

8 Weeks to Strong(ish)

What:

This 8 week cycle is based on OLYMPIC LIFTING.

Who: Folks looking to get stronger. Typically those with access to a coach or at least Olympic lifting tutelage and comfort in their skill. NOT FOR BEGINNERS. If your goal is to be stronger for “CrossFit” or functional fitness competitions, then you can supplement our “Honor WODs” 2-3 times a week to maintain your aerobic and/anaerobic base. We also offer Bodyweight workouts that can often be a good warm up and heart rate antagonist or a quick finisher. (Both are available daily on the free apple and android app)

Needs:

Quality Olympic barbells, squat racks, jerk blocks, various tension resistance “bands” and platforms to work on (or at least room not to hit walls or other equipment). Usually, folks with access to a barbell club or functional fitness facility have the upper hand, but if you can make or buy your own Jerk Blocks, you can do this in a home gym.

You WILL need to know several different rep maxes to plug and play. Take a look at the program ahead of when you plan on starting to establish the Rep Maxes you do not know.

The “Pick’ems” are designed to target the specific weaknesses of the individual athlete. We have different exercises listed to choose from based on the upper body and lower body. We will leave the Core work up to you but we suggest resistance over repetitions.

Upper Pick’em

BB Curls 8-15 reps x 3-4 sets

Dips 8-15 reps x 3-4 sets

Pullups 8-15 reps x 3-4 sets

Plate Lateral Raises 8-15 reps x 3-4 sets

DB/KB Tricep Extension 8-15 reps x 3-4 sets

Seated Rows 8-15 reps x 3-4 sets

Band Pull Aparts 10-20 reps x 3-4 sets

DB/KB Clean & Presses 8-15 reps x 3-4 sets

Pullovers 8-15 reps x 3-4 sets

BB Bentover Rows 8-15 reps x 3-4 sets

Lower Body Pick’em

Glute/Ham raises (you can do this from the floor with a barbell and ab-mats) 5-10 reps per side x 3 sets

RDLs 5-10 reps x 3-4 sets

Goodmornings 5-10 reps x 3-4 sets

Lunges DB/BB/KB 5-10 reps x 3-4 sets

Step Ups 8-10 reps per leg x 3-4 sets

Week 1

Day 1

Hang Snatch from Hip **3RM**, then -5&-10% for 3

Back Squats Take -10% of best **5RM** for 5x5

Snatch Pulls 100% 3x3 (take your time working up to this)

Day 2

Bench Press Paused 3 count 2" off Chest **5RM**, then -5&-10% for 5

Push Press **5RM**, then -5&-10% for 5

Upper pick 2

Day 3

Hang Clean from Hip **3RM**, then -5&-10% for 3

Front Squats Paused 3 count in bottom **5RM**, then -5&-10% for 5

Clean Pulls 100% 3x3 (take your time working up to this)

Lower pick 2

Day 4

Snatch complex Snatch pull(x 2) + Snatch + OH Squat (x 2) for a **Max**, then -20% for 2 sets

Clean complex Clean pull + Clean + Front Squat(x 2) + Jerk(x 2) for a **Max**, then -20% for 2 sets

Day 5

Back Squats **5RM**, then -5&-10% for 5

Strict Press Paused 3 count 2 inch off chest **5RM**, then -5&-10% for 5

Deadlift Paused 3 count 2 inch off Ground **5RM**, then -5&-10% for 5

Core pick 2

Week 2

Day 1

Hang Snatch from Hip **3RM**, then -5&-10% for 3

Back Squats Take -10% of best **5RM** for 5x5

Snatch Pulls 100% 3x3 (take your time working up to this)

Day 2

Bench Press Paused 2 count 2" off Chest **5RM**, then -5&-10% for 5

Push Press **5RM**, then -5&-10% for 5

Upper pick 2

Day 3

Hang Clean from Hip 3RM, then -5&-10% for 3

Front Squats Paused 2 count in bottom **5RM**, then -5&-10% for 5

Clean Pulls 100% 3x3 (take your time working up to this)

Lower pick 2

Day 4

Snatch complex Snatch pull(x 2) + Snatch + OH Squat (x 2) for **Max**, then -20% for 2 sets

Clean complex Clean pull + Clean + Front Squat(x 2) + Jerk(x 2) for **Max**, then -20% for 2 sets

Day 5

Back Squats **5RM**, then -5&-10% for 5

Strict Press Paused 2 count 2 inch off chest **5RM**, then -5&-10% for 5

Deadlift Paused 2 count 2 inch off Ground **5RM**, then -5&-10% for 5

Core pick 2

Week 3

Day 1

Hang Snatch from *above* Knee **3RM**, then -5&-10% for 3

Back Squats Take -10% of best **5RM** for 5x5

Snatch Pulls 100% 3x3 work up

Day 2

Bench Press Paused on Chest **5RM**, then -5&-10% for 5

Push Press **5RM**, then -5&-10% for 5

Upper pick 2

Day 3

Hang Clean from *Above* Knee **3RM**, then -5&-10% for 3

Front Squats **5RM**, then -5&-10% for 5

Clean Pulls 100% 3x3 work up

Lower pick 2

Day 4

Snatch complex Snatch pull(x 2) + Snatch(x 2) for **Max**, then -20% for 2 sets

Clean complex Clean + Front Squat(x 2) + Jerk for **Max**, then -20% for 2 sets

Day 5

Back Squats **5RM**, then -5&-10% for 5

Strict Press **5RM**, then -5&-10% for 5

Deadlift **5RM**, then -5&-10% for 5

Core pick 2

Week 4

Day 1

Hang Snatch from *above Knee* **3RM**, then -10% for 3

Back Squats Take -10% of best **5RM** for 5x5

Snatch Pulls 100% 3x3 work up

Day 2

Bench Press Paused on Chest **3RM**, then -10% for 3

Push Press **3RM**, then -10% for 3

Upper pick 2

Day 3

Hang Clean from *Above Knee* **3RM**, then -10% for 3

Front Squats **3RM**, then -10% for 3

Clean Pulls 100% 3x3 work up

Lower pick 2

Day 4

Snatch complex Snatch pull + Snatch + OH Squat for a **Max**, then -20% for 2 sets

Clean complex Clean + Front Squat + Jerk for a **Max**, then -20% for 2 sets

Day 5

Back Squats **3RM**, then -10% for 3

Strict Press **3RM**, then -10% for 3

Deadlift **3RM**, then -10% for 3

Core pick 2

Week 5

Day 1

Snatch 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1 if no misses, then work up in minimal jumps until 1 miss

Clean & Jerk 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1 if no misses, then work up in minimal jumps until 1 miss

Back Squats Take -10% of best **3RM** for 5 sets x 3 Reps

Snatch Pulls 100% 3x3 work up

Day 2

Bench Press Paused 2 sec 2" off Chest **3RM**, then -5&-10% for 3

Push Press **3RM**, then -5&-10% for 3

Upper pick 2

Day 3

Snatch From Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1

Clean from Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1

Front Squats Paused 3 count in bottom **3RM**, then -5&-10% for 3

Clean Pulls 100% (of squat Clean max) 3x3 work up

Lower pick 2

Day 4

Snatch complex Snatch Pull(x2) + Snatch + OH Squat for a **Max** then -20% for 2 sets

Clean complex Clean Pull + Clean + Front Squat + Jerk (x2) for a **Max** then -20% for 2 sets

Day 5

Back Squats 3RM, then -5&-10% for 3

Strict Press Paused 3 count 2 inch off chest **3RM**, then -5&-10% for 3

Deadlift Paused 3 count at Knee **3RM**, then -5&-10% for 3

Core pick 2

Week 6

Day 1

Snatch 65%/2, 75%/2, 80%/2, 85%/1rep, 88%/1rep x 2 sets, 90%/1 if no misses, then work up in minimal jumps until 1 miss

Clean & Jerk 65%/2, 75%/2, 80%/2, 85%/1rep, 88%/1rep x 2 sets, 90%/1 if no misses, then work up in minimal jumps until 1 miss

Back Squats Take -10% of best **3RM** for 5 sets x 3 Reps

Day 2

Bench Press Paused 1 count 2" off Chest **3RM**, then -5&-10% for 3

Push Press **3RM**, then -5&-10% for 3

Upper pick 2

Day 3

Snatch From Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1 x2 sets

Clean from Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets, 88%/1 x2sets

Front Squats Paused 2 count in bottom **3RM**, then -5&-10% for 3

Lower pick 2

Day 4

Snatch complex Snatch Pull (x2) + Snatch for a **Max** then -20% for 2 sets

Clean complex Clean + Front Squat + Jerk (x2) for a **Max** then -20% for 2 sets

Day 5

Back Squats **3RM**, then -5&-10% for 3

Strict Press Paused 2 count 2 inch off chest **3RM**, then -5&-10% for 3

Deadlift Paused 2 count at Knee **3RM**, then -5&-10% for 3

Core pick 2

Week 7

Day 1

Snatch 65%/2, 75%/2, 80%/1, 85%/1rep, 88%/1rep, 90%/1 if no misses, then work up in minimal jumps until 1 miss

Clean & Jerk 65%/2, 75%/2, 80%/1, 85%/1rep, 88%/1rep, 90%/1 if no misses, then work up in minimal jumps until 1 miss

Back Squats Take -10% of best **3RM** for 5 sets x 3 Reps

Day 2

Bench Press Paused on Chest **3RM**, then -5&-10% for 3

Push Press **3RM**, then -5&-10% for 3

Upper pick 2

Day 3

Snatch From Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets

Clean from Blocks 65%/2, 75%/2, 80%/2, 85%/1rep x 2 sets

Front Squats **3RM**, then -5&-10% for 3

Lower pick 2

Day 4

Snatch complex Snatch Pull + Snatch for a **Max** then -20% for 2 sets

Clean complex Clean + Front Squat + Jerk for a **Max** then -20% for 2 sets

Day 5

Back Squats **3RM**, then -5&-10% for 3

Strict Press **3RM**, then -5&-10% for 3

Deadlift **3RM**, then -5&-10% for 3

Core pick 2

Week 8

Day 1

Snatch 65%/2, 75%/2, 80%/1, 85%/1rep x 2sets

Clean & Jerk 65%/2, 75%/2, 80%/1, 85%/1rep x 2sets

Back Squats Take -10% of best **3RM** for 3 sets x 3 Reps

Day 2

Bench Press Paused on Chest **1RM**, then -20% for 3x3

Push Press **1RM**, then -20% for 3x3

Day 3

Snatch From Blocks 65%/2, 75%/2, 80%/2, 85%/1rep

Clean from Blocks 65%/2, 75%/2, 80%/2, 85%/1rep

Front Squats **1RM**, then -20% for 3

Day 4

Snatch for a **max**

Clean & Jerk for a **max**

Day 5

Back Squats **1RM**

Strict Press **1RM**, then -20% for 3x3

Deadlift **1RM**