

GYM WORKOUT PHASE 4

This is the final phase of the season and involves the Olympic Clean and jerk

1 JERK FROM THE RACK. Confront the bar on a rack at shoulder height, step back with it and raise it above the head. This can be assisted by doing a split leg or lunge movement. Hold above the head for about 5 seconds before lowering. Complete 4 to 6 reps

2 DEAD LIFT using lighter loads to wake up the hamstrings prior to a heavier lift later

3 CLEAN AND JERK. There are two way of doing this, the principle being to get the bar from the floor to overhead. 1) squat behind the bar in a low deadlift position before lifting the bar the bar off the ground while at the same time going into a squat as the bar is brought to the front of the shoulders and just above the knees. This way the weight of the bar is only moved a short distance prior to standing up and continuing to raise the bar above the head.

2) grasp the bar from a deadlift position, then whilst lifting it, bend the knees and bring the bar to the front of the shoulders, as learnt with the power clean. Finally straighten the legs as the bar is pushed overhead. It is quite common to use a lunge type leg split to make the lift easier and reduce the strain on the back.

NOTE THAT THESE ARE HIGHLY STRESSED EXERCISES AND LONGER RECOVERIES SHOULD BE INCORPORATED INTO AND FOLLOWING THE WORKOUT

4) DEADLIFT As already perfected. 4 to 6 reps is enough

5) TRICEPS KICK BACKS

6) ABS AND OBLIQUES as needed

7) STEP UPS (with calf raise) Holding a bar across the shoulders, stand in front of stool/bench about 15 inches high. Step up with one leg and bring the other leg through until the thigh is parallel to the floor and the knee bent. Raise the standing leg onto the ball of the foot to exercise the calf.