

Training for the Jerk

Welcome to the Eleiko Training for the Jerk programme. There are 4 individual mini training sessions. Each can be added into your normal routine or used as a stand-alone session. Training sessions 1 and 2 are performed in a circuit manner. The other sessions are performed one exercise at a time. Depending on your ability level and desire, you can either focus on one session for multiple days/weeks and then progress to the next one or use different sessions in an alternating fashion for more variety. Choose the appropriate weight to perform the desired sets and reps. Prior to and following each training session, [warm-up and cool down](#) for 8-10 minutes.

Training Session 1				
	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
1	Strict Press	3,3,4,3	8,8,6,6	0
	Jerk Dip Squats (keep trunk vertical, only bend knees)	3,3,4,3	8,8,6,6	0
	Recovery Holds (Press bar overhead and hold for 3-sec)	3,3,4,3	8,8,6,6	1-2 min

Training Session 2				
	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
2	Push Press	3,4,4,3	6,6,5,5	0
	Jerk Dip Squat Jumps (use bodyweight or light bar, same movement as squat only jump up)	3,4,4,3	6,6,5,5	0
	Tall Push Jerk (hold at top for 2-sec)	3,4,4,3	8,8,6,6	1-2 min

Training Session 3				
	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
3	Push Jerk	3,4,4,3	6,5,3,4	90 s
	Overhead Lunge (light bar overhead, alternate feet)	3,4,4,3	6,5,3,4	90 s
	Tall Split Jerk (switch front foot each rep)	3,3,3,3	6,6,4,4	90 s

Training Session 4				
	Exercise	Sets wk1,2,3,4	Reps wk1,2,3,4	Rest
4	Split Jerk	3,4,4,3	6,5,3,4	90 s
	Overhead Reverse Lunge (light bar overhead, alternate feet)	3,4,4,3	6,5,3,4	90 s
	Strict Press	3,4,4,3	6,5,3,4	90 s