



Circuit 1

High Elbow Pull Wide
Back Elbow Press
Overhead Squat
High Elbow Pull Narrow
Olympic Style Deadlift



Circuit 2

High Pull Snatch

Back Push Press

Overhead Squat Varia

Lunge

Hang High Pull Clean

Deadlift Varia



Circuit 3

Drop Snatch

Press from Squat

Drop Lunge

Pull Under

Back Squat Jump

Lower Back Deadlift



Circuit 4

High Hang Snatch

Hang Dead Pull Snatch

Power Clean

Front Squat

Power Squat Jerk

Split Jump

Good Morning



Circuit 5

Hang Snatch

Medium Grip High Pull

Hang Clean

Front Squat

Full Squat Jerk

Horizontal Split Jumps

Good Morning Varia



Circuit 6

Snatch

Dead Pull Snatch

Front Squat

Clean

Dead Pull Clean

Back Squat

Jerk

Good Morning Varia