

Brian Gwaltney

The Big 21 Program

Workout No:1

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets			
A1	Full Linear Warm Up	2				1			
A2	Foam Rolling	3				1			
A3	Stretching Sequence	3				1			
B1	Clean & Press	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
B2	Clean & Press	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
C1	Snatch	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
C2	Snatch	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
D1	Clean and Jerk	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
D2	Clean and Jerk	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:2

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps		Sets	
A1	Full Linear Warm Up	2		1	
A2	Foam Rolling	3		1	
A3	Stretching Sequence	3		1	
B1	Clean & Press	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
B2	Clean & Press	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
C1	Snatch	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
C2	Snatch	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
D1	Clean and Jerk	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
D2	Clean and Jerk	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:3

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets			
A1	Full Linear Warm Up	2				1			
A2	Foam Rolling	3				1			
A3	Stretching Sequence	3				1			
B1	Clean & Press	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
B2	Clean & Press	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
C1	Snatch	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
C2	Snatch	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
D1	Clean and Jerk	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
D2	Clean and Jerk	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:4

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets			
A1	Full Linear Warm Up	2				1			
A2	Foam Rolling	3				1			
A3	Stretching Sequence	3				1			
B1	Clean & Press	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
B2	Clean & Press	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
C1	Snatch	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
C2	Snatch	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
D1	Clean and Jerk	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
D2	Clean and Jerk	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:5

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets	
A1	Full Linear Warm Up	2				1	
A2	Foam Rolling	3				1	
A3	Stretching Sequence	3				1	
B1	Clean & Press	5				3	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set							
Notes:							
B2	Clean & Press	1				6	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set							
Notes:							
C1	Snatch	5				3	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set							
Notes:							
C2	Snatch	1				6	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set							
Notes:							
D1	Clean and Jerk	5				3	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set							
Notes:							
D2	Clean and Jerk	1				6	
		Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set							
Notes:							

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:6

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets			
A1	Full Linear Warm Up	2				1			
A2	Foam Rolling	3				1			
A3	Stretching Sequence	3				1			
B1	Clean & Press	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
B2	Clean & Press	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
C1	Snatch	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
C2	Snatch	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
D1	Clean and Jerk	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
D2	Clean and Jerk	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:7

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps		Sets	
A1	Full Linear Warm Up	2		1	
A2	Foam Rolling	3		1	
A3	Stretching Sequence	3		1	
B1	Clean & Press	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
B2	Clean & Press	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
C1	Snatch	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
C2	Snatch	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
D1	Clean and Jerk	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
D2	Clean and Jerk	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:8

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps		Sets	
A1	Full Linear Warm Up	2		1	
A2	Foam Rolling	3		1	
A3	Stretching Sequence	3		1	
B1	Clean & Press	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
B2	Clean & Press	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
C1	Snatch	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
C2	Snatch	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				
D1	Clean and Jerk	5		3	
		Reps	Weight	Reps	Weight
	Information: Opening weight - Add 5 pounds every set				
	Notes:				
D2	Clean and Jerk	1		6	
		Reps	Weight	Reps	Weight
	Information: Add 5 pounds every set				
	Notes:				

Workout Notes:

Brian Gwaltney

The Big 21 Program

Workout No:9

Start Date: September 22, 2019

Date Completed:

Order	Exercise	Reps				Sets			
A1	Full Linear Warm Up	2				1			
A2	Foam Rolling	3				1			
A3	Stretching Sequence	3				1			
B1	Clean & Press	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
B2	Clean & Press	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
C1	Snatch	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
C2	Snatch	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									
D1	Clean and Jerk	5				3			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Opening weight - Add 5 pounds every set									
Notes:									
D2	Clean and Jerk	1				6			
		Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Information: Add 5 pounds every set									
Notes:									

Workout Notes: