

## Catalyst Classic Squat Wave Cycle

*This is a 9 week cycle using 3-week waves with a squat emphasis, including some pause squatting, but plenty of classic lifts at pretty heavyweights.*

*Notes: On jerk dip squats, attach purple or blue bands to the bar and around pins in the bottom of a power rack. This will allow you to drive hard to the top without the bar separating from your shoulders.*

### Week 1

#### Day 1

- 3-position snatch (floor, above knee, mid-thigh) - 65% x 5 sets; 1 min rest
- 2 power jerk + 1 split jerk - 65% x 5 sets; 1 min rest
- Jerk dip squats with bands - 90% (of jerk) x 5 x 2

4 sets:

A1. Box jump x 3; no rest

A2. GHB sit-up x 10; 2020; 1 min rest

#### Day 2

- Snatch - 80% x 1 x 5
- Clean & jerk - 80% x 1 x 5
- Back squat - 80% x 5 x 5

#### Day 3

- 3-position clean (floor, above knee, mid-thigh) - 65% x 5 sets; 1 min rest
- Hang snatch high pull - 65% x 3 x 4; 2 min rest
- Snatch balance - max for day; 75% of that x 2 x 3

3 sets:

A1. Ab wheel x 12; 20 sec rest

A2. KB side bend x 12/side; 1 min rest

*Notes: on snatch high pull, focus on maximal elbow elevation and orientation to the sides.*

*Today this is an upper body pulling exercise. If you're unable to achieve a tight top position, reduce the weight until you can.*

#### Day 4

- Clean & jerk - 80% x 1 x 5
- Snatch - 80% x 1 x 5
- Front squat - 50% x 2 x 10; 1 min rest

3 sets; no rest:

A1. 10 GHR

A2. 20 push-ups

*Notes: On front squats, the emphasis is on speed of the transition at the bottom and speed up.*

#### Day 5

- Snatch - 80% x 1 x 5
- Clean & jerk - 80% x 1 x 5
- Pause back squat - 3RM

3 sets:

A1. 5 Squat jumps; 20 sec rest

A2. 8 Stiff-legged deadlift; 2010; 90 sec rest

*Notes: Pause back squats must have a minimum of 3-4 sec pause in the bottom position before recovery; focus on maximal acceleration up from the dead stop (no bouncing). Squat jumps are unweighted: jump vertical to maximum height, absorb into a full squat, catch the bounce as you would with a clean, and immediately jump again until all reps are complete; speed and change of direction at the bottom are key.*

## Week 2

### Day 1

- Block/hang snatch (mid-thigh) - 65% x 2 x 6; 1 min rest
- Power jerk - 65% x 2 x 6; 1 min rest
- Jerk dip squats with bands - 95% (of jerk) x 2 x 4

4 sets:

A1. Box jump x 3; no rest

A2. GHD sit-up x 14; 2020; 1 min rest

### Day 2

- Snatch - 90% x 1 x 3
- Clean & jerk - 90% x 1 x 3
- Back squat - 85% x 3 x 3

3 sets:

A1. Good morning (wide stance, straight knee) x 6-8; 30 sec rest

A2. Chin-ups x AMRAP

### Day 3

- Block/hang clean (mid-thigh) - 65% x 2 x 6; 1 min rest
- Hang clean high pull - 70% x 3 x 4
- Snatch balance - max for day; 80% of that x 2 x 2

3 sets:

A1. Ab wheel x 12-15; 20 sec rest

A2. Side bend x 10-12; 1 min rest

### Day 4

- Snatch - 90% x 1 x 3
- Clean & jerk - 90% x 1 x 3
- Front squat - 55% x 2 x 10; 1 min rest

3 sets:

A1. GHR x 12

A2. Press x 5-7

### Day 5

- Snatch - 90% x 1 x 3
- Clean & jerk - 90% x 1 x 3
- Pause back squat - 2RM

3 sets:

A1. 4 Squat jumps; 20 sec rest

A2. 4-6 Stiff-legged deadlift; 2010; 90 sec rest

## Week 3

### Day 1

- Power snatch - 75% x 2 x 10; 1 min rest
- Jerk - 75% x 2 x 10; 1 min rest
- Jerk dip squat - 100% x 2 x 4

4 sets:

A1. Box jump x 3; no rest

A2. GHD sit-up x 16; 2020; 1 min rest

## **Day 2**

- Snatch - Max
- Clean & jerk - Max
- Back squat - 90% x 1 x 5

3 sets:

A1. Good morning (wide stance, straight knee) x 4-6; 30 sec rest

A2. Chin-ups x AMRAP

## **Day 3**

- Power clean - 75% x 2 x 10; 1 min rest
- Hang snatch high-pull - 70% x 3 x 4
- Snatch balance - Max for day

3 sets:

A1. Ab wheel x 15+; 20 sec rest

A2. Side bend x 8-10; 1 min rest

## **Day 4**

- Snatch - Max
- Clean & jerk - Max
- Front squat - 60% x 2 x 10; 1 min rest

3 sets:

A1. GHR x 15

A2. Dips x 10

## **Day 5**

- Snatch - Max
- Clean & jerk - Max
- Back squat - Max

3 sets:

A1. 3 Squat jumps; 20 sec rest

A2. 3-5 Stiff-legged deadlift; 2010; 90 sec rest

## **Week 4**

### **Day 1**

- Snatch - 65% x 2 x 10
- Snatch pull - 85% x 5 x 5
- Jerk - max for day

3 sets:

A1. Depth jump x 3

A2. GHB sit-up x 12

### **Day 2**

- Snatch - 80% x 1 x 7
- Clean & jerk - 80% x 1 x 7
- Back squat - 78% x 5 x 5

3 sets:

A1. Good morning (squat stance, unlocked knee) x 8-10

A2. DB row x 8-10

### **Day 3**

- Clean & jerk - 65% x 2 x 10
- Clean pull - 85% x 5 x 5
- Hang snatch high-pull - 70% x 4 x 4
- Snatch balance - max for day; 75% of that x 3 x 3

3 sets:

A1. V-ups x 10-15

A2. Standing plate twist x 30 (15/side)

### **Day 4**

- Snatch - 80% x 1 x 7
- Clean & jerk - 80% x 1 x 7
- Front squat - 50% x 2 x 10; 1 min rest

3 sets:

A1. GHR x 12

A2. Incline bench press (45 dg) x 10

### **Day 5**

- Snatch - 80% x 1 x 7
- Clean & jerk - 80% x 1 x 7
- Pause Back squat - 3RM

3 sets:

A1. Box jump x 5

A2. 3-5 Stiff-legged deadlift

## **Week 5**

### **Day 1**

- Power snatch - max; 75% of that x 2 x 4
- Power jerk - max; 75% of that x 2 x 4
- Jerk springs - 90% (of jerk) x 5 x 5

4 sets:

A1. 4 box jumps

A2. 10 Hanging leg raise

*Notes: Jerk springs - This is a jerk dip squat, but with a focus on a quick change of direction in the bottom of the dip (trying to "bounce" at the bottom). Return to the top without and immediately return to the bottom of the next rep to complete the series in rapid succession.*

### **Day 2**

- Clean & jerk - 90% x 1 x 3
- Snatch - 90% x 1 x 3
- Back squat - 85% x 3 x 3

3 sets:

A1. Reverse hyper x 10 (weighted)

A2. Barbell bent row x 10

### **Day 3**

- Power clean - max; 75% of that x 2 x 4
- Hang clean high-pull - 70% x 3 x 4
- Snatch balance - max; 80% of that x 2 x 2

3 sets:

A1. TGU (lunge) x 5/side

A2. V-up x 15

### **Day 4**

- Snatch - 90% x 1 x 3
- Clean & jerk - 90% x 1 x 3
- Front squat - 55% x 2 x 10; 1 min rest

4 sets:

A1. GHR x 10

A2. Dips x 10

### **Day 5**

- Snatch - 90% x 1 x 3
- Clean & jerk - 90% x 1 x 3
- Pause back squat - 2RM

3 sets:

A1. SLDL x 8

A2. Chin-ups (supinated) x amrap

## **Week 6**

### **Day 1**

- Power snatch - 75% x 2 x 10; 1 min rest
- Power jerk - 75% x 2 x 10; 1 min rest
- Snatch pull - 95% (of snatch) x 3 x 3

4 sets:

A1. 4 box jumps

A2. 12 Hanging leg raise

### **Day 2**

- Snatch - Max
- Clean & jerk - Max
- Back squat - 90% x 1 x 5

3 sets:

A1. Reverse hyper x 15 (weighted)

A2. Barbell bent row x 10

(add weight from last week)

*Notes: Don't push PR attempts today unless you're sure they're going to happen.*

### **Day 3**

- Power clean - 75% x 2 x 10; 1 min rest
- Clean pull - 95% (of clean) x 3 x 3
- Hang snatch high-pull - 70% x 2 x 4
- Snatch balance - max

3 sets:

A1. TGU (lunge) x 5/side

A2. V-up x 18

### **Day 4**

- Snatch - max
- Clean & jerk - max
- Front squat - max

4 sets:

A1. GHR x 12

A2. Dips x 10

*Notes: Same as Day 2 - Don't push PRs for the snatch and CJ unless you're sure you can make them. Go all out on the front squat.*

## **Day 5**

- Snatch - Max
- Clean & jerk - max
- Back squat - max

3 sets:

A1. SLDL x 6

A2. Chin-ups (supinated) x amrap

## **Week 7**

### **Day 1**

- Snatch - 75% x 1 x 3
- Snatch pull - 90% (of snatch) x 3 x 3
- Snatch deadlift - 100% x 3 x 3
- Front squat - 75% x 3 x 5; follow each set immediately with 3 box jumps
- GHD sit-ups - 50 total

### **Day 2**

- Muscle snatch - max for day
- Power snatch - 80% x 1 x 4
- Power clean & power jerk - 80% x 1 x 4
- Overhead squat - 80% (of snatch) x 1; 65% x 2 x 2

3 sets:

A1. Pull-ups x AMRAP (complete at least 10/set; fraction as needed)

### **Day 3**

- Clean & jerk - 75% x 1 x 4
- Clean pull - 90% (of clean) x 3 x 3
- Clean deadlift - 100% (of clean) x 3 x 3
- Back squat - 75% x 3 x 5; follow each set immediately with 3 box jumps
- Russian twist - 3 x 10/side

### **Day 4**

- Jerk - max for day; 80% of that x 1 x 3
- 2-position snatch (floor, mid-thigh) - 60% x 3 sets
- 2-position clean (floor, mid-thigh) - 60% x 3 sets
- Push press - max

3 sets:

A1. 10 DB push press; no rest

A2. 15 pull-ups; 2 min rest

### **Day 5**

- Snatch - max for day; 10 min rest
- Clean & jerk - max for day; 10 min rest
- Front squat - max for day

3 sets:

A1. Good morning x 10; no rest

A2. Hanging leg raise x 15

## Week 8

### Day 1

- Snatch - 75% x 1 x 3
- Snatch pull - 95% x 3 x 3
- Snatch Deadlift - 105% x 3 x 3
- Front squat - 78% x 3 x 5; follow each set immediately with 3 box jumps
- GHD sit-ups - 55 total

### Day 2

- Muscle snatch -- max for day
- Power snatch - 80% x 1 x 4
- Power clean & power jerk - 80% x 1 x 4
- Overhead squat - 85% x 1; 70% x 2 x 2

### Day 3

- Clean & jerk - 75% x 1 x 4
- Clean pull - 95% x 3 x 3
- Clean deadlift - 103% x 3 x 3
- Back squat - 78% x 3 x 5; follow each set immediately with 3 box jumps
- Russian twist - 3 x 12/side

### Day 4

- Jerk - max for day; 80% of that x 1 x 3
- Block/Mid-hang muscle snatch - 65% x 3 x 3
- Block/Mid-hang snatch - 70% x 3 x 3
- Block/Mid-hang clean - 70% x 3 x 3

3 sets:

A1. 20 dips; no rest

A2. 20 KB swings; 30 sec rest

### Day 5

- Snatch - max for day; 10 min rest
- Clean & jerk - max for day; 10 min rest
- Front squat - max for day

3 sets:

A1. Good morning x 8; no rest

A2. Hanging leg raise x 20

## Week 9

### Day 1

- Snatch - 75% x 1 x 3
- Snatch pull - 97% x 3 x 3
- Snatch deadlift - 105% x 3 x 3
- Front squat - 81% x 3 x 5; follow each set immediately with 3 box jumps
- GHD sit-ups - 60 total

### Day 2

- Muscle snatch - max for day
- Power snatch - 75% x 2 x 3
- Jerk - max for day; 80% of that x 2 x 2

3 sets:

15 sledgehammer swings / side

15 pull-ups

### **Day 3**

- Clean & jerk - 75% x 1 x 3
- Clean pull - 97% x 3 x 3
- Clean deadlift - 105% x 2 x 3
- Back squat - 81% x 2 x 5; follow each set with 3 box jumps
- Russian twist - 3 x 15/side

### **Day 4**

- Jerk - 80% x 2 x 2; 85% x 2 x 2
- Jerk dip squat - 90% (of jerk) x 3; 95% x 3; 100% x 3
- Snatch push press - 70% x 5, 75% x 5, 80% x 5 x 2

3 sets:

A1. Ring push-ups x AMRAP; no rest

A2. 20 walking suitcase lunges (1 db at side); 30 sec rest

### **Day 5**

- Snatch - max for day; 10 min rest
- Clean & jerk - max for day; 10 min rest
- Back squat - max for day
- Good morning - 3 x 10