



3 day a week Power/Strength/Size Program

Monday

Snatch clusters 20/20 style (3 x 5, 5 x 1) #

Military Press (30's style) %

s/s

Chins (30's style) %

Squat @ 90-110% of your 1RM C&J for 3 sets of 5 reps #

Front Squat @ 90% of heaviest recent weight used for 3,
for 3 sets of 3 reps #

3 sets of 10 snatch grip Romanian Deadlifts #

Set 1: 10 reps with the most weight you can handle with proper form

Set 2: Subtract 5% from the weight used in Set 1, and perform 10 reps.

Set 3: Subtract 10% from the weight used in Set 1, and perform 10 reps.

Wednesday

One arm DB Snatch (4 x 6 – multiple variations) !

Wk 1: 4 x 6

Wk 2: 4x (3/3) 20 seconds intra set rest

Wk 3: 4 x (2/2/2) 30 seconds intra set rest

Wk 4: 4 x (3/2/1) 40 second intra set rest

Over Head Pressing Complex (unable to reference, apologies)

Military Press/Push Press/Push Jerk/Split Jerk

4 x (1/1/1/1)

Over Head Squat 3 x 3

Good Morning Combo 3 x 4

Kneeling Squat 3 x 5

Sprinters Squat 3 x 6

Seated DB Shoulder Press (30's style) %

s/s

Chins (30's Style) %

Seated DB Lateral Raise 2 x 12

Rollouts 50 reps (any combination just get 50)

Friday

Clean Clusters 20/20 style (3 x 5, 5 x 1) #

s/s

Push Press 20/20 style (3 x 5, 5 x 1) #

Incline Bench Press (30's style) %

s/s

Chins (30's style) %

Front Squat @ 90-110% of your 1RM C&J for 3 sets of 3 #

Back Squat @ 90% of heaviest recent weight used for 5,
for 3 sets of 5 #

3 sets of 10 clean grip Romanian Deadlifts #

Set 1: 10 reps with the most weight you can handle with proper form

Set 2: Subtract 5% from the weight used in Set 1, and perform 10 reps.

Set 3: Subtract 10% from the weight used in Set 1, and perform 10 reps.

Reference

s/s = Super Set

sets x reps

Acknowledgements

taken from the article Chad Vaughan's Five Favourite Workouts in Strength+ emag p34, September 2010 edition.

% taken from the article How to build any Muscle Group, the 30 rep method, Chad Waterbury in www.t-nation.com

! Progressions developed by Damian Marsh and Luke Thornley

Where there is no identification it is just taken from my ideas and experiences.

Ashley Jones November, 2011

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