

# Öppen Bar Level 3

Welcome to the Eleiko Öppen Bar Level 3 program. This is a 4-week, 2 sessions/week power-based program aimed at increasing functional strength-speed. There are 2 blocks of exercises that each focus on different movements. In Training Block 1, perform exercises with 2 RIR (reps in reserve or, if the reps are listed as "5", use a weight that you could do about "7" times). In Training Block 2, perform exercises in a circuit manner with 15 sec rest between each exercise and 60 sec rest after the 3<sup>rd</sup> exercise. The entire program can be done using the Eleiko Öppen Bar. As the Öppen Bar can be used with the open side facing either forward or behind the lifter, select the position that best suits you and the exercise. Choose the appropriate weight to perform the desired sets and reps. Prior to and following each training session, warm-up and cool down for 5-10 minutes.

Training Session 1				
Training Block	Exercise	Sets wk1 ,2,3,4	Reps wk 1,2,3,4	Rest
1	Jump Squats	3,4,4,3	5,5,4,4	90 s
	Lying Chest Press – Speed reps (open end over chest)	3,4,4,3	5,5,4,4	90 s
	Clean Pulls	2,3,3,2	5,5,4,4	90 s
Rest 3-5 Minutes				
2	Push Press (open end over chest)	2,2,3,3	8,8,6,6	15 s
	Pendlay Row	2,2,3,3	8,8,6,6	15 s
	Farmer's Carry – Fast Walk (reps in seconds)	2,2,3,3	10,10,10,10	60 s

Training Session 2				
Training Block	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Push Jerk	3,4,4,3	6,5,3,4	90 s
	Pendlay Rows	3,4,4,3	6,5,3,4	90 s
	Jump Shrugs (from mid-thigh)	3,4,4,3	6,5,3,4	90 s
Rest 3-5 Minutes				
2	Walking Lunges (open end in front of lifter)	2,2,3,3	8,8,6,6	15 s
	Bent Over Rows	2,2,3,3	8,8,6,6	15 s
	Roll-outs	2,2,3,3	10,10,10,10	60 s