

# UWL Gymnastics

Hang  
Clean Max

Back Squat  
Max

Bench  
Press Max

## Acc 1 - Week 5 (Dec 6th to 10th)

Day	Order	Exercise	Sets	Reps	Tempo	Rest	RM	Comments / Loading					
Sunday	1	Hang Snatch	4	4.3.4.3	x	90s	loads in KGS	0	0	0	0		
	2	Front Squats	4	5	2.0.1	90s	80%	0	0	0	0		
	3a	BB Rows	3	8	2.1.1		10RM	0	0	0			
	3b	Push-ups	3	8	2.1.1		bodyweight						
	4a	RDL	3	5	2.0.1		loads in KGS	0	0	0			
	4b	Face Pulls	3	12	2.1.2	90s	light						
	5	Hip Stability Circuit	1	8	2.1.2								
Tuesday	1	Broad Jumps	1	4	x	60s		Jump as far as you can...rest 60s...repeat for required reps					
	2	Hang Cleans	3	3	x	90s	loads in KGS	0	0	0			
	3	Reverse BB Lunges	3	4/leg	2.0.1	90s	8RM	0	0	0			
	4a	Push Press	2	5	1.0.x		8RM	0	0	0			
	4b	Seated V-grip Rows	2	6	2.1.1	90s	8RM						
	5b	DB Cobras	2	6	2.1.2	90s	light	Use 2.5 lb plates in each hand					

**\*Tempo = amount of time to perform each phase of a movement (1st # = eccentric, 2nd # = pause between, 3rd # = concentric)**