

RENEGADE

PERFORMANCE

	Day 1 SNATCH	Day 2 JERKS	Day 3 CLEAN	Day 4 CLEAN
Week One	<p><u>Accessory/Warmup: Empty Barbell</u> <i>For Speed</i></p> <p>3 sets 3 high hang pulls + 3 High Hang Power Snatches 3 Drop snatches</p> <p><u>Snatch Deadlifts:</u> 3 position pause (Just off ground, below knee, above knee) <i>Position & Pulling Strength</i></p> <p>3x3 @ 80-90%</p> <p><u>Snatch Complex:</u></p> <p>5 sets building: Start Moderate 1 Snatch Pull + 1 hang snatch + 1 Snatch</p>	<p><u>Accessory/Warmup:</u> NFT</p> <p>3 sets 6 landmine rows (ea side) 6 plate shoulder rotations</p> <p><u>Jerk Drives:</u> <i>For Power</i></p> <p>3x3 @ 95-105% <i>Focus on bar path in the dip, loading through the heels.</i></p> <p><u>Push Jerk + Split Jerk</u> <i>Off the blocks, drop and reset between lifts.</i></p> <p>4-5 Sets building to heavy</p>	<p><u>Accessory/Warmup: Light Barbell</u></p> <p>3 sets 3 high hang pulls 3 high hang power cleans 3 strict press 3 BTN strict press</p> <p><i>*BTN = Behind the neck</i></p> <p><u>Hang Power Cleans:</u> <i>Catch Position, speed under</i></p> <p>4-5 sets building to heavy 1 Hang Power clean - High Catch 1 Hang Power clean - Mid Catch (high = quarter squat Mid = just above parralell)</p> <p><u>Clean Pulls:</u> <i>Position & Pulling strength</i></p> <p>3x3 @ 95-105%</p>	<p><u>Accessory/Warmup: Light Barbell</u> NFT</p> <p>3 sets 3 high hang pulls 3 high hang power cleans 3 front squats 3 Squat jerk</p> <p><u>From blocks or From Hang - Squat Cleans:</u> <i>Speed under, Pulling Power</i></p> <p>4 sets: 2 Squat cleans from hang/blocks @70-80%</p> <p><u>Clean Pulls:</u> <i>Position & Pulling strength</i></p> <p>3x3 @100-110%</p>
Week Two	<p>SNATCH</p> <p><u>Accessory/Warmup: Empty Barbell</u> <i>For Speed</i></p> <p>3 sets 3 Hang muscle Snatches 3 high hang pulls + 3 High Hang Power Snatches + 3 High Hang Full Snatch + 3 OHS</p> <p><u>Snatch Deadlifts: Snatch Pulls</u> <i>Position & Pulling Strength</i></p> <p>3x3 @ 100-110%</p> <p><u>Snatch Complex:</u></p> <p>5 sets building: Start Moderate Drop and reset between lifts 2x 3 position snatches (2 sec pause just off ground, below knees, above knees)</p>	<p>JERKS</p> <p><u>Accessory/Warmup:</u></p> <p>3 sets 6 landmine rows (ea side) 6 angel wings (2-3kgs each hand) 6 arnold press ea side</p> <p><u>Jerk & Press Work</u></p> <p>4 Sets only: building to heavy (not max) <i>Focus on bar path in the dip, loading through the heels & explosive power</i></p> <p>Push Press + Push Jerk + 2 Split Jerks off the blocks/racks <i>*drop and reset between lifts if on blocks</i></p> <p>then</p> <p>Carry on to heavy single Split Jerk</p>	<p>SNATCH</p> <p><u>Accessory/Warmup:</u></p> <p>3 sets 5 seated arnold press into 50m 1 arm OH walk (each side) 6 single arm bent over rows ea side</p> <p><u>Snatch Balance Complex:</u></p> <p>In 5 attempts: Build to single Snatch Balance @95-105% of 1RM Snatch</p> <p>then</p> <p>3 sets: 2 snatch push press + 2 Snatch Balance @40-50% of 1m Snatch</p>	<p>CLEAN & JERK</p> <p><u>Accessory/Warmup: Light Barbell</u> 6 minutes working with lacrosse ball or roller on Lats (3 ea side) then 3 sets: 20m banded monster walk 5 high hang power cleans + front squat + strict press + Push press + squat jerk</p> <p><u>Double Clean and Jerks:</u> <i>Pulling Power, speed under and jerk direction/power</i></p> <p>in 5-6 sets build to heavy-max:</p> <p>1 power clean + 1 clean + 1 split jerk ** focus on power & speed in the second pull and elbow speed under the bar.</p> <p><u>Clean pulls:</u> <i>Pulling strength/ position in first and 2nd pull</i></p> <p>3x3 @105-110%</p> <p><i>*Focus on maintaining back angle from the setup to the top of the knee, in 2nd pull focus on reaching extension before dropping under with speed</i></p>