

| Week 1 - Day 2  |   |   |
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| <p><b>Rapid Drop Downs for Snatch</b></p> <p><b>SV5</b></p> <p><b>25%</b></p> |   | <p><b>Primary Objective:</b> Learn rapid downward movement as an important Weightlifting skill.</p> <ul style="list-style-type: none"> <li>Stand with bar at waist, then drop as fast as possible to position shown.</li> <li>Simultaneously move the bar rapidly in a vertical straight line to a position directly above the head.</li> <li>Move feet rapidly from pull stance to squat stance.</li> <li>Keep foot movement low to the ground.</li> </ul>   |
| <p><b>Power Snatch from Mid-Thigh</b></p> <p><b>NV3</b></p> <p><b>65%</b></p> |   | <p><b>Primary Objective:</b> Develop the basic movement pattern of the Power Snatch.</p> <ul style="list-style-type: none"> <li>Keep relatively light to work on speed of drop under bar.</li> <li>Ensure feet do not move too wide during movement under the bar.</li> <li>Avoid any hint of arms bending during the pull.</li> <li>If arm bending occurs, engage in further practice of Jumping Pulls with arms straight.</li> <li>In finish position, ensure the bar is directly over the head.</li> </ul>   |
| <p><b>Snatch Pull from Blocks</b></p> <p><b>LV5</b></p> <p><b>85%</b></p>     |   | <p><b>Primary Objective:</b> Developing strong upward body action in the middle to late stages of the pull.</p> <ul style="list-style-type: none"> <li>Start pull smoothly with arms completely straight.</li> <li>Attempt to accelerate upward body action as the bar reaches mid-thigh.</li> <li>Strive to achieve full extension (make yourself tall at the finish of pull).</li> <li>Keep arms straight in the pull at all times.</li> <li>Hold full extension for a count of 2 to develop balance.</li> </ul>  |
| <p><b>Press in Split Position</b></p> <p><b>LV5</b></p> <p><b>30%</b></p>     |   | <p><b>Primary Objective:</b> Develop the split receiving position for the Jerk.</p> <ul style="list-style-type: none"> <li>Assume a split position with rear knee on mat or something soft.</li> <li>Keep hips forward to stretch hip flexors across rear leg.</li> <li>Bar, shoulders, and hips should be in perfect alignment.</li> <li>Rear femur should be close to vertical.</li> <li>Push bar as high as possible above the head to create lockout.</li> <li>Keep abdominals tight throughout.</li> </ul>   |
| <p><b>Jerk Dip, Isometric Hold</b></p> <p><b>SV2</b></p> <p><b>80%</b></p>    | <p>Dip slowly and hold isometrically for a count of 5</p> | <p><b>Primary Objective:</b> Develop strength in the upper body to maintain stability during the dip for the Jerk.</p> <ul style="list-style-type: none"> <li>Start dip with chest fully inflated.</li> <li>Elbows should be raised but not so high that the humerus is parallel to the ground. Elbows should be kept still, start to finish.</li> <li>Keep abdominal muscles maximally tensed to brace the body.</li> <li>Dip slowly with upper body completely vertical and hold the bottom of the dip for 5 seconds.</li> </ul>  |
| <p><b>Front Squat, to Bench</b></p> <p><b>LV5</b></p> <p><b>80%</b></p>       |   | <p><b>Primary Objective:</b> Develop a strong receiving position for the Clean and Power Clean.</p> <ul style="list-style-type: none"> <li>Place feet hip-width apart.</li> <li>Breathe in before descent.</li> <li>Keep chest up and elbows high throughout.</li> <li>Work to keep a good arch in the lumbar region of the back.</li> <li>Descend with control and avoid bouncing on the bench.</li> <li>Maintain an upright posture during the squat.</li> <li>Activate hip abductors to keep knees over toes.</li> <li>Attempt to accelerate during ascent.</li> </ul> |