

The Big 21 Program

Workout No:1 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep	os	Se	ts
A1	Full Linear Warn	n Up	2		1	
A2	Foam Rolling		3		1	
A3	Stretching Sequ	ence	3		1	
B1	Clean & Press		5		3	
	Reps	Weight	Reps	Weight	Reps	Weight
	Information: Ope	ening weight - Add	d 5 pounds every s	et		
B2	Clean & Press		1		6	
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Information: Add	l 5 pounds every s	set			
C1	Snatch		5		3	
	Reps	Weight	Reps	Weight	Reps	Weight
	Information: Ope	ening weight - Add	d 5 pounds every s	et		
C2	Snatch		1		6	
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Information: Add	l 5 pounds every s	set			
	Notes:					
D1	Clean and Jerk		5		3	
		Mainlet	Danie I	Weight	Reps	Weight
	Reps	Weight	Reps	vveignt		
		·				
		·	d 5 pounds every so			
D2	Information: Ope	·			6	
D2	Information: Ope	·	d 5 pounds every s			Reps Weight
D2	Information: Ope Notes: Clean and Jerk Reps Weight	ening weight - Add	d 5 pounds every so	et	6	Reps Weight



The Big 21 Program

Workout No:2 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	5 pounds every s	et				
	Notes:							
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	et					



The Big 21 Program

Workout No:3 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	l 5 pounds every s	et				
	Notes:							
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					
	Notes:							
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					



The Big 21 Program

Workout No:4 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep)S	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	5 pounds every s	et				
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	et					
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	5 pounds every s	ət				
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	et					
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	et					



The Big 21 Program

Workout No:5 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Ado	l 5 pounds every s	et				
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	l 5 pounds every s	set					
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Ado	l 5 pounds every s	et				
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
		l 5 pounds every s	set					
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	l 5 pounds every s	set					



The Big 21 Program

Workout No:6 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Rep	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	l 5 pounds every s	et				
	Notes:							
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					
	Notes:							
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					



The Big 21 Program

Workout No:7 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Re	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	d 5 pounds every s	et				
	Notes:							
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					



The Big 21 Program

Workout No:8 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Re	os	Se	ts		
A1	Full Linear Warn	n Up	2		1			
A2	Foam Rolling		3		1			
A3	Stretching Sequ	ence	3		1			
B1	Clean & Press		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Ope	ening weight - Add	d 5 pounds every s	et				
	Notes:							
B2	Clean & Press		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add 5 pounds every set							
	Notes:							
C1	Snatch		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
C2	Snatch		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					
	Notes:							
D1	Clean and Jerk		5		3			
	Reps	Weight	Reps	Weight	Reps	Weight		
	Information: Opening weight - Add 5 pounds every set							
	Notes:							
D2	Clean and Jerk		1		6			
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight		
	Information: Add	d 5 pounds every s	set					



The Big 21 Program

Workout No:9 Start Date: September 22, 2019 Date Completed:

Order	Exercise		Re	os	Se	ts
A1	Full Linear Warr	n Up	2	2 1		
A2	Foam Rolling		3		1	
A3	Stretching Sequ	ence	3		1	
B1	Clean & Press		5		3	
	Reps	Weight	Reps	Weight	Reps	Weight
	Information: Ope	ening weight - Add	d 5 pounds every s	et		
	Notes:					
B2	Clean & Press		1		6	
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Information: Add	d 5 pounds every s	set			
	Notes:					
C1	Snatch		5		3	
	Reps	Weight	Reps	Weight	Reps	Weight
	Information: Ope	ening weight - Add	d 5 pounds every s	et		
	Notes:					
C2	Snatch		1		6	
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Information: Add	d 5 pounds every s	set			
	Notes:					
D1	Clean and Jerk		5		3	
	Reps	Weight	Reps	Weight	Reps	Weight
	Information: Ope	ening weight - Add	d 5 pounds every s	et		
	Notes:					
D2	Clean and Jerk		1		6	
	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight	Reps Weight
	Information: Add	d 5 pounds every	set			
	Notes:					