

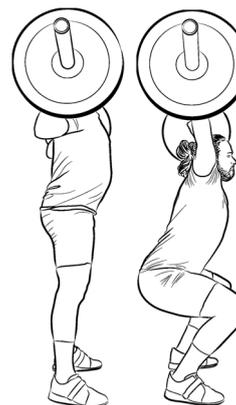
## SESSION 27

### Overhead Squat, Fast Pressing, 40% BW, 5s x 3r

**Primary Objective:** Develop fast downward movement for the Snatch.

#### Elements of Technique:

- Put feet into normal receiving position for Snatch. No further foot movement is allowed.
- Place bar on the back of the neck with a Snatch grip.
- Begin with a simultaneous fast downward movement of the body while pressing the bar upwards.
- Fast drop to half depth and pause in an upright position for a count of 2.

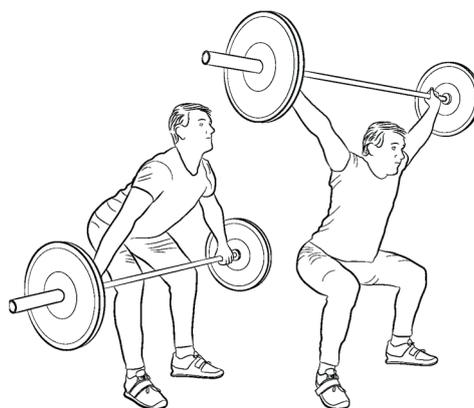


### Power Snatch from Knee, 50% BW, 6s x 3r

**Primary Objective:** Develop the body action in the finish of the pull for the Power Snatch.

#### Elements of technique:

- Practise some Rapid Drops Downs first with a stick or very light bar to ensure you move your feet well.
- Start with the bar at top of the kneecap, shins vertical, and shoulders slightly forward of the bar.
- Ensure no hint of arms bending during the pull.
- In the finish position, ensure the bar is directly over the head.

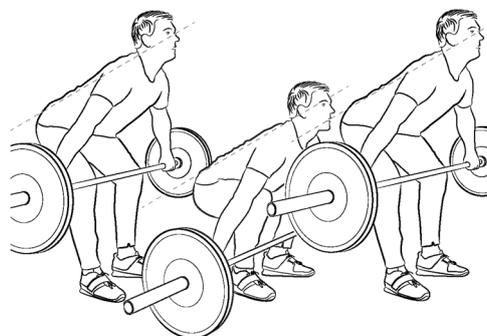


### Snatch Pull, Slow Lower and Touch, 60% BW, 6s x 3r

**Primary Objective:** Develop the body positions and movement required in the first phase of the pull (First Pull).

#### Elements of Technique:

- Start with shins vertical and the bar at the top of the kneecap.
- Keep back angle the same as the bar is lowered and raised.
- Keep the movement slow to increase accuracy and awareness of leg action in the pull.
- Keep the bar very close or touching the body.
- Ensure knees shift backwards as the bar is raised from the floor.



### Split Squat, Knee to Weight Stack, 50% BW, 3s x 5r

**Primary Objective:** Develop confidence to take weight on the back leg in the Jerk receiving position.

Use a stack of two 25kg weight plates on the centre of platform.

#### Elements of Technique:

- Keep rear femur vertical as you lower back knee to stack.
- Lightly touch knee on the weight stack and pause for a count of 2 each rep.
- Keep upper body vertical and front shin vertical.



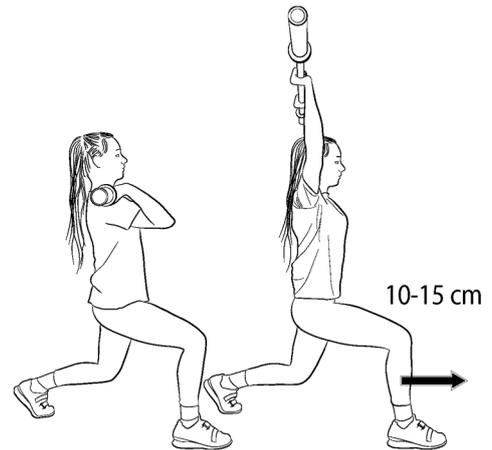
**Jerk Balance, 50% BW, 4s x 5r**

**Primary Objective:** Develop excellence in the Jerk receiving position.

Keep weights light to elevate the bar easily overhead.

**Elements of technique:**

- Keep bar, shoulders, and hips in vertical alignment.
- Start in a low position with your back knee well bent. A high degree of discomfort in the rear leg is normal.
- No forward motion of the body is allowed except the front foot travels 10-15cm.
- Pause motionless in receiving position (count of 2), putting pressure on your back leg.



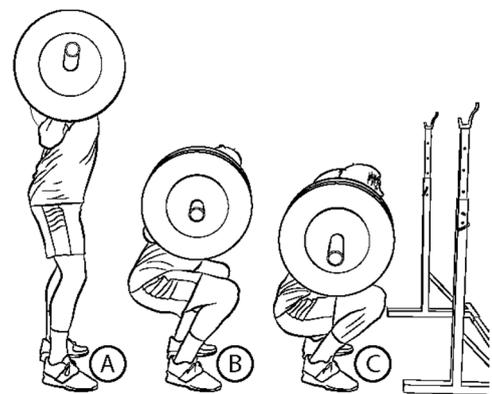
**Back Squat, Slow Descent, 60% BW, 5s x 3r**

**Primary Objective:** Develop dynamic stability and control in any squat type of activity.

Control descent to last a count of 5. Reach middle position (B) at the count of 3.

**Elements of technique:**

- Start with feet slightly wider than hip-width.
- Attempt to keep chest fully inflated and raised.
- Tighten the lower back as much as possible and keep an upright body position with an “arched” lower back.
- Take 1-2 small breaths during the slow descent.
- Keep knees over toes to avoid knee valgus.



**Hypers, 3s x 10r**

**Primary Objective:** Develop an ability to tense lower back muscles and develop awareness and control of lumbar spinal shape.

- Adjust GHD bench to be able to bend downwards as shown.
- Start with no weight and with fingertips on the temples.
- In further sets, use a 5kg bumper plate on the back of the shoulders as shown.
- Hold last rep isometrically at the end of the upward swing for a count of 5.
- If no GHD bench, perform on the floor and reduce reps to 5 in the set but attempt a short isometric hold on each one.

