

DUTCH STRENGTH[®]

30 SEC

DUTCH STRENGTH[®]

40 SEC

DUTCH STRENGTH[®]

6 REPS

DUTCH STRENGTH[®]

8 REPS

DUTCH STRENGTH[®]

10 REPS

DUTCH STRENGTH[®]

12 REPS

|| DUTCH STRENGTH[®] ||

SQUAT

Front / Back

Overhead

DUTCH STRENGTH®

SQUAT

Lunge

1 Leg

DUTCH STRENGTH[®]

SNATCH

Power / Hang

Split / Squat

DUTCH STRENGTH[®]

CLEAN

Power / Hang

Split / Squat

|| DUTCH STRENGTH[®] ||

JERK

**(1/2) Squat
Split**

|| DUTCH STRENGTH[®] ||

PRESS

**(Sq) Back / Front
Clean / Push**

DUTCH STRENGTH[®]

BACK

Ext / Back Pull

Good Morning

|| DUTCH STRENGTH ||®

PULL

High / 2nd / 3rd

Snatch / Clean

|| DUTCH STRENGTH ||®

PULL

High / 2nd / 3rd

Snatch / Clean

DUTCH STRENGTH[®]

JUMPS

High / Long

1 Leg / Split

|| DUTCH STRENGTH[®] ||

SPRINT

Knees / Kicker

Spot / C.o.D.

DUTCH STRENGTH[®]

CORE

**Front / Side
Swing / Chop**