

NICOLA POWER GYM 2.10-J 06.05.2020							
Gym POWER Session							
1) warm up							
2) light stretch							
3) Warm up curcuit							
a) Light curcuit med ball throws against wall x 5, med ball squats x 5,							
b) 10 x crunches, 10 x oblique crunches each side.							
c) 5 plate leg extension right leg 5 toe in, 5 toe out, 5 toe straight							
d) 5 plate leg extension right leg 5 toe in, 5 toe out, 5 toe straight							
e) Back extensions x 6 with 2 x 2.5kg dumbbells							
f) rolling abb ball throws on mats 4 kg x 6 roll							
g) Indian dance Bar lifts x 20m							
NOTE easy week marked in BLUE, reduce vollume but maintain intensity							
4)Snatch & Power clean & Jerk x 1 set							
	08.05.20	15.05.20	22.05.20	29.05.20	05.06.20	12.06.20	19.06.20
a) SNATCH SQUAT FULL DEPTH x 2 then mini hops 4L x 4R small hill	20kg	20kg		20kg	20kg	20kg	
b) SNATCH SQUAT FULL DEPTH x 2 then mini hops 4L x 4R small hill	30kg	30kg		30kg	30kg	30kg	
c) SNATCH SQUAT FULL DEPTH x 2 then mini hops 4L x 4R small hill	35kg	35kg	40kg	35kg	35kg	35kg	40kg
d) SNATCH SQUAT FULL DEPTH x 2 then mini hops 4L x 4R small hill	40kg	40kg	40kg	40kg	40kg	40kg	40kg
e) SNATCH x 1 cycle hops 4L x 4R big hill	40kg	40kg		40kg	40kg	40kg	
f) SNATCH x 1 cycle hops 4L x 4R big hill	40kg	40kg		40kg	40kg	40kg	
g) SNATCH x 1 cycle hops 4L x 4R big hill	40kg	40kg	40kg	40kg	40kg	40kg	40kg
h) SNATCH x 1 cycle hops 4L x 4R big hill	40kg	40kg	40kg	40kg	40kg	40kg	40kg
i) Power Clean & Jerk x 1	55kg	55kg		55kg	55kg	55kg	
Trab bar chariot uphill marches	80kg	80kg		80kg	80kg	80kg	
j) Power Clean & Jerk x 1	60kg	60kg		60kg	60kg	60kg	
Trab bar chariot uphill marches	80kg	80kg		80kg	80kg	80kg	
k) Power Clean & Jerk x 1	62.5kg	62.5kg	55kg	62.5kg	62.5kg	62.5kg	55kg
Trab bar chariot uphill marches	80kg	80kg		80kg	80kg	80kg	
l) Power Clean & Jerk x 1	65kg	65kg	60kg	65kg	65kg	65kg	60kg
Trab bar chariot uphill marches	80kg	80kg		80kg	80kg	80kg	
5) Abb work							
General abb activation 5 minutes only	x	x	x	x	x	x	x
10 crunches, 10 left oblique, 10 right oblique	x	x	x	x	x	x	x
1 min front plank, 30 sec left and right side plank	x	x	x	x	x	x	x
6) TRAP BAR JUMP SESSION							
	08.05.20	15.05.20	22.05.20	29.05.20	05.06.20	12.06.20	19.06.20
1-b) BILATERAL TRAP BAR JUMP LIFT X 2	80kg	80kg		80kg	80kg	80kg	
1-c) TRAP BAR WALK ANKLE LIFTS 20M	60kg	60kg		60kg	60kg	60kg	
1-d) 2 X hurdle jumps off 300mm box	x	x		x	x	x	
2-b) BILATERAL TRAP BAR JUMP LIFT X 2	85KG	85KG		85KG	85KG	85KG	
2-c) TRAP BAR WALK ANKLE LIFTS 20M	65KG	65KG		65KG	65KG	65KG	
1-d) 2 X hurdle jumps off 300mm box	x	x		x	x	x	
3-b) BILATERAL TRAP BAR JUMP LIFT X 2	87.5KG	87.5KG	80KG	87.5KG	87.5KG	87.5KG	80KG
3-c) TRAP BAR WALK ANKLE LIFTS 20M	67.5KG	67.5KG	60KG	67.5KG	67.5KG	67.5KG	60KG
1-d) 2 X hurdle jumps off 300mm box	x	x	X	x	x	x	X
4-b) BILATERAL TRAP BAR JUMP LIFT X 2	90KG	90KG	80KG	90KG	90KG	90KG	80KG
4-c) TRAP BAR WALK ANKLE LIFTS 20M	70KG	70KG	60KG	70KG	70KG	70KG	60KG
1-d) 2 X hurdle jumps off 300mm box	X	X	x	X	X	X	x
7) Back Squat Bilateral x 1 set							
	08.05.20	15.05.20	22.05.20	29.05.20	05.06.20	12.06.20	19.06.20
a) Back squat Bilateral to 90deg. x 4	120kg	120kg		120kg	120kg	120kg	
zulu warrior jumps x 2 x 2	3 x 2	3 x 2		3 x 2	3 x 2	3 x 2	
b) Back squat Bilateral to 90 deg. x 3	127.5kg	127.5kg		127.5kg	127.5kg	127.5kg	
zulu warrior jumps x 2 x 2	3 x 2	3 x 2		3 x 2	3 x 2	3 x 2	
c) Back squat Bilateral to 90deg. x 2	130kg	132.5kg	120kg	132.5kg	132.5kg	132.5kg	120kg
zulu warrior jumps x 2 x 2	3 x 2	3 x 2	2 x 2	3 x 2	3 x 2	3 x 2	2 x 2
d) Back squat Bilateral to 90deg. x 1	132.5kg	135kg	125kg	135kg	135kg	135kg	125kg
zulu warrior jumps x 2 x 2	3 x 2	3 x 2	2 x 2	3 x 2	3 x 2	3 x 2	2 x 2
8) General curcuit x 2 sets							
a) Inclined bench abb throw with 3kg med ball x 15 x 1	x	x	x	x	x	x	x
b) Nordic Hamstring curls x 3 slow and hold at bottom	x	x	x	x	x	x	x
d) Back extentions x 8 with 2 x 2.5kg dumbbells	x	x	x	x	x	x	x
f) eccentric single leg calf raises x 8 reps each leg	150kg	150kg	150kg	150kg	150kg	150kg	150kg
9) Hanging Rings and straps Session							
a) Rings PULL UPS WITH LEG FLICK X 5							
b) Rings lift legs to ceiling back arch lifts onto swiss ball X 5							
c) Rings LIE ON STOMACH MUSCLE UP TO PUSH UP POSITION							
d) PUNCH PAD KICKS, WORKING ON SPEED OF RETURN FOOT							
10) Stretching session							
a) Hamstring PNF resisted	x	x	x	x	x	x	x
b) Front Hip Mobility TFL [ON BALL]	x	x	x	x	x	x	x
c) Glute trigger point deactivation [WITH BALL]	x	x	x	x	x	x	x
d) C Stretch [assisted] PNF	x	x	x	x	x	x	x
e) Tim Forsythe stretch	x	x	x	x	x	x	x