

April 2021 / Megan Weightlifting

MON 19 ⌵	TUE 20 ⌵	WED 21 ⌵	THU 22 ⌵	FRI 23 ⌵	SAT 24 ⌵	SUN 25 ⌵
<p>🔗 WARM UP</p> <p>3 rounds:</p> <p>30 sec sorensen hold 15 GHD sit ups 20 landmine rotations 10 half kneeling landmin</p>	<p>warm up</p> <p>3 rounds</p> <p>100m backwards sled pt 12 slam balls slams after rest 60 secs after each then</p>	<p>warm up</p> <p>3 rounds:</p> <p>12 db cross body deads 30 lying banded hamstri 60 sec sandbag hold 30 russian twist v sit hol</p>		<p>WARM UP</p> <p>3 rounds:</p> <p>12 slam ball up overs 60 sec low ring plank ho 12m seal walk 6 half kneeling bottom u</p>		
<p>🔗 LIFTING WORK</p> <p>power clean+push press 3x2+2@75%</p> <p>power jerk + split jerk (dr 4x3@75%</p>	<p>2 rounds:</p> <p>20 banded russian swing max effort paralette L sil</p>	<p>Lifting work</p> <p>*both of these the same</p> <p>muscle snatch work 4x3@75%</p> <p>4 sets@75%</p>		<p>LIFTING WORK</p> <p>4 sets @75%</p> <p>2 snatch pulls + 1 power snatch + 1 full snatch</p> <p>1 power clean+1full clea 3x2 @75%</p>		
<p>STRENGTH WORK</p> <p>10 tire flips 10 barbell presses A3: 3x12 sandbag front l rest 60 secs</p>	<p>LIFTING WORK</p> <p>power snatch 4x3@77-78%</p> <p>power clean and jerks 4x2@80% (slightly heavi</p> <p>Jerk recoveries 4x2@moderate to heavy *heavier than last. week</p>	<p>2 snatch balance + 2 OHS</p> <p>*heavier than last week</p> <p>3x3 sotts press *light load</p>		<p>STRENGTH WORK</p> <p>superset work:</p> <p>A1: 4x8 heavy standing c A2: 4x6 1 arm heavy db l A3: 4x4 heavy jerk stanc</p> <p>leg work</p> <p>4x8 1 legged dbl kb front after each set: 40m super heavy sled pt</p>		
	<p>STRENGTH WORK</p> <p>Superset work</p> <p>A1: 3x10 back rack walki A2: 3x8 barbell seated z A3: 3x8 sandbag over sh</p>	<p>STRENGTH WORK</p> <p>PLYO WORK</p> <p>4 sets: 20 explosive banded rus 6 1 legged seated high b 60 secs rest</p> <p>Strongman work</p> <p>3 rounds steady moving:</p> <p>10 sandbag ground to st 10 heavy 1 arm deads or 2 heavy turkish get uos € 20 plate russian twists</p>				
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