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WPx WEIGHTLIFTING SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING



DAY ONE

A)

HIGH HANG POWER SNATCH

3 SETS OF 2 REPS @ 65%

2 SETS OF 2 REPS @ 70%

REST 1:00 BETWEEN EACH SET

B)

HANG SNATCH

2 SETS OF 2 REPS @ 72%

2 SETS OF 1 REPS @ 75%

REST 1:00 - 1:30 BETWEEN SETS

C)

HALTING 3 POSITION SNATCH DEADLIFTS

3 SETS OF 3 REPS @ 100% OF 1RM

D)

BACK SQUAT

3 SETS OF 3 REPS @ 80-85%



DAY TWO

A)

HIGH HANG POWER CLEAN

3 SETS OF 2 REPS @ 70%

2 SETS OF 2 REPS @ 72%

REST 1:00 BETWEEN EACH SET

B)

HANG CLEAN

2 SETS OF 2 REPS @ 75%

2 SETS OF 1 REPS @ 77%

REST 1:00 - 1:30 BETWEEN SETS

C)

HALTING 3 POSITION CLEAN DEADLIFTS

3 SETS OF 3 REPS @ 100% OF 1RM

D)

FRONT SQUAT

3 SETS OF 3 REPS @ 80-85%



DAY THREE

A)

SNATCH

2 REPS @ 60%
2 REPS @ 65%
2 REPS @ 70%
2 REPS @ 75%
2 REPS @ 80%

BASED ON SQUAT SNATCH

B)

CLEAN AND JERK

2 REPS @ 65%
2 REPS @ 70%
2 REPS @ 75%
2 REPS @ 80%
2 REPS @ 85%

BASED ON CLEAN AND JERK

C)

OVERHEAD SQUAT

3 SETS OF 2 REPS @ TEMPO 32X1 - BUILD TO A HEAVY



GETTING STARTED



01

Sign up to WODprep's Online Training via [WODprep.com](https://www.wodprep.com)

02

You will receive an invite via your emails. Follow the instructions on the email.

03

Take the time to watch our onboarding video and explore the WOD UP app.

04

If you have any questions, contact support@wodprep.com and we'll be more than happy to help.





About WODprep



At WODprep, we know that CrossFit can seem intimidating, scary, and confusing.

It doesn't need to be this way.

With simple, fun, and caring training programs we help people fall in love with functional fitness and discover their inner-athlete.

This changes lives for the better, both physically and mentally.