

GS Oly 2.0
Ironklad LLC

Abbreviated Garage Strength Routine

	Progression	Generic Example of 5X3	Goal
W1	Ramp (R)	100X3 105X3 110X3 115X2 115X2	Find upper limit of intensity at rep range
W2	Static (S)	105X3X3X3X3X3	Build cumulative volume through tonnage
W3	Ramp	105X3 110X3 115X3 100X3	Personal Best with lower volume AKA deload 1-2 sets
W4	Static	110X3X3X3X3X3	Personal Best cumulative volume through tonnage

M	Lift	Sets	Reps	Weight X reps	Tempo	Rest Interval
WU	OH Squat (R)	4	3		X0X0	10sec
A1	P Snatch (R)	8	1		30X0	60-90s
B1	Snatch Pull*(R)	5	3		30X0	60-90s
C1	Jerk	5	3		10X0	60-90s

*Use last P Snatch weight

T	Lift	Sets	Reps	Weight X reps	Tempo	Rest Interval
WU	Band Pull apart	3	12		X0X0	10sec
WU	Split Squat (R)	3	8			60sec
A1	P Clean (R)	8-12*	1		X0X0	90sec
B1	F Squat (R)	5	3		30X0	90sec

*If you go in the hole count it as a miss. If you go in the hole 3 times terminate set.

W	Lift	Sets	Reps	Weight X reps	Tempo	Rest Interval
WU	Band Pull apart	3	12		X0X0	10sec
WU	Band Squats	3	5		2030	60sec
A1	Back Squat (R)	5	5		X0X0	90sec
B1	Split Jerk (R)	12	1		X0X0	60sec
C1	Jerk (R)	2	4		20X0	

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Th	Lift	Sets	Reps	Weight X reps	Tempo	Rest Interval
WU	Band pull apart	3	12		X0X0	10sec
WU	Cossack Squat	3	5		2030	
A1	Drop Snatch	6	3		X0X0	
B1	Clean/FSq/Jerk (R)	8	3x2 5X1		X0X0	

F	Lift	Sets	Reps	Weight X reps	Tempo	Rest Interval
WU	Snatch Press in hole	4	5		X0X0	10sec
WU	OH Squat	4	3		2030	
A1	F Squat	4	3		30X0	
B1	RDL to low Blocks	4	6-8		30X0	