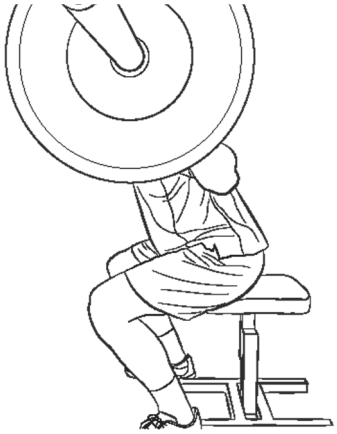
Session 1

Back Squat, Partial Depth, 40% BW, 5s x 5r



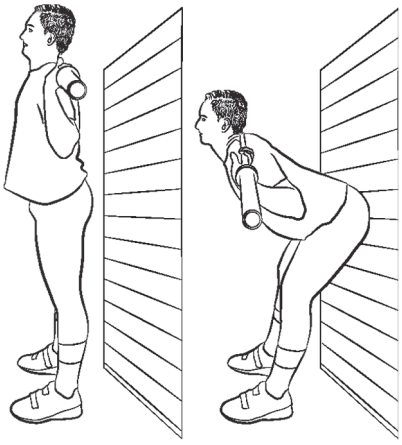
Primary Goal: Learn to squat with balance and control.

Elements of Technique:

- Feet hip-width apart
- Slow and controlled downward movement
- Keep knees over toes
- Maintain upright posture

Keep very light and use the bench to limit the depth of squat to make the task easier.

Good Mornings, 20% BW, 5s x 5r



Primary Goal: Bend at the hip without change in spinal shape.

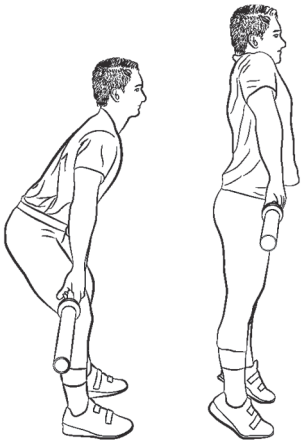
Elements of Technique:

- Push hips backwards to touch the wall as illustrated.
- Keep head up and eyes looking directly forward.
- Legs should be nearly straight, but knees not locked

Use hardly any weight initially, a stick or PVC pipe will suffice.

Start with heels 20cm from the wall and adjust distance from wall progressively so that it is only just possible to touch wall.

Snatch Pull from Mid-Thigh, 50% BW, 5s x 5r



Primary Goal: Extend body upwards into tall position.

Elements of Technique:

- Shoulders slightly forward of the bar at the start.
- Keep arms straight.
- Extend into vertically straight body position.
- Raise shoulders in an extended position.

Instruct athlete in suitable width of grip for Snatch.

Provide athlete with a brief overview of the concept of raising the bar by raising the height of the body.

Strict Press, 30% BW, 5s x 5r

Primary Goal: Develop an understanding of "lockout".

Elements of Technique:

- Start with the bar on shoulders with elbows raised.
- Raise the bar as high as possible above the head, elevating the shoulder girdle in the process
- Finish the press with the bar directly over the head.
- Lower bar to shoulders with elbows high so that the start and finish of the movement look exactly the same.

Jerk Dip, 40% BW, 3s x 5r

Primary Goal: Keep upper body vertical during the dip.

Elements of Technique:

- Inflate chest before beginning movement.
- Downward motion should be very slow and controlled.
- Upper body must remain completely vertical throughout (cue: keep hips under the bar)
- Keep elbows raised and fixed in position throughout the movement.

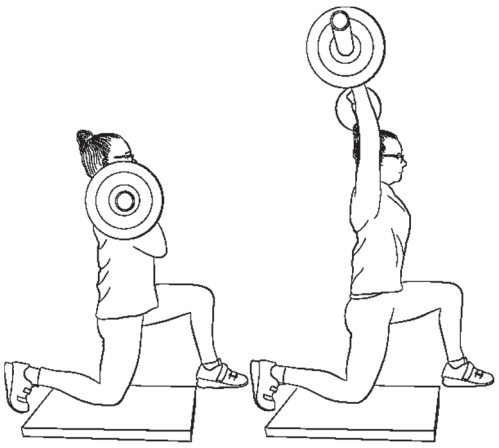
Discuss the need for control of pelvic alignment.

Press in Split Position, 30% BW, 4s x 5r

Primary Goal: First step to learn Jerk Receiving position.

Elements of Technique:

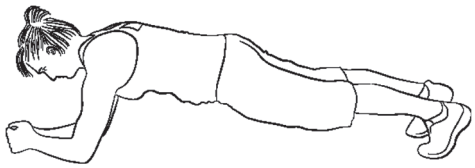
- Rear knee resting on a mat.
- Press bar from shoulders directly overhead
- Achieve elbow lockout with the bar raised as high as possible above head
- Keep shoulders, hips, and rear knee in line.
- Work hard to tense abdominal muscles to pull the pelvis forwards and extend the hip fully.



Front Plank, 2s x 30 seconds

Primary Goal: Develop core strength and stability.

Elements of Technique:

- Hips should not sag - if this occurs modify exercise by keeping knees on the ground until ready to progress to position shown.

On the first occasion, keep the duration to 30 seconds to assess individual capability and avoid excessive delayed onset muscle soreness (DOMS). Lengthen duration if the beginner is familiar with this exercise.