





















## Olympic Lift Warm Up

-  5-10 minutes Rower, Jump Rope, Stairs, Bike, Light Jog, Jumping Jacks
-  [Calf Raise](#) x20
-  [Wall Leaning Toe Raise](#) x20
-  [Cat Cow](#) x5 -10
-  [Glute Bridge](#) x5 -10
-  [T-Spine Rotation](#) x5 each
-  [Lat Mobility](#) x5 each
-  [Wrist Mobility](#) x5 each
-  [½ Kneeling Hip Mobility](#) x5 each
-  [World's Greatest Stretch](#) x5
-  [Split Squat](#) x5 each
-  [Lateral Squat](#) x5 each
-  [Sumo Squat w/ Pause](#) x5
-  [High Plank Down Dog](#) x5 w/ 5 s. Pause
-  [Split Squat](#) x5 each
-  [Lateral Squat](#) x5 each
-  [Sumo Squat w/ Pause](#) x5
-  [Scarecrow Goal Post Press](#) x10
-  [Arm Circles](#) x10 each direction
-  [Arm Swings](#) x10 - 20



[Band T's](#) (Flies) x10



[Band Rotations](#) x10



[Band Extension](#) (Lats) x10



[Scap Protraction/Retraction](#) x10



[Box Jump](#) or [Squat Jump](#) x5-10



Clean Warm Up (Use and Empty Barbell to Warm Up)



[RDL](#) x10



[Front Squat](#) x10



[High Pull](#) 5-10



[Tall Clean](#) 3-10



[Stomp Squat](#) 3-10



Jerk Warm Up (Use and Empty Barbell to Warm Up)



[Press](#) x10



[Push Press](#) x5-10



[Tall Jerk](#) x5-10



[Split Jerk](#) x5-10



Snatch Warm Up (Use and Empty Barbell to Warm Up)



[RDL](#) x10



[Overhead Squat](#) x10



[Press](#) x5 - 10



[Behind the Head Press](#) x5-10



[High Pull](#) x5



[Tall Snatch](#) x5



[Snatch Stomp Squat](#) x5-10

Bonus Lat Mobility:



[Bench Thoracic Extension](#)



[Partner Barbell Mobility](#)



[Band Lat Mobility](#)

Bonus Wrist Mobility:



[Barbell Rotations](#)



[Band Wrist Mobility](#)