

**VA**

**WEIGHTLIFTING**

USAW LWC #12

# Bodybuilding for Weightlifting

Stimulating Hypertrophy To Supplement the Snatch and Clean and  
Jerk

Virginia Weightlifting Committee

# Day 1

## Upper Body and Abs

### Purpose:

We want to stimulate hypertrophy in the upper body without creating mobility issues that might keep you from getting overhead or in a front rack position comfortably. This will help build muscle, yes, but will also be good for strengthening tendons and ligaments.

### Method:

There are lots of methods for inducing hypertrophy. We're going to lean towards long eccentric movements and avoid going to failure. We won't use many drop sets, burnouts, partial range of motion exercises or max rep to failure sets. The thought behind this style of training is to supplement your weightlifting, not detract from it. You may still experience a pump and get sore so a good rule of thumb is to use these as accessories on jerk days when your next training day won't have heavy overhead work or high rep snatches/overhead squats.

Exercise	Reps	Sets	Weight
Chinups (underhand grip)	5-10 with 5 second lower	3	Bodyweight
Dips	5-10 with 10 second lower	3	Bodyweight
Supinated Barbell Row	12-15	2-3	Low
Overhead Tricep Extension	8-12	2-3	Low
Reclined Bicep Curl	12-15	2-3	Low
Ab Wheel	AMRAP (within your range of motion, maintain core tension throughout)	2	Bodyweight
GHD Russian Twist	20	2	10 or 25 pound plate

# Day 2

## Lower Body and Abs

### Purpose:

We want to stimulate hypertrophy in the lower body without creating mobility issues that might keep you from getting into the bottom of a squat. Many of these may be difficult to reproduce in your gym depending on available equipment, however there are hundreds of possible substitutions. Reach out and we'll help out however we can!

### Method:

Lower body work is tricky because we will be using the lower body everyday in training. Even push press and jerk requires a fair amount of lower body effort. For that reason these exercises would likely work best on the last day of the week, giving you at least one day of rest before resuming training. Remember, DOMS take 24 hours to set in so if you're going to get sore from these it will be the second day after the workout. Start light and gauge your tolerance before adding weight.

Exercise	Reps	Sets	Weight
Bulgarian Split Squat - quad emphasis (push knee forward, get a good stretch in the quad, keep glutes tight and torso upright)	5 each, 5 second lower.	3	Start around 10% of squat weight. Progress as tolerated.
Single Leg Deadlift (back leg supported on bench)	5 each with 10 second lower	3	Start around 10% of squat weight. Progress as tolerated.
Quad Extension	12-15	2-3	Low
Hamstring Curl	8-12	2-3	Low
Deficit Calf Raise	12-15	2-3	Low
Hanging Leg Raise	10	2-3	Bodyweight - add weight as tolerated
Copenhagen Side Plank Raise	10 each	2-3	Bodyweight - add weight as tolerated