

1. Wrist warm-up

🕒 2-3 x 30 seconds

- Purpose: To warm up the wrists
- Fold your hands in front of your chest
- Let your wrists rotate
- 2-3 x 30 seconds



2. Around the world

🕒 2-3 x 30 seconds

- Purpose: To improve shoulder flexibility
- Hold the pole in front of you
- Rotate the pole over the head without changing your position
- Keep your arms extended throughout the whole exercise
- 2-3 x 30 seconds



3. Pelvic rotation

🕒 2-3 x 30 seconds

- Purpose: To warm up lower back and hips
- Start position with your feet hip-width apart
- Rotate your hips with large range of motion
- Swing your upper body actively
- 2-3 x 30 seconds



4. Lower arm stretch

🕒 2-3 x 30 seconds

- Purpose: To improve lower arm and wrist flexibility
- Start position on all four
- Keep your elbows extended
- Press the palm of the hands down to the mat
- Press the back of the hands down to the mat
- Move slowly forwards and backwards
- 2-3 x 30 seconds



5. Kneeling hip flexor stretch

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip flexibility and pelvic control
- Start on both knees with your hands behind your head
- Step forward with one foot
- Shift your weight forwards to stretch the front of your hip
- Maintain your pelvic and low back position throughout the exercise
- 2-3 x 6-8 repetitions



6. Straight-leg rolling

🕒 2-3 x 30 seconds

- Purpose: To enhance back, shoulder and backside leg flexibility
- Place your hands behind the head, keep legs straight and roll backwards
- Roll forwards and reach out to your toes
- Keep your legs extended throughout the whole exercise
- 2-3 x 30 seconds



7. Supine leg cross

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Cross one knee toward the opposite hand
- Progression: Perform with straight legs
- 2-3 x 6-8 repetitions



8. Deep sumo squat

🕒 2 x 8 repetitions

- Purpose: Improve hip flexibility
- Perform a deep squat with your feet wider than your shoulders and turned out
- Use your elbows to push your knees backwards, push your chest out
- Keep your back straight while you extend your knees
- 2 x 8 repetitions



9. Duckwalk

🕒 2-3 x 30 seconds

- Purpose: To improve hip flexibility
- Start the exercise in a deep squat
- Move forwards in small steps
- Start with your arms in front of you
- Increase difficulty by holding them upwards
- 2-3 x 30 seconds



10. Squat

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Breath in before the lift, then pipe down when lifting, breath out
- Keep your knees aligned with toes
- 2-3 x 6-12 repetitions



11. Snatch technique

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in one continuous motion
- Breath in before the lift, then pipe down when lifting, breath out
- Start with slight knee and hip flexion
- Keep knees aligned over toes and back straight
- Lock the barbell on straight arms overhead
- 2-3 x 6-12 repetitions



12. Clean and jerk technique 1

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in 2 motions
- Breath in before the lift, then pipe down when lifting, breath out
- Once the barbell is above the knees, extend explosively and raise the bar as high as possible before quickly dropping into a squat
- Stay in a "racked" position in front of the neck and resting on the shoulders
- 2-3 x 6-12 repetitions



13. Clean and jerk technique 2

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Place the barbell on your chest, elbows pointing forwards
- Breath in before the lift, then pipe down when lifting, breath out
- The jerk begins from the "front rack" position, which is the finishing position of the clean.
- Dip slightly by squatting, keep the back vertical, and then explosively extend the knees
- Propel the barbell upward off the shoulders, then quickly drop underneath the bar by pushing upward with the arms and splitting the legs into a lunge position
- 2-3 x 6-12 repetitions



1. Wrist warm-up

🕒 2-3 x 30 seconds

- Purpose: To warm up the wrists
- Fold your hands in front of your chest
- Let your wrists rotate
- 2-3 x 30 seconds



2. Around the world

🕒 2-3 x 30 seconds

- Purpose: To improve shoulder flexibility
- Hold the pole in front of you
- Rotate the pole over the head without changing your position
- Keep your arms extended throughout the whole exercise
- 2-3 x 30 seconds



3. Pelvic rotation

🕒 2-3 x 30 seconds

- Purpose: To warm up lower back and hips
- Start position with your feet hip-width apart
- Rotate your hips with large range of motion
- Swing your upper body actively
- 2-3 x 30 seconds



4. Lower arm stretch

🕒 2-3 x 30 seconds

- Purpose: To improve lower arm and wrist flexibility
- Start position on all four
- Keep your elbows extended
- Press the palm of the hands down to the mat
- Press the back of the hands down to the mat
- Move slowly forwards and backwards
- 2-3 x 30 seconds



5. Hip flexor stretch

🕒 3 x 5-8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Increase difficulty by straighten your rear leg
- Lean your upper body to the same side as your front foot
- 3 x 5-8 repetitions



6. Straight-leg rolling

🕒 2-3 x 30 seconds

- Purpose: To enhance back, shoulder and backside leg flexibility
- Place your hands behind the head, keep legs straight and roll backwards
- Roll forwards and reach out to your toes
- Keep your legs extended throughout the whole exercise
- 2-3 x 30 seconds



7. Supine leg cross

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Cross one knee toward the opposite hand
- Progression: Perform with straight legs
- 2-3 x 6-8 repetitions



8. Deep sumo squat

🕒 2 x 8 repetitions

- Purpose: Improve hip flexibility
- Perform a deep squat with your feet wider than your shoulders and turned out
- Use your elbows to push your knees backwards, push your chest out
- Keep your back straight while you extend your knees
- 2 x 8 repetitions



9. Duckwalk

🕒 2-3 x 30 seconds

- Purpose: To improve hip flexibility
- Start the exercise in a deep squat
- Move forwards in small steps
- Start with your arms in front of you
- Increase difficulty by holding them upwards
- 2-3 x 30 seconds



10. Squat

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Breath in before the lift, then pipe down when lifting, breath out
- Keep your knees aligned with toes
- 2-3 x 6-12 repetitions



11. Single-leg deadlift

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique and strengthen the hamstrings muscles
- Start with slight knee and hip flexion
- Bend forwards from the hip with your back straight
- Lift up the barbell close to your legs
- Breath in before the lift, then pipe down when lifting, breath out
- Keep knees aligned over toes and back straight
- 2-3 x 6-12 repetitions



12. Snatch technique

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in one continuous motion
- Breath in before the lift, then pipe down when lifting, breath out
- Start with slight knee and hip flexion
- Keep knees aligned over toes and back straight
- Lock the barbell on straight arms overhead
- 2-3 x 6-12 repetitions



13. Clean and jerk technique 1

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in 2 motions
- Breath in before the lift, then pipe down when lifting, breath out
- Once the barbell is above the knees, extend explosively and raise the bar as high as possible before quickly dropping into a squat
- Stay in a "racked" position in front of the neck and resting on the shoulders
- 2-3 x 6-12 repetitions



14. Clean and jerk technique 2

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Place the barbell on your chest, elbows pointing forwards
- Breath in before the lift, then pipe down when lifting, breath out
- The jerk begins from the "front rack" position, which is the finishing position of the clean.
- Dip slightly by squatting, keep the back vertical, and then explosively extend the knees
- Propel the barbell upward off the shoulders, then quickly drop underneath the bar by pushing upward with the arms and splitting the legs into a lunge position
- 2-3 x 6-12 repetitions



1. Wrist warm-up

🕒 2–3 x 30 seconds

- Purpose: To warm up the wrists
- Fold your hands in front of your chest
- Let your wrists rotate
- 2–3 x 30 seconds



2. Around the world

🕒 2–3 x 30 seconds

- Purpose: To improve shoulder flexibility
- Hold the pole in front of you
- Rotate the pole over the head without changing your position
- Keep your arms extended throughout the whole exercise
- 2–3 x 30 seconds



3. Pelvic rotation

🕒 2–3 x 30 seconds

- Purpose: To warm up lower back and hips
- Start position with your feet hip-width apart
- Rotate your hips with large range of motion
- Swing your upper body actively
- 2–3 x 30 seconds



4. Lower arm stretch

🕒 2–3 x 30 seconds

- Purpose: To improve lower arm and wrist flexibility
- Start position on all four
- Keep your elbows extended
- Press the palm of the hands down to the mat
- Press the back of the hands down to the mat
- Move slowly forwards and backwards
- 2–3 x 30 seconds



5. Hip flexor stretch

🕒 3 x 5–8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Increase difficulty by straighten your rear leg
- Lean your upper body to the same side as your front foot
- 3 x 5–8 repetitions



6. Supine leg cross

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Cross one knee toward the opposite hand
- Progression: Perform with straight legs
- 2–3 x 6–8 repetitions



7. Straight-leg rolling

🕒 2–3 x 30 seconds

- Purpose: To enhance back, shoulder and backside leg flexibility
- Place your hands behind the head, keep legs straight and roll backwards
- Roll forwards and reach out to your toes
- Keep your legs extended throughout the whole exercise
- 2–3 x 30 seconds



8. Deep sumo squat

🕒 2 x 8 repetitions

- Purpose: Improve hip flexibility
- Perform a deep squat with your feet wider than your shoulders and turned out
- Use your elbows to push your knees backwards, push your chest out
- Keep your back straight while you extend your knees
- 2 x 8 repetitions



9. Duckwalk

🕒 2-3 x 30 seconds

- Purpose: To improve hip flexibility
- Start the exercise in a deep squat
- Move forwards in small steps
- Start with your arms in front of you
- Increase difficulty by holding them upwards
- 2-3 x 30 seconds



10. Squat

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Breath in before the lift, then pipe down when lifting, breath out
- Keep your knees aligned with toes
- 2-3 x 6-12 repetitions



11. Single-leg deadlift

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique and strengthen the hamstrings muscles
- Start with slight knee and hip flexion
- Bend forwards from the hip with your back straight
- Lift up the barbell close to your legs
- Breath in before the lift, then pipe down when lifting, breath out
- Keep knees aligned over toes and back straight
- 2-3 x 6-12 repetitions



12. Snatch technique

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in one continuous motion
- Breath in before the lift, then pipe down when lifting, breath out
- Start with slight knee and hip flexion
- Keep knees aligned over toes and back straight
- Lock the barbell on straight arms overhead
- 2-3 x 6-12 repetitions



13. Clean and jerk technique 1

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Lift the barbell in 2 motions
- Breath in before the lift, then pipe down when lifting, breath out
- Once the barbell is above the knees, extend explosively and raise the bar as high as possible before quickly dropping into a squat
- Stay in a "racked" position in front of the neck and resting on the shoulders
- 2-3 x 6-12 repetitions



14. Clean and jerk technique 2

🕒 2-3 x 6-12 repetitions

- Purpose: To develop good technique
- Place the barbell on your chest, elbows pointing forwards
- Breath in before the lift, then pipe down when lifting, breath out
- The jerk begins from the "front rack" position, which is the finishing position of the clean.
- Dip slightly by squatting, keep the back vertical, and then explosively extend the knees
- Propel the barbell upward off the shoulders, then quickly drop underneath the bar by pushing upward with the arms and splitting the legs into a lunge position
- 2-3 x 6-12 repetitions

