

# Beginner Level 2 days a weeks for 6 week

Michael Keelan

## SESSION 1

EXERCISES	SETS	REPS
Power clean with no dip	4	8
Clean pulls	4	8
Press	4	8
Front squat	4	8
Bench press	4	8
Inclined sit ups	3	15
Back raises	3	15

## SESSION 2

EXERCISES	SETS	REPS
Power snatch with no dip	4	8
Snatch pulls	4	8
Snatch squats	3	8
Back squats	4	8
Dumbbell curls	3	12
Narrow grip bench press	3	12
Abdominal crunches	4	15

## SESSION 3

EXERCISES	SETS	REPS
Power clean with no dip	4	8
Push press	4	8
Front squats	4	8
Bench pulls	4	8
Bench press	4	12
Twist sit ups	4	12

#### SESSION 4

EXERCISES	SETS	REPS
Power snatch with no dip	4	8
Drop snatch	4	8
Split squats	4	8
Alternate press	4	8
Tricep extensions	4	10
Leg raises	3	15

#### SESSION 5

EXERCISES	SETS	REPS
Power clean with dip	4	8
Jerk balance	4	8
Clean pulls	4	8
Front squats	4	8
Press behind neck	4	8
Inclined sit ups	4	12
Back raises	4	10

#### SESSION 6

EXERCISES	SETS	REPS
Power snatch with dip	4	8
Push press	4	8
Back squats	4	8
Bench press	4	8
Upright rowing	4	8
Leg raises	4	12
Bent-over rows	4	10

#### SESSION 7

EXERCISES	SETS	REPS
Power clean	2	2 8 6
Clean pulls	2	2 8 6
Press	2	2 8 6
Front squat	2	2 8 6
Bench press	4	10
Inclined sit ups	3	15
Back raises	3	15

## SESSION 8

EXERCISES	SETS	REPS
Power snatch	2	2 8 6
Snatch pulls	2	2 8 6
Snatch squats	2	2 8 6
Back squats	2	2 8 6
Dumbbell curls	4	12
Narrow grip bench press	4	12
Abdominal crunches	4	15

## SESSION 9

EXERCISES	SETS	REPS
Power clean	4	6
Push press	4	6
Front squat	4	6
Bench pulls	4	10
Bench press	4	10
Twist sit ups	4	12

## SESSION 10

EXERCISES	SETS	REPS
Power snatch	5	5
Drop snatch	5	5
Split squats	5	5
Alternate dumbbell press	5	6
Tricep extension	4	10
Leg raises	4	15

## SESSION 11

EXERCISES	SETS	REPS
Power clean & squat	5	5
Jerk balance	5	5
Clean pulls	5	5
Clean shrugs	5	5
Press behind neck	5	10
Inclined sit ups	5	10
Back raises	5	10

## SESSION 12

EXERCISES	SETS	REPS
Power snatch and squat	5	5
Snatch pulls	5	5
Snatch shrugs	5	5
Split squats	5	5
Bench press	5	8
Bench pulls	5	10
Leg raises	5	10