



UPPER/LOWER COMPLEX



LOWER 1

- DEADLIFT
- FORWARD LUNGE
- JUMP SQUAT

UPPER 1

- BENT OVER ROW
- HANG CLEAN
- PUSH PRESS

LOWER 2

- SWING
- FRONT SQUAT
- JUMP LUNGE (NO WEIGHT)

UPPER 2

- BENT OVER ROW
- SNATCH

PUSH PRESS



UPPER/LOWER COMPLEX



LOWER 3

- STRAIGHT LEG DEADLIFT
- REVERSE LUNGE
- JUMP SQUAT

UPPER 3

- ALT. BENT OVER ROW
- SQUAT CLEAN to PUSH PRESS

LOWER 4

- SWING
- FRONT SQUAT
- JUMP LUNGE (NO WEIGHT)

UPPER 4

- HIGH PULL
- CLEAN
- SEE SAW PRESS