

Strength Station Weightlifting

Welcome to the Eleiko Strength Station 12-week Weightlifting program using barbells (BB), dumbbells (DB), and a bench. There are three training sessions per week for 4 weeks designed for coaches / trainers to be able to work with 1-4 people at the same time. Begin and end each session with 5-10 minutes of warm-up and cool down.

PROGRAM KEY					
BB Barbell		DB Dumbbell		DS Drive Shrug	HP High Pull
		PS Power Snatch	OH Overhead		
FS Front Squat		PC Power Clean	SA Single Arm	SL Single Leg	OHS Overhead Squat
Interval	Perform a set then rest. Repeat for total # of sets.				
Circuit	Perform exercises back-to-back then rest. Repeat for all sets.				
Cont.	'Continuous' – perform exercises back-to-back with no rest for stated number of time and sets.				
RPE	Rate of Perceived Exertion – provides suggested intensity for load based on a scale of 1-10 (1 = min effort; 10 = max effort)				
W1, W2, etc	Refers to Week 1, Week 2, etc.				

TRAINING SESSION 1: 3 separate blocks of exercises designed for 1-4 people to train at the same time																						
TRAINING BLOCK	# PEOPLE	MOVEMENT	MODE	METHOD																		
				RPE				Sets				Reps/Time				Rest						
				W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4			
1	1-2	BB DS+HP+PS (hip)	Interval	4	5	5	6	2	3	2	3	:30	:30	:45	:45	:60	:60	:60	:60			
	1-2	Overhead ¼ Squat																				
2	1-2	BB Muscle Clean (knee) + FS	Interval	4	5	6	6	2	3	2	3	:60	:60	:60	:60	:60	:60	:60	:60			
	1-2	Back Extension		4	5	5	5					:30	:30	:30	:30							
		Hollow Hold										:30	:30	:30	:30							
3	1	Seated DB Press	Circuit	4	5	6	6	2	3	2	3	:30	:30	:40	:40							
	1	Jerk Footwork																				
	1	DB SA Row																				
	1	REST																			:30	:30

TRAINING SESSION 2: 3 separate blocks of exercises designed for 1-4 people to train at the same time

TRAINING BLOCK	# PEOPLE	MOVEMENT	MODE	METHOD															
				RPE				Sets				Reps/Time				Rest			
				W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	1-2	Power Snatch (knee) + OHS	Interval	7	8	8	9	4	5	3	5	2+2	1+2	1+2	1+1	:120	:150	:120	:150
	1-2	Hang Clean (knee) + Jerk		7	8	9	8	4	5	5	3	2+2	2+1	1+1	1+1	:120	:150	:150	:120
2	1-2	Pull Up	Interval	8	8	7	7	3	4	3	3	8	6	5	5	:60	:60	:60	:60
	1-2	Plate OH Lunges Fwd/Bwd		8	8	7	7	3	4	3	3	14	12	10	10	:90	:90	:60	:60
3	1	Broad Jump	Circuit	9	9	8	7	3	3	3	2	5	5	5	5	:10 to rotate to next station			
	1	Glute Bridge		9	9	8	7	3	3	3	2	8	8	10	8				
	1	DB SA OH Press		9	9	8	7	3	3	3	2	5ea	5ea	5ea	5ea				
	1	Rest														:60			

TRAINING SESSION 3: 3 separate blocks of exercises designed for 1-4 people to train at the same time

TRAINING BLOCK	# PEOPLE	MOVEMENT	MODE	METHOD															
				RPE				Sets				Reps/Time				Rest			
				W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4	W1	W2	W3	W4
1	1-2	BB HP+PC+Clean (knee)	Interval	6	7	6	8	3	3	2	4	3+3+2		3+2+1		:60	:60	:75	:75
	1-2	BB Push Press		6	6	6	7	3	3	2	4	12	12	10	8	:60	:60	:75	:75
2	1-2	PS+Snatch (knee) +OHS	Interval	6	7	8	6	2	3	4	3	2+1+4		2+1+2		:75	:60	:75	:60
	1-2	BB Split Jerk		6	6	7	6	2	3	4	3	6	6	5	5	:75	:60	:75	:60
3	1	V-Ups	Circuit	7	7	8	8	2	3	4	4	:30	:45	:30	:45	NONE			
	1	Scap Pull Up + Half Pull Up		7	7	8	8	2	3	4	4	:30	:45	:30	:45				
	1	Plate Weighted Plank		7	7	8	8	2	3	4	4	:30	:45	:30	:45				
	1	Rest														:30	:45	:30	:45