

HWPO AFFILIATE

CLASS EXAMPLE DAY

INTERACTIVE PDF

MONDAY - CLASS BRIEFING



A. GENERAL (6:00)

Amrap 6 minutes
 6 Burpees / Down & Ups
 6 Empty Bar Romanian deadlift
 6 Beat Swings
 6 Empty Bar / PVC OHS

B. MOBILITY/ ACTIVATION (1:00)

Band Y pulls, quarter squat position
 15 Fast reps
[MOVEMENT DEMO](#)

C1. SPECIFIC (10:00)

Snatch Drills, focus on keeping shoulders above the bar
 - 6 Lift Offs: [MOVEMENT DEMO](#)
 - 6 Snatch First pull: [MOVEMENT DEMO](#)
 (no pause)
 - 6 Snatch Segmented High pull
 (pause above the knees)
 - 6 Power Snatch, Tempo first pull

 Ramp up to 75%

C2. SPECIFIC (5:00)

Deadlift & Front Squats
 Ramp up deadlifts & front squats in 2-3 sets of
 3
 3 Deadlifts
 3 Front Squats

 Pull ups
 5 Beat Swings: [MOVEMENT DEMO](#)
 5 Kip Swings: [MOVEMENT DEMO](#)
 2 x 3 Kipping Pull ups or modification

A. WEIGHTLIFTING

Every 90 seconds x 5
3 Power Snatch @ 75%

Score: Weight

TC: 8:00

KG: N/A

SCALING OPTIONS

Beginner

3 reps @ Technical load

Intermediate

As written

GOAL: POWER & TECHNICAL ENDURANCE

TIMING: 8 minutes, Start clock at 25 minutes past the hour

SPECIFIC: In this snatch segment, we're decreasing the volume from 20 to 15 but our goal here is to start to get the reps done quicker. We want to see a rep every 5-10 seconds. This will give athletes a good amount of rest to make sure their power output stays good. This also means that if you'd like to see everyone lift in class you can have staggered starts. You can split the class up into two, even up to three groups and have them start 30 or 45 seconds apart.

Today's focus is on keeping the shoulders above the bar. This means torso angle & Barb/lat engagement. Although that specific POP is our focus on the drills, One of the key POP that will lead to success in having the shoulders above the bar is tension in the set-up. If athletes just grip it and rip it, They will end up with their hips shooting up and shoulders stay too low, and as a result, they'll need to compensate by swinging their shoulders backward.

Being that this is our 6th week of this cycle, many of your members will have gotten good exposure to the Snatch and/or Clean segments of this cycle and should have a good understanding of the vocabulary and the drill requirements. This can lead to us being complacent and less rigid on drill progressions and cues. We can't let that happen, we owe it to all of our members to work hard to keep our eyes sharp and focused on what we're trying to improve.

B. METCON

5 sets of 1:30 on, 1 min off

15 Deadlifts @ 185/135 lbs

12 Pull ups

Max rep Front Squats @ 185/135

RX+ Chest to Bar Pull ups

Score: Reps on Squats

TC: 12:30 minutes

KG: 84/60 (43/30, 70/50)

SCALING OPTIONS**Beginner**

10 Deadlifts @ 95/65 lbs

12 Ring rows

Max rep Front Squats @ 95/65 lbs

Intermediate

15 Deadlifts @ 155/105 lbs

12 Pull ups

Max rep Front Squats @ 155/105

ACCESSORY / EXTRA

Bulgarian Split Squats

3 x 8/8, Heavy

GOAL: LOWER BODY STAMINA

TIMING: 12:30 minutes, Start clock at 40-42 minutes past the hour

TARGETS

ADVANCED: 30-45 seconds of squats

BEGINNER: 30 seconds of squats

SPECIFIC: SQUATS! We're looking to have some good intensity on the squats but athletes will most likely need to break up the sets. We should think long term in this workout with the goal of maximizing our effort over the 5 sets. This means sacrificing some reps in the first 2 rounds. The compounding effect in this workout will be intense so we need to really emphasize pacing to allow them to get more reps in but also to help reduce the effects of fatigue on their technique.

DEADLIFTS: SMOOTH AND CONTROLLED

Athletes do not need to rush these. Doing these unbroken and smooth will get the desired effect we're looking for. We should see relaxed shoulders, tight lats and cores and strong leg drive. This is a light weight for deadlifts and we know what that means: People won't respect the POP as much as if it was heavy. At the top, we want a squeezed bum and hollow body NOT an excessive chest pump with arms going back. Remember, extension comes from the KNEES and the HIPS and NOT the spine.

PULL UPS: TIGHT, SMOOTH AND CONTROLLED

We want to see a tight body and control of their kip. Watch feet together and elbows pointing forward. If you have athletes doing butterfly kips, the elbows should also be pointing slightly forward. This is a very common positional flaw in butterfly pull ups and is a very important detail in protecting the shoulder for that aggressive kip.

FRONT SQUATS: RIGID TORSO & TORQUE

When we cue for squats, our defaults are: Knees out, elbows up. We should think of cueing to create torque and tension. For the hips to create torque, we should cue "spread the ground". It is almost like a twisting action. With the full feet firmly pressing into the ground, we push the knees out by applying pressure through the foot to "spread the ground" and as a result, the knees should point outward. This torque should be maintained from the first to the last rep.

LOWER BODY ACCESSORY