



ATHLETIC PERFORMANCE

GENERAL WARM UP
POST WORKOUT
STRETCHING

WORKOUT #3

WEEK 1

WEEK 2

WEEK 3

WEEK 4

SPECIFIC WARM UP
2-3 ROUNDS



1	MID THIGH POWER CLEAN	MEDIUM 3 SETS X 4 REPS	X	CHALLENGING 5 SETS X 3 REPS	X
2	BOSCH CLEAN	X	MEDIUM 3-2 SETS X 5 REPS	X	LIGHT 3-2 SETS X 6 REPS
3	MID THIGH CLEAN PULL	MEDIUM 3 SETS X 4 REPS	X	CHALLENGING 4 SETS X 4 REPS	X
4	ASYMMETRY DEADLIFT	X	MEDIUM 3-2 SETS X 8 REPS	X	MEDIUM 3-2 SETS X 5 REPS
5	DB SEATED VERTICAL JUMP	4 SETS X 6 REPS	5 SETS X 6 REPS	5 SETS X 8 REPS	3 SETS X 6 REPS

ACCESSORY

PLANK KB SWITCH
3 SETS X 30-45 SEC

SINGLE LEG BALANCE LUNGE
3 SETS X 6-8 REPS

RUSSIAN TWIST
3 SETS X 15-20 REPS

Military Athlete Body Weight Training Program

Jin-Ying Zhang



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