat for 1x1, then decrease weight for Drop Set 1x3.	Wk 3	**1**	3								
	In week 4, work to a new 1RM of at least 102% of your 1RM Back Squat for 1x1.	Wk 4	**1RM**									
	For Drop Sets, decrease weight by 20kg (45#) down if work set is above 150kg (330#).											
	For Drop Sets, decrease weight by 15kg (33#) down if work set is below 150kg (330#).											
BTN Push Jerk	*In week 1, work at 72% of your 1RM Clean & Jerk for 4x3.*											
	Target 5kg (10#) increase / week if work sets are above 100kg (220#).		3	3	3	3						
	Target 3kg (6.5#) increase / week if work sets are below 100kg (220#).											
	Target 2kg (4.5#) increase / week if work sets are below 60kg (132#).											
Complexes	3 Wide Grip Pull Up Negatives (3 seconds) / Seated Alternating Neutral Grip Dumbbell Press 10 reps, 12 reps total											

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