



TEAM MISFIT SPECIALTY CLASSES

1RM OLYMPIC LIFTING CYCLE





Program Description

Welcome to the Team Misfit Olympic Weightlifting Specialty Class Series.

We're excited to provide you with some of the same programs we've used successfully at our affiliate, designed to provide additional classes or programs for you to use at your affiliate to supplement your offerings and help make your gym even better! At TMF HQ, we offer an Olympic Weightlifting specialty class 2 nights per week for members to supplement their regular CrossFit training if they choose. Two days per week fits into our class schedule, and because we program the olympic lifts in regular classes as well, we don't find it necessary for more than that. If you don't offer a weightlifting class, this program may be a great way to introduce one. Enjoy!

CYCLE FOCUS

This program is designed to provide athletes with the opportunity to get a lot of quality reps in of the full olympic lifts - the snatch and clean and jerk. You'll notice the program isn't all that exciting - triples, doubles, and singles with gradually increasing percentages each time. Each day also consists of accessory work to round out your class. You'll work athletes through thorough warm ups, positional drills, plenty of percentage based work, and then additional accessory work to either build strength or reinforce positions. In the back of this program you'll find the Movement Glossary where we explain positions, drills, and exercises.

WHAT TO EXPECT

This program consists of a 1RM test day, 2 days per week (1 snatch day and 1 clean day) for 6 training weeks, plus an additional re-test day for athletes to try and PR their lifts. These classes are meant to fit in a 1-hour block and include warm ups and accessory work. If athletes have a recent 1RM (within 2 months or so), you may omit the initial test day. What we don't want is athletes using a 1RM that they hit "that one time when the planets aligned" because the percentages will quickly be unattainable.

KEYS TO COACHING SUCCESS

If your affiliate has regular weightlifting classes, our recommendation would be to look at the Hang Progression Cycle (another specialty class you can find in the "Get My Program" tab and consider running that first. It will set athletes up with lots of position work so that when they run the 1RM Oly Program, their pulls from the floor are dialed in. We've got two other tips here: 1) be unrelenting in attention to detail with respect to correct positions. Athletes can often perform the hang variations well, but once the bar starts on the floor things fall apart. When in doubt, start athletes from the hang and gradually get them closer to the floor, and 2) reinforce a technique first, loading second mindset. Do these two things and your athletes will without a doubt PR their lifts.



Week 1 - Test Day

Warm Up

2:00 Assault bike w/ glute activation band around knees

:60 Squat Hold

2:00 Ankle Mob (1:00/side)

:30 Empty Bar OH Squat Hold

2:00 **Pigeon/Banded Pigeon Pose** (1:00/side)

15 Empty Bar OH Squats

2:00 **Hanging Shoulder Opener**

15 Empty Bar Power Position Squat Snatches

Coach's Notes

The warm up focuses on the snatch, and by the time athletes get to the clean and jerk the only additional thing they may have to warm up is their wrists for the front rack position. The test/re-test warm up style where athletes can feel their overhead position improving works really well because athletes feel the tissue changes that occur throughout the warm up.

- Ankle mobilizations include banded distractions or simply working on dorsiflexion with a barbell across the athletes knees. T For the

Main Lifts

In 15 Minutes, Find a 1RM Snatch

Rest as needed

In 15 Minutes, Find a 1RM Clean and Jerk

Coach's Notes

We don't want miracle lifts, we want a very heavy single, but something athletes can base their percentages on for the rest of the program. The number athletes hit today is the number they will use - don't allow athletes to say "well I know I can do heavier", because the program will not work. If athletes have a very recent 1RM of each lift (within 2 months or so) you can omit this day.

We've only given you a clock to help keep your classes on time assuming a 1 hour block of time. Feel free to give more or less time as you see fit. As athletes are warming up you should really be harping on correct positions with super light weight, but as they start to go up, your role becomes a bit more motivational, only giving small cues as too much information can really throw athletes off when going for 1RMs. We strongly recommend that once an athlete fails the same weight 3 times or more, OR their last successful lift was a little uglier than might be acceptable, they are done.

TEST DAY



Warm Up

2 Rounds of
12 Burpees
10 Jumping Lunges
:30 HS Hold

Then, once through:

:15 OH Squat Hold + 3 OH Squats
1:00 Ankle Mobilization
:15 OH Squat Hold + 3 OH Squats
1:00 **Tricep/Lat Smash** Per Side
:15 OH Squat Hold + 3 OH Squats
1:00 **Double LAX Ball T-Spine Smash**
:15 OH Squat Hold + 3 OH Squats
Empty Bar **Tall Snatch Warm Up**

Coach's Notes

All overhead holds are done holding an empty bar. T-spine smash may be done with a double LAX ball (preferred) or a foam roller. Ensure athletes are working on extension in the T-spine and aren't just leaning over the roller extending at the T-L junction.

*See movement glossary for the tall snatch warm up - have athletes perform 3 reps in each position.

Main Lift

Snatch

6x3 @ 70-75%

Drop and reset between reps

Accessory

3x100m Double KB OH Waiter Walk
(1 overhead, 1 in the front rack, switching after 50m)

Coach's Notes

We give athletes a small range of percentages to work in to allow for those who may have hit less than they are actually capable of during their test. However, with the cycle just starting there should be nothing less than perfect reps. Force your athletes to move well - if they're not doing it on Day 1 then they'll be disappointed. The percentages will go up.

SNATCH



Warm Up

2 Rounds of
20 **Deadbugs**
12 **Spidermans**

Then, once through:

:15 Empty Bar Front Squat Hold + 2 Front Squats
1:00 Ankle Mobilization
:15 Empty Bar Front Squat Hold + 2 Front Squats
1:00 **Tricep/Lat Smash** Per Side
:15 Empty Bar Front Squat Hold + 2 Front Squats
1:00 **Double LAX Ball T-Spine Smash**
:15 Empty Bar Front Squat Hold + 2 Front Squats
Empty Bar **Tall Clean Warm Up**

Coach's Notes

We've intentionally put the test/re-test style of warm up in today's training as well just to show that it works well for the clean, too. This is our preferred style of warm up for our weightlifting classes.

Main Lift

Clean (Jerk Final Rep)
6x3 @ 70-75%
Drop and Reset

Accessory

4x20 Hip Extensions
4x30 S-arm bent over DB Row (15 per arm)

Coach's Notes

Clean and Jerk triples are notoriously challenging, so athletes should be starting at no heavier than 70%. If you have athletes who really struggle with the jerk, consider forcing them to jerk every rep. For everyone else, they perform 2 squat cleans + 1 squat clean and split jerk. For timing purposes, we recommend 3 minutes or so of rest between sets - this should be pretty demanding and take some time.

The accessory work is meant to be done as a superset, but should be done for quality and not time.

CLEAN AND JERK



Warm Up

Steady Through:

20 **Lateral/Cossack Squats**

:60 Dead Hang from Pull Up Bar

20 **Duck Walk Steps**

20 PVC Pass Throughs

20 PVC Overhead Duck Walk Steps

2:00 **Double LAX Ball T-Spine Smash**

Then, 2 Rounds of:

- **Tall Snatch Warm Up**, 2 reps in each position*

*Add a small amount of weight to the barbell for the second round.

Coach's Notes

Lead your class through the tall snatches and the power position snatches, then have them grab a small amount of weight to use for the second round.

Main Lift

Snatch

6x3 @ 75-80%

Drop and reset

Accessory

Snatch Grip Push Press

3x5 @ 70%+ 1RM Snatch

3 x 1:00 Weighted Plank Hold AHAP

Coach's Notes

The percentage range has gone up slightly from last week but the focus remains the same - perfect reps.

Communicate to athletes that if even only one set is heavier than last time, or if the same weight simply *feels*, that's progress.

Once again the accessory work can be done as a superset, but should not be rushed between. Do a set of push presses, rest, a plank, rest, etc.

SNATCH



Warm Up

2 Steady Rounds

:30 AAB, moderate pace

20 **Duck Walk Steps**

10 Front Squats (75/55lbs or less)

5 Split Jerks

Then,

Banded Overhead Distraction, 2:00/side

Then 2 Rounds of:

Tall Clean Warm Up, 2 reps of each position*

4 Power Position Cleans, jerk the last 2 reps*

*Round 1 with an empty bar, then add a small amount of weight to the barbell for the second round.

Coach's Notes

Any front rack mobilization will do for the front rack stretch, and like day 1 of the snatch work, lead athletes through the tall cleans and the power position work. To be clear, athletes perform 2 reps in each position mentioned in the Tall Clean warm up, then perform 4 power position cleans, then repeat all of that with a light weight on the bar. The focus of this warm up should be on actively pulling under the bar with speed, meeting the bar at the correct height.

Main Lift

Clean (Jerk Final Rep)

6x3 @ 75-80%

Drop and Reset

Accessory

4x16 Front Rack Alternating Reverse Lunges AHAP

3x16 **Bottoms Up KB Press** (8/arm)

Coach's Notes

The percentage range has gone up slightly from last week but the focus remains the same - perfect reps.

Communicate to athletes that if even only one set is heavier than last time, or if the same weight simply *feels*, that's progress. The focus has to be on moving well.

Once again the accessory work can be done as a superset. Lunges are done in place. Bottoms up presses will be around 25/15lbs for most men/women. They should be very controlled.

CLEAN AND JERK



Warm Up

2 Steady Rounds

15 Behind the Neck Snatch Grip Empty Bar Presses

15 **Band Pull Aparts**

15 Banded Pause OH Squats (band held overhead)

Then,

2 Rounds

- **Tall Snatch Warm Up**, 2 reps at each position
- 2 Power Position Squat Snatches
- 2 Low Hang to Power Position Snatches*
- 2 Low Hang Snatches**

Athletes perform round 2 with a small amount of weight on the bar.

Coach's Notes

*With an empty bar, athletes slowly lower the bar to the low hang position (see Movement Glossary) and pause. On your call, athletes slowly bring the bar into the power position and pause again. On your next call, athletes snatch. Do that twice each round.

**Athletes should focus on doing essentially the same thing they just did, but without the pauses. The focus is on athletes getting the bar back into the power position before snatching.

Main Lift

Snatch

7x2 @ 80-85%

Drop and Reset

Accessory

4x :20 **Weighted OH Squat Holds**

AHAP

5x15 Hollow Rocks

Coach's Notes

Reps decrease and the percentage range goes up just a bit. As these get heavier, reinforce patience with the bar, waiting for the bar to get into the hip before an aggressive hip extension. After that, athletes again have to actively pull under the bar which is why we do the Tall Snatch Warm Up.

The weighted OH squat holds should be heavy, but nothing that forces athletes to do an ugly overhead squat to stand back up. We are building confidence and stability in the catch position of the snatch, so positioning is critical.

SNATCH



Warm Up

Banded Glute Activation Steps, performed while in the bottom of a squat position, 10 reps in each direction (left, right, forward, backward) + 5 squats after each direction.

Then, 2 Rounds of:

8 Empty Bar Strict Press

8 Empty Bar Front Squats

5 Perfect Split Jerks

Then, 2 Rounds of:

- **Tall Clean Warm Up**, 2 reps at each position

- 4 Hang Squat Cleans

Coach's Notes

With the hang squat cleans in the final part of the warm up, we need to ensure athletes are getting their smolders out over the bar in the hang position, but are then sweeping the bar into their hips and achieving the power position before extending. You may even want to consider leading your athletes through this slowly and together so that you can nitpick these positions.

Main Lift

Clean (Jerk Final Rep)

7x2 @ 80-85%

Drop and Reset

Accessory

4x :20 **Weighted Front Squat Holds**

AHAP

5x15 V-Ups

Coach's Notes

Doubles will much easier as far as the “breathing” element that happens with triples. This should allow athletes to focus more on each individual rep with a little less metabolic fatigue. Keep athletes inside the prescribed percentage range.

Like the OH Squat holds, the front squat holds should be heavy but allow for great positioning, as we're trying to build stability, confidence, and some strength in the receiving position of the clean. These are out of a rack. Feel free to superset.

CLEAN AND JERK



Warm Up

Voodoo Floss Shoulders, 2:00/side

Then, Coach Led and Steady Through

10 Burpees AFAP

:30 Squat Hold

10 Jumping Lunges

:30 Squat Hold

10 Behind the Neck Empty Bar Presses

:30 OH Squat Hold

10 Strict Pull Ups

:30 OH Squat Hold

Then, 2 Rounds of:

- **Tall Snatch Warm Up**, 2 reps at each position
- 2 Low Hang Snatches

Coach's Notes

The tall snatch warm up is all about actively pulling under the bar. In the low hang work, keep an eye on athletes hitting the right positions below and above the knee as well as in the power position. To save time feel free to have athletes floss one should and then work through the first half of the warm up, switch arms, and then finish the other half. Not required, but an option.

Main Lift

Snatch

7x2 @ 80-90%

Drop and Reset

Accessory

5x3 Muscle Snatch AHAP

4x12 Seated DB Strict Press

Coach's Notes

As we creep up into the 90% range of snatching athletes tend to divert back to old habits or try to make lifts by any means necessary. That should not be happening here, and we want everyone hitting at least one perfect set of 2 at 80% before moving up higher in today's percentage range. We've kept the range a little wider today to allow for athletes who aren't feeling great to stay a little lighter, or for athlete who feel good to creep up toward 90%.

Muscle snatches may be done with or without hip contact, as the goal is some supplemental hip extension work. Presses are done with one DB in each hand and should not turn into a 12RM.

SNATCH



Warm Up

2 Rounds of
15 Hollow Rocks
15 Air Squats (Goblet Squats on Round 2)
6 Turkish Get Ups (light DB or KB, 3 per side)

Then, 2 Rounds of:

- **Tall Clean Warm Up**, 2 reps at each position
- 2 Low Hang Clean and Jerks

Then, Deltoid and rotator cuff smash w/ single LAX ball, 2:00/side

Coach's Notes

Same deal as yesterday. The tall clean warm up is all about actively pulling under the bar. Maybe the biggest issue we see in squat cleans is athletes pull the bar far higher than necessary and allow it to bury them in the bottom of the receiving position, despite being strong enough to pull it and squat it. This warm up helps to correct that.

In the low hang work, keep an eye on athletes hitting the right positions below and above the knee as well as in the power position.

Main Lift

Clean (Jerk Final Rep)
7x2 @ 80-90%
Drop and Reset

Accessory

5x3 Muscle Clean AHAP
4x20 DB Split Squats AHAP, but fast

Coach's Notes

The low end of the percentages remain the same as last time, but now we're allowing athletes to creep up toward 90% if and only if they're first set at 80% looks great. Don't let athletes get antsy and make ugly lifts in the name of doing heavier work that last time - technical improvements are progress just like more weight on the bar.

Muscle cleans may be done with or without hip contact, as the goal is some supplemental hip extension work. The DB split squats are done with the rear foot elevated on a bench and DBs at the side. 10 reps per leg, per set.

CLEAN AND JERK



Warm Up

AAB 1k, increase speed throughout
:60 Hanging Knee Raise Hold
20 Banded OH Squats (band held overhead)

Then, **Tricep/Lat Smash**, 2:00/side

Then, 2 Rounds of:
3 Tall Snatches (bar resting at the hip, no leg drive)
3 Power Position Snatches
3 Low Hang Snatches

Athletes add a small amount of weight for round 2.
All squat snatch.

Coach's Notes

Start athletes with a good general warm up and some mobility, then a fairly brief snatch warm up. After that, athletes should then be hitting plenty of very light snatches as they climb up to their first heavy single for the day.

Main Lift

Snatch
7x1 @ 90%+
Drop and Reset

Accessory

4x20 Ring Rows
4x20 DB Push Press AHAP

Coach's Notes

Last heavy snatch training day before athletes get to re-test. Athletes may climb up past 90% if they're feeling really good and frankly, may even choose to try and PR today. We can't always expect athletes to PR on re-test day because there are so many factors that go into a PR, and with a snatch it's not so demanding that athletes who feel good should be stopped unless the lifts look unsafe. For most, hitting 7 quality, heavy singles to boost their confidence before re-test is the goal today.

Superset these if you choose. DB push presses are with one DB in each hand.

SNATCH



Warm Up

Run or Row 400m

:60 Freestanding or Supported HS Hold

20 Empty bar front rack **Duck Walk Steps**

Then, Banded pigeon pose, 2:00/side

Then, 2 Rounds of:

3 Tall Cleans

3 Power Position Cleans

3 Low Hang Clean and Jerks

Athletes add a small amount of weight for round 2. All squat clean, and have athletes split jerk all three reps of the low hang cleans.

Coach's Notes

Similar warm up to the heavy snatches the other day. As we've mentioned, the biggest fault athletes have when cleaning heavy is that they over-pull the bar, allowing it to crash on them in the bottom. The tall clean warm up is meant to teach athletes to pull the bar to the necessary height so that it doesn't jar them in the bottom of the squat.

Main Lift

Clean and Jerk

7x1 @ 90%+

Drop and Reset

Accessory

Split Jerk

3-3-3-2-2-1

70%+

Coach's Notes

Like the snatches, athletes should be seeking to get 7 quality, heavy clean and jerks under their belts today before re-testing. This is not meant to be the PR day, but we don't want to stifle an athlete who is feeling good and is in the right frame of mind to PR. Think about it like this: they have to earn the right to make a PR attempt today by making all of their prior lifts look great.

Today's accessory is some supplemental split jerk work. Start at 70% and climb as desired. From a rack.

CLEAN AND JERK



Warm Up

Steady Through

30 **Lunge and Twist**

30 **Plank Plus**

30 **Duck Walk Steps**

Then, **Banded Overhead Distraction**, 2:00/arm

Then with an empty barbell

10 BTN Snatch Grip Presses

8 Pause OH Squats

6 Power Position Squat Snatches

4 Hang Squat Snatches

Repeat one more time with light weight on the bar.

Coach's Notes

Get athletes a good warm up for this primer day ahead of re-test. Not much more to say here!

Main Lift

Every 2:00 for 12:00

1 Squat Snatch at 70-85%

Rest 5:00, or as needed

Every 2:00 for 12:00

1 Clean and Jerk at 70-85%

Accessory

5 x :20 Hanging Knee Raise Hold

Coach's Notes

6 moderate singles for each lift today with the goal being flawless, snappy reps to get athletes ready to re-test. Athletes may climb up or down in the percentage range, but perfect reps are the key. After snatching, athletes should strip their bars down and re-warm up the clean beginning with an empty bar. You dictate how long your class needs before starting the clock for their clean and jerks. Finish with some lighter accessory.

PRIMER DAY



Week 7 - Re-test Day

Warm Up

Steady Through

10 Turkish Get Ups w/ light KB or DB

10 Lunge and Squats w/ light KB or DB

[1 lunge with each leg + 1 squat = 1 rep]

20 **Band Pull Aparts** (10 palms up, 10 palms down)

Then, **Pigeon/Banded Pigeon Pose** 2:00/side

Then, Steady through:

5 Empty Bar OH Squats + :15 OH Squat Hold

1:00 Ankle Mobilization

5 Tall Squat Snatches + :15 OH Squat Hold

2:00 **Double LAX Ball T-Spine Smash**

5 Hang Squat Snatches + :15 OH Squat Hold

1:00 **Internal Shoulder Rotation Stretch** per side

Coach's Notes

Yes, it's quite the warm up. Warm ups before 1RM days should get athletes a little sweaty and extremely warm/loose. Sometimes they can take up to 20 minutes if led well by the coach.

Main Lift

In 15 Minutes, Find a 1RM Snatch

Rest as needed

In 15 Minutes, Find a 1RM Clean and Jerk

Coach's Notes

1RM days are all about the environment, so give your athletes a little pep talk, set the atmosphere, crank up the music, and get after it. Creating the right mood can seriously jack up your athletes to meet their potential, so help em out!

Like test week, the clock is there to help keep everyone on track, but you may need more or less time depending on your class. Your call on that, but do whatever is needed to give your athletes the best shot at PRing these lifts today.

RE-TEST



The Power Position



Power Position Snatch: with the bar in the snatch grip and resting against the pubic bone, the athlete bends their knees slightly. The torso remains vertical with shoulders behind the bar, knees in front of the bar, feet flat, and knees out. The shoulder-blades are set in a stable position, but not shrugged or pinched together. The athlete then extends vertically and receives the bar in a full depth overhead squat.



Power Position Clean: with the bar in the clean grip and resting on the upper thigh, the athlete bends their knees slightly. The torso remains vertical with shoulders behind the bar, knees in front of the bar, feet flat, and knees out. The shoulder-blades are set in a stable position, but not shrugged or pinched together. The athlete then extends vertically and receives the bar in a full depth overhead squat.



The Low Hang Position



Power Position Snatch: with the bar in the snatch grip and resting against the pubic bone, the athlete bends their knees slightly. The torso remains vertical with shoulders behind the bar, knees in front of the bar, feet flat, and knees out. The shoulder-blades are set in a stable position, but not shrugged or pinched together. The athlete then extends vertically and receives the bar in a full depth overhead squat.



Power Position Clean: with the bar in the clean grip and resting on the upper thigh, the athlete bends their knees slightly. The torso remains vertical with shoulders behind the bar, knees in front of the bar, feet flat, and knees out. The shoulder-blades are set in a stable position, but not shrugged or pinched together. The athlete then extends vertically and receives the bar in a full depth front squat.



Tall Snatch Warm Up



Position 1



Position 2



Position 3



Receiving Position

The Tall Snatch warm up is a warm up where athletes begin the rep with the barbell at progressively lower heights. From each position above and without any assistance from the legs, the athlete must simply “move their feet” and pull under the bar. The athlete should be at a complete standstill in either position 1, 2, or 3, and will then snap under the bar into the Receiving Position above before standing and then moving to the next lower position.

We recommend you take athletes through anywhere from 2-5 reps in each position before progressing to the next lower position and before adding hip and knee extension. For most athletes, the empty bar will be more than sufficient, especially in positions 1 and 2. Some athletes may even need to use a training bar rather than their respective male/female bar. For a video of these positions, see the [**Tall Snatch Warm Up**](#).



Tall Clean Warm Up



Position 1



Position 2



Receiving position

The Tall Clean warm up is a warm up where athletes begin the rep with the barbell at progressively lower heights. From each position above and without any assistance from the legs, the athlete must simply “move their feet” and pull under the bar. The athlete should be at a complete standstill in either position 1, 2, or 3, and will then snap under the bar into the Receiving Position above before standing and then moving to the next lower position. Note that due to grip width, there is one less position than in the Tall Snatch warm up, but coaches can always add another position for athletes to drill.

We recommend you take athletes through anywhere from 2-5 reps in each position before progressing to the next lower position and before adding hip and knee extension. For most athletes, the empty bar will be more than sufficient, especially in positions 1 and 2. Some athletes may even need to use a training bar rather than their respective male/female bar. For a video of these positions, see [Tall Clean Warm Up](#).