

# Week ⑥ Day 1 | Snatch Training

Normal size plates for the warm up, can build to be at 50-60% for last two movements.

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3 sets x **Snatch Start Position** • Hold @10sec

**POP:** Where is the bar in relation to the foot?

2 sets x 2 **Snatch Break the Floor Drill** • Hold @3sec

Come 1" off the ground with 3 sec hold at top.

**POP:** Maintain initial start position and back angle, pressure through the whole foot as you push through the floor.

3 sets x 3 **Segmented Snatch Deadlift**

Pause 1 sec off ground, pause 1 sec at knee, pause 1 sec mid hang then stand.

**POP:** Maintain initial start position off floor, at hang shoulders stay over bar, at mid hang torso begins to move back with shoulders over top of the bar.

1 set x 2 **Segmented Power Snatch**

Pause 1 sec off ground, pause 1 sec at knee, pause 1 sec at scoop/2nd pull, pause 1 sec mid hang into Power Snatch.

**POP:** Maintain initial start position off floor, at hang, shoulder over the bar, mid hang - torso begins to move back shoulders are on top of the bar, passing through power position and finishing the lift.

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+ Rest 2 Minutes

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5 sets x 1 **Slow Pull Power Snatch** • Pull @2-3 sec

Build 50-60%

**POP:** Slow pull to the knee, no pause and accelerate through the power position, elbows locked on receiving Snatch.

Perform 1 set every minute

12-15 sets x 1 **Power Snatch**

50-60%

**POP:** Set up: back and hips rise together, bar passes through hang and power position and elbows locked out in the receiving position.