



# CONSISTENCY

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3 DAY PROGRAM



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## Appendix – General Rules & Cues

### Subscription

Competition – 5 Day Program by Lerumsboxen is a private subscription and may not in any way be distributed to others.

### RPE Scale

10	Maximal Effort, could not have done another rep
9,5	MIGHT have been able to do 1 more rep
9	Could do 1 more rep for sure
8,5	Could definitely do 1 more rep, maybe 2
8	Could do 2 more reps for sure
7,5	Could definitely do 2 more reps, maybe 3
7	Could do 3 more reps for sure
5-6	Warm-Up weights
1-4	These are irrelevant

### Weightlifting Rules

#### Squat Snatch

Don't step forward on the way up from the squat, be patient in the bottom position.

#### Squat Clean

Don't step forward on the way up from the squat, be explosive up from the bottom position.

#### Power Snatch & Power Clean

Don't "Starfish" the power lifts. Meet the bar and use your quads.

#### Bench Press

In regular bench press use the same grip width as if you would jerk the bar. In Close grip bench press the grip width should be half a thumb closer.

#### Incline Bench Press

Aim to have an angle of 30° and use the same grip width as if you would jerk the bar.

## Deadlift

In the current 1x20 + 3x10 cycle, aim to go as heavy as possible at the 1x20. When you feel that 1x20 is impossible, continue with only 3x10 and increase the weight weekly (+5/2,5 kg).

## General Warm-Ups

### A. Weightlifting

#### Option 1:

3-5' Bike, then:

3 Rounds

20 Banded Deadbugs

10 Bird-Dogs

10 Iron Cross

5 Jefferson Curls

5 TWY

#### Option 2:

3-5' Bike, then:

3' AMRAP

5/5 Bar Stance Rotations

5/5 90/90 Hip-Opener

20 Banded Pull-Aparts

Then:

3-5' Barbell Yoga

### B. Gymnastics

3-5' Ski-Erg or Row, then:

2 Rounds

20 Band Pull-Aparts

20 Banded Deadbugs

5/5 Bear Stance Pulls

10 Scapular Pull-Ups

10 Scapular Push-Ups

10 Air Squats

## Day 1 – Weightlifting

### A. Snatch

1 Snatch Pull + 3 Squat Snatch

Work up to a Heavy 1+3 (RPE 7), then

3x1+3 @ 85 % of Heavy 1+3 (No Touch n Go)

### B. Clean

1 Clean Pull + 3 Squat Clean

Work up to a Heavy 1+3 (RPE 7), then

3x1+3 @ 85 % of Heavy 1+3 (No TnG)

### C. Workout

20' AMRAP

200m Run

50 Double Unders / 100 Single Unders

10 Single Arm Devils Press 22,5/15 kg

## Day 2 – Gymnastics + Accessory

### A. E2M x5

- 10 Pull-Ups / Jumping Pull-Ups
- 5 Push-Ups (Banded / On knees)
- Easy Row Remaining Time

### B. Alternating EMOM x10

1. 20" Handstand Hold
2. 8 KB Reverse Lunges

### C. Workout

- 5 Rounds for time
- 10 Handstand Push-Ups / Piked Push-Ups / DB Push Press
- 10 TTB / Toes to Rings / Toes to Wall Ball
- 10 Pull-Ups / Jumping Pull-Ups
- 10 Wall Balls 9/6 kg

### D. Paused Front Squat

- E3M x5
- 6 Paused Front Squat @ 60 % of 1RM
- 2 seconds pause in bottom*

## Day 3 – WOD + Accessory

### A. Deadlift

1x20 + 3x10 @ 50 % of 1RM

Must be Touch and Go

### B. Workout

3 Rounds for time:

5' AMRAP

600m Run Cash-In

12 Deadlift 80/55 kg

12 Bar Facing Burpees

*3' Rest*

5' AMRAP

400m Run Cash-In

9 Deadlift 100/70 kg

9 Bar Facing Burpees

*3' Rest*

5' AMRAP

200m Run Cash-In

6 Deadlift 120/85kg

6 Bar Facing Burpees

### C. Core

3 Rounds for Quality

10-20 GHD Sit-Ups

10-20 KB Side-Bend per Side