

UWL Gymnastics

Back Squat
Max

Bench
Press Max

Intro Phase - Week 3 (Nov 1st to 5th)

Day	Order	Exercise	Sets	Reps	Tempo	Rest	RM	Comments / Loading				
Monday	1	OH Med Ball Throws	5	5	x	60s	light	Back to wall...try to get med ball as high up wall as possible				
	2a	Snatch-grip Deadlifts	2	2	x			Use approx. 5 kg on each side of a women's training bar				
	2b	Snatch-grip Jump Shrugs	2	2	x			Use approx. 2.5 kg on each side of a women's training bar				
	2c	Overhead Squats	2	2	2.0.1	90s		Use the women's training bar				
	3	Hang Snatch	4	4		90s	loads in KGS	0	0	0	0	
	4a	BB Rows	3	8	2.1.1			0	0	0		
	4b	Push-ups	3	8	2.1.1		bodyweight	Use 2.5 lb plates in each hand				
	4c	DB Arc Rows	3	6	2.1.2	90s						
	5	Hip Stability Circuit	1	8	2.1.2							
	Thursday	1	Scoop Med Ball Throws	5	5	x	60s	light	Throw it as high into the air above head as you can...			
2a		Clean-grip Deadlifts	2	2	x			Use approx. 5 kg on each side of a women's training bar				
2b		Clean-grip Jump Shrugs	2	2	x			Use approx. 2.5 kg on each side of a women's training bar				
2c		Front Squats	2	2	2.0.1	90s		Use the women's training bar				
3		Hang Cleans	4	4		90s	loads in KGS	0	0	0	0	
4a		Neutral-grip Chin-ups	3	6 to 8	2.1.1		bodyweight					
4b		Neutral DB Shoulder Press	3	6	2.1.1		db in each hand --->	0	0	0		
4c		Rear Delt Flyes	3	10	2.1.2	90s		Use 5 lb dumbbells in each hand				
5		Hip Stability Circuit	1	8	2.1.2							
Saturday		1	Depth Drops	4	4	x	45s	18 to 24 inch box	Work on proper landing mechanics and be explosive			
	2	Broad Jumps	1	6	x	60s		Jump as far as you can...rest 60s...repeat for required reps				
	3a	DB Rows	3	8/arm	2.1.1		db in each hand --->	0	0	0		
	3b	Low Incline DB Press	3	8	2.0.1	90s	db in each hand --->	0	0	0		
	4	Band Good Mornings	3	12 to 15	2.0.1	90s	purple	Ask for help on form for these				
	5	Turkish Get-ups	3	5/arm		90s	very light	Use a 5 to 15 lb db for these...				

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