



ATHLETIC PERFORMANCE

GENERAL WARM UP
POST WORKOUT
STRETCHING

WORKOUT #3 WEEK 1 WEEK 2 WEEK 3 WEEK 4

SPECIFIC WARM UP
2-3 ROUNDS

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|----------------------------|----------------------------------|------------------------------------|---------------------------------------|------------------------------------|
| 1 MID THIGH POWER CLEAN | MEDIUM 3 SETS X 4 REPS | X | CHALLENGING 5 SETS X 3 REPS | X |
| 2 BOSCH CLEAN | X | MEDIUM 3-2 SETS X 5 REPS | X | LIGHT 3-2 SETS X 6 REPS |
| 3 MID THIGH CLEAN PULL | MEDIUM 3 SETS X 4 REPS | X | CHALLENGING 4 SETS X 4 REPS | X |
| 4 ASYMMETRY DEADLIFT | X | MEDIUM 3-2 SETS X 8 REPS | X | MEDIUM 3-2 SETS X 5 REPS |
| 5 DB SEATED VERTICAL JUMP | 4 SETS X 6 REPS | 5 SETS X 6 REPS | 5 SETS X 8 REPS | 3 SETS X 6 REPS |

ACCESSORY

PLANK KB SWITCH
3 SETS X 30-45 SEC

SINGLE LEG BALANCE LUNGE
3 SETS X 6-8 REPS

RUSSIAN TWIST
3 SETS X 15-20 REPS

Athletic Strength For Women

G Thomas



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