

4-Week Beginner Program 1*

*courtesy of Randy Hauer

Monday

Hang Power Snatch Above Knee 5 sets x 3 reps
Hang Power Clean Below Knee 5 sets x 3 reps
Front Squat 3 sets x 5 reps
Snatch Grip Deadlift + Shrug 3 sets x 5 reps

Wednesday

Hang Power Snatch Below Knee 5 sets x 3 reps
Overhead Squat 3 sets x 5 reps
Hang Power Clean Above Knee 5 sets x 3 reps
Standing Press 3 sets x 5 reps

Friday

Power Snatch (floor) 5 sets x 3 reps
Power Clean (floor) 5 sets x 3 reps
Front Squat 3 sets x 5 reps (make last set lighter than Monday's)
Clean Grip Deadlift + Shrug 3 sets x 5 reps

Note: Add a little weight each set if possible but always maintain good technique.