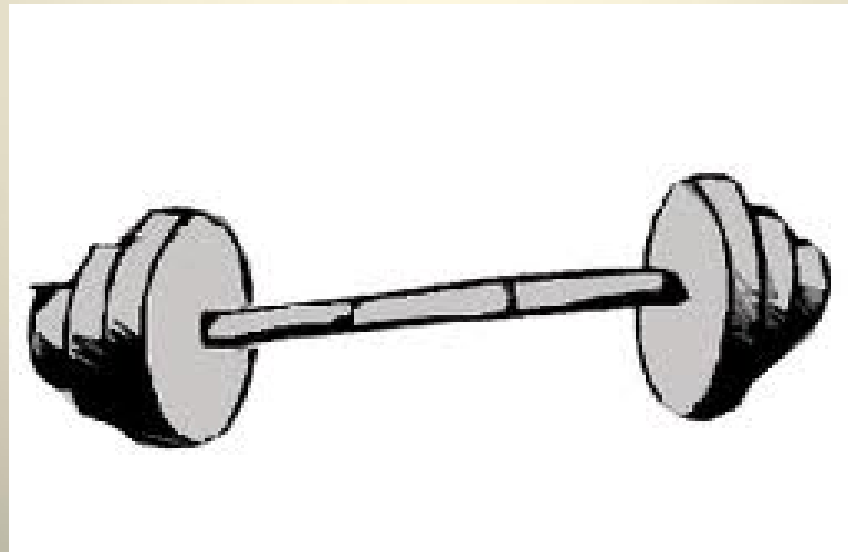




Day One in the Weight Room

Teaching Progressions for the Squat and Power Clean



From Mark Rippetoe

Strength is the most general adaptation. It is acquired most effectively through exercises that produce the most force against external resistance, and as such is always best trained with five or six basic exercises. The same exercises that are correct for weak football players and lifters are correct for weak volleyball and baseball players, because the best way to get strong will always be the same.

What is Strong?

adjective

- 1. having, showing, or able to exert great bodily or muscular power; physically vigorous or robust: a strong boy.**
2. accompanied or delivered by great physical, mechanical, etc., power or [force](#): a strong handshake; With one strong blow the machine stamped out a fender.
3. mentally powerful or vigorous: He may be old, but his mind is still strong.
- 4. especially able, competent, or powerful in a specific field or respect: She's very strong in mathematics. He's weak at bat, but he's a strong fielder.**

Why Squat and Power Clean?

- Fundamental movements for most “big” weight room lifts
- Utilization of many large muscle groups
- Requires movement of weight over large ranges of motion
- Creates significant hormonal response
- Development of inter and intramuscular coordination
- Teaches proper force application

Front Squat



- Bar on shoulders or collarbone
- Create “shelf”
- Hands and fingers for balance only
- Elbows up

Goblet Squat



- Use kettlebell or dumbbell
- Posture, “at the beach”
- Flat feet, feel force through heels
- Torso drops between hips
- Push out knees at bottom

Goblet Squat Cues/Corrections



- Squeeze shoulder blades together
- Lean back with partner
- Pull torso to floor
- Wiggle toes at bottom
- Drive with hips and glutes

Overhead Squat



- Place dowel at feet
- Assume bottom position of goblet squat
- Pick up dowel using wide, snatch grip
- Dowel over feet
- Stand up

Power Clean



- Generate power from hips first
- Big shrug, shoulders to ceiling
- Keep arms long for long
- Drop body under bar
- Elbows up
- Catch in front squat

Power Clean Progression



- Use Romanian Deadlift (RDL) position
- Slight bend in knees
- Posture
- Push butt to wall, bend it hips only
- Increase distance from wall
- Create tension in posterior chain

Rack Pull



- Place bar on rack at RDL hand level position
- Create tension with hands on bar
- Drive with hips through heels
- Jump and shrug
- Keep arms long, no bent elbows

Complexes

- Series of 5-6 Olympic movements, performed in succession without putting bar down
- Relatively light weight, focus on form and tempo
- Allows for many repetitions, ideal for beginning lifter to learn
- Significant metabolic effect

Complexes

Complex A

Bent Over Row
Clean
Front Squat
Military Press
Back Squat
Good Morning

Complex B

Dead Lift
Clean Pull
Close Grip Snatch
Back Squat
Good Morning
Bent Over Row

Complex C

Hang Snatch
Overhead Squat
Back Squat
Good Morning
Bent Over Row
Dead Lift

Complex D

Close Grip
Snatch
Back Squat
Behind Neck Press
Good Morning
Bent Over Row

Fall Week 7

Monday					Wednesday					Friday				
Exercise	Weight	Sets	Reps	Actual	Exercise	Weight	Sets	Reps	Actual	Exercise	Weight	Sets	Reps	Actual
Snatch		1	5		Bench Press		1	8		Clean and Jerk		1	5	
		1	5		*75% of Max		1	8				1	5	
		1	5				1	8+				1	5	
		1	5		Knees to Elbows		1	10				1	5	
		1	5				1	10				1	5	
One Arm Med Ball Push Up		1	5				1	10		Russian Twist		1	10	
		1	5		Front Squat		1	8				1	10	
		1	5				1	8				1	10	
		1	5				1	8				1	10	
		1	5				1	8				1	10	
Bell Lunge		1	10		Alt OH DB Press		1	10		RDL		1	8	
		1	10				1	10				1	8	
		1	10				1	10				1	8	
		1	10				1	10				1	8	
Weighted Chin Ups		1	8							SB V Up w/Press		1	5	
		1	8									1	5	
		1	8									1	5	
		1	8									1	5	
										Strict Pull Ups		3	F	

Fall Week 13

Monday					Wednesday					Friday				
Exercise	Weight	Sets	Reps	Actual	Exercise	Weight	Sets	Reps	Actual	Exercise	Weight	Sets	Reps	Actual
Hang Clean		1	2		Back Squat		1	5		Snatch/OH Squat		1	4	
		1	2				1	5				1	4	
		1	2				1	5				1	4	
		1	2				1	5				1	4	
		1	2		Knees to Elbows		1	8				1	4	
One Arm DB Press on Swiss Ball		1	5				1	8		Russian Twist on Swiss Ball		1	10	
		1	5				1	8				1	10	
		1	5				1	8				1	10	
		1	5		Incline DB Press		1	8				1	10	
		1	5				1	8				1	10	
Good Morning Press		1	6				1	8		Step Up		1	8	
		1	6				1	8		*bar on back		1	8	
		1	6		Bent Over Row w/bar		1	8				1	8	
		1	6				1	8				1	8	
Weighted Pull Ups		1	8				1	8		Strict Chin Ups		1	F	
		1	8				1	8				1	F	
		1	8									1	F	
		1	8									1	F	