

By Sean Hutchinson

So, I've had a lot of questions over the last few years about the LSUS (Kyle Pierce/Kendrick Farris) Program so I figured I would put together a little blog to cover this topic for anybody considering starting the program on their own. I would say this is a program designed for more advanced athletes but in my [personal](#) opinion it can be done by anybody who has good technique with the snatch and clean and jerk. The majority of the program is strength work, which is the basis Dr. Kyle Pierce's theory on creating a great weightlifter. My favorite quote of his would be that "Once you get the basic lifts down you have to get stronger!", and it's as simple as that people. Learn to lift with good technique and get as strong as you can!

So let's go over the basic LSUS program. We have a basic 12-week [training](#) cycle consisting of 3 weeks of 10's, 3 weeks of 5's, 3 weeks of 3's and a competition phase featuring 2 weeks of peaking and 1 week of tapering. Each week you perform a variety of exercises for that number of repetitions (10,5, 3, etc). The training calls for 5 sessions a week, with 1 session a day, Monday, Tuesday, Wednesday, Thursday, and Saturday, Saturday being more emphasis on the classic lifts from the floor.

The exercises are broken down in a push pull split with Monday and Wednesday being push days consisting of things like squats, jerks, push press, bench press, military press, lunges, etc, and Tuesday and Thursday being pull days consisting of exercises like snatches, cleans, deadlifts, shrugs, pull ups ,etc. Each day usually consist of anywhere from 5-8 exercises with only 2-3 of them being relatively heavy. For example, a Monday workout might look like this: Back Squat, Power Jerk, Push Press, Bench Press, Press, Lunge, Dips, core work like planks, weighted sit ups, etc.

The order of exercise is very important when designing this program but very simple. Always perform more explosive movements or heavier movements first when necessary. For example, you wouldn't do deadlifts for 10 reps then turn around and try to do cleans from the power position would you??? NO, you always perform the most

explosive movement first so remember snatches, cleans, and jerks will always be performed before deadlifts, squats, bench press, etc.

Now one thing I keep seeing floating around the internet is that Kendrick doesn't follow whatever program is floating around and the truth is he doesn't. Nobody at LSUS follows the same program to the T. Most of us have our programs modified by Dr. Kyle Pierce depending on our strengths and weaknesses. If you look at the original LSUS Program you will notice a huge emphasis on upper body lifts for ex: Power jerks, push press, bench press, military press, jerk[recovery](#), dips, etc. This program was originally designed for 2 of Kyle's best original lifters (Kendrick Farris and Cody Gibbs) with emphasis on their weaknesses.

So, if you plan on trying Kyle's program consider your own personal weaknesses before attempting this program. Consider adapting it to your needs. It is not set in stone but more like a basic outline. As long as you stick to the basic structure of the 10's, 5's, 3's and peaking you should have great progress. Just make sure you get plenty of snatches, cleans, jerks, and squats and you can't really go wrong. This program is constantly changing and growing and you have to adapt it to your own personal needs as an athlete or coach.

One other thing I would like to point out is intensity during the program. You can't expect to PR every single day, every single week for 12 weeks straight. You have to have some sort of balance of intensity in this program. I've been doing this program for over 7 years now so I have a little more experience than pretty much anybody out there besides Kendrick Farris and Cody Gibbs but I can tell you that you **WILL NEED TO TAKE A LIGHT WEEK**. That is right a light week, deload week, whatever you want to call it take one. I usually take a light week at least once every 4 weeks, sometimes even if you just need a light day it is better than going balls to the wall and getting burnt out or even worse, injured! So keep that in mind when trying this program. I know the goal is to get stronger and hit PR's but at the same time your body needs proper recovery which leads me to my next point.

Recovery. So many of you choose to ignore that. You train your ass off everyday, then you go out drinking, or you stay up late partying, or just

simply eat garbage. Your body needs to recovery and stressors can play a huge factor in that recovery. Some of those factors may include but are not limited to: sleep, nutrition, alcohol consumption, social life, school, work, family, significant others, relationships, and anything else that can create stress in the body. Stress, whether it be good or bad can affect your recovery and your ability to perform in the gym so keep that in mind if you are having a bad day or even a bad week in the gym.

Sometimes you have to consider all the other things in your life and back off the training. Your body can only handle so much stress and still progress. Stress management is key to being successful on any program so take time to find that balance in your life. Is your training going bad because the program sucks or is it going bad because you are simply overloaded in your everyday life???

So with that I'll leave you with some pictures I took of the program back when I lived in Shreveport, LA. I'm going through a few surgeries right now so I can't really train but when I do start training again I plan on starting back on my own modified version of the LSUS Program. Good luck guys and keep up the hard work.

Last piece of advice I can give you...LISTEN TO YOUR BODY!

USA WEIGHTLIFTING DEVELOPMENT CENTER AT LSUS
HIGH INTENSITY ENDURANCE PHASE

MONDAY

1. BACK SQUAT - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
2. PUSH PRESS - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
3. BENCH PRESS - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
4. LUNGE &/or SINGLE SQUAT - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
5. PR &/or, BNP (SG), &/or DBP, &/or DIPS - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
7. WEIGHTED SIT-UPS - 5 X 10

TUESDAY

1. POWER SNATCH FROM THIGH - 5 RM, 5 X 5 @ WITHIN 10% OF 5 RM
2. SNATCH DEAD LIFT - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
3. CAJUN DEAD LIFT OR BACK EXT. - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
4. SHRUG - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
5. BENT ROWS - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
6. PULL-UPS - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
7. LONG JUMPS &/OR ABS - 15

WEDNESDAY

1. BACK SQUAT - 3-5 X 10 @ 10% LESS THAN MONDAY
2. PUSH PRESS - 3-5 X 10 @ 10% LESS THAN MONDAY
3. BENCH PRESS - 3-5 X 10 @ 10% LESS THAN MONDAY
4. LUNGE &/or SINGLE SQUAT - 3-5 X 10 @ 10% LESS THAN MONDAY
5. PR &/or, BNP (SG), &/or DBP, &/or DIPS - 3-5 X 10 @ 10% LESS THAN MONDAY
6. WEIGHTED SIT-UPS - 5 X 10

THURSDAY

1. POWER CLEAN FROM THIGH - 5 RM, 5 X 5 @ WITHIN 10% OF 5 RM
2. CLEAN DEAD LIFT - 10 RM, 2 X 10 @ WITHIN 10% OF 10 RM
3. CAJUN DEAD LIFT OR BACK EXT. - 5 X 10 @ 10% LESS THAN TUESDAY
4. SHRUG - 5 X 10 @ 10% LESS THAN TUESDAY
5. BENT ROWS - 5 X 10 @ 10% LESS THAN TUESDAY
6. PULL-UPS - 5 X 10 @ 10% LESS THAN TUESDAY
7. MAT JUMPS &/OR ABS - 15

SATURDAY

1. SNATCH - X 18 @ UP TO = 70%
2. CLEAN & JERK - X 12 @ UP TO = 70%

USA WEIGHTLIFTING DEVELOPMENT CENTER
STRENGTH PHASE

MONDAY

1. POWER JERK - 5 RM, -5%, -10%
2. BACK SQUAT - 5 RM, -5%, -10%
3. PUSH PRESS - 5 RM, -5%, -10%
4. BENCH PRESS - 5 RM, -5%, -10%
5. JERK DRIVE/RECOVERY(3 SECOND HOLD) - 5 X 1 @ 100%+ C&J
6. PRESS &/or, BNP, &/or DBP, &/or DIPS - 5 RM, -5%, -10%
7. WEIGHTED SIT-UPS - 5 X 5 @ AHAP

TUESDAY

1. (POWER) SNATCH FROM KNEE - 3 RM, -5%, -10%
2. SNATCH DEAD LIFT - 5 RM, -5%, -10%
3. MUSCLE SNATCH - 5 RM, -5%, -10%
4. CAJUN DEAD LIFT OR BACK EXT. - 5 RM, -5%, -10%
5. SNATCH SHRUG - 5 RM, -5%, -10%
6. PULL-UPS - 5 RM, -5%, -10%
7. BENT ROWS - 5 RM, -5%, -10%
8. ABS

WEDNESDAY

1. (BEHIND NECK) POWER JERK - 5 X 5 @ -10% MON
2. BACK SQUAT - 5 X 5 @ -10% MON
3. PUSH PRESS - 5 X 5 @ -10% MON &/or 3X3s
4. BENCH PRESS - 5 X 5 @ -10% MON
5. JERK DRIVE/RECOVERY - 5 X 1 @ 100%+ C&J &/or 3X3s
6. PRESS &/or, BNP, &/or DBP, &/or DIPS - 5 X 5 @ -10% MON
7. WEIGHTED SIT-UPS - 5 X 5

THURSDAY

1. (POWER) CLEAN FROM KNEE - 3 RM, -5%, -10%
2. CLEAN DEAD LIFT - 5 X 5 @ -10% TUE
3. MUSCLE SNATCH - 5 RM, -5%, -10%
4. CLEAN SHRUG - 5 X 5 @ -10% TUE
5. CAJUN DEAD LIFT OR BACK EXT. - 5 X 5 @ -10% TUE
6. PULL-UPS - 5 X 5 @ -10% TUE
7. BENT ROWS - 5 X 5 @ -10% TUE
8. ABS

SATURDAY

1. SNATCH - X 1 @ AHAP
2. CLEAN & JERK - X 1 @ AHAP
3. FRONT SQUAT - X 3 @ AHAP

USA WEIGHTLIFTING DEVELOPMENT CENTER
STRENGTH/POWER PHASE

MONDAY

1. JERK - 3 RM, -5%, -10% (WORK UP TO 1RM IF FEELING GOOD)
2. BACK SQUAT - 3 RM, -5%, -10%
3. PUSH PRESS - 3 RM, -5%, -10%
4. BENCH PRESS - 3 RM, -5%, -10%
5. JERK DRIVE/RECOVERY(3 SECOND HOLD) - 5 X 1 @ 100%+ C&J
6. PRESS &/or, BNP, &/or DBP, &/or DIPS - 5 X 3-5 @ AHAP
7. WEIGHTED SIT-UPS - 5 X 5

TUESDAY

1. POWER CLEAN - 3 X1 RM (CLUSTER), -5%, -10%
2. CLEAN PULL - 3 RM, -5%, -10%
3. CLEAN DEAD LIFT - 3 RM, -5%, -10%
4. CLEAN PULL FROM POWER POSITION - 3 RM, -5%, -10%
5. PULL-UPS - 5 X 5 @ AHAP
6. BENT ROWS - 5 X 5 @ AHAP
7. ABS

WEDNESDAY

1. JERK - 3 X 3 - 10% MON
2. BACK SQUAT - 3 X 3 - 10% MON
3. PUSH PRESS - 3 X 3 - 10% MON &/or DROP SNATCH TO 1RM
4. BENCH PRESS - 3 X 3 - 10% MON
5. JERK DRIVE/RECOVERY- 5 X 1 @ 100%+ C&J &/or DROP SNATCH TO 1RM
6. PRESS &/or, BNP, &/or DBP, &/or DIPS - 5 X 3-5 @ - 10% MON
8. WEIGHTED SIT-UPS - 5 X 5

THURSDAY

1. SNATCH - 3 X1 RM (CLUSTER), -5%, -10%
2. SNATCH PULL - 3 X RM, -5%, -10%
3. SNATCH DEAD LIFT - 3 RM, -5%, -10%
4. SNATCH PULL FROM POWER POSITION - 3 RM, -5%, -10%
5. PULL-UPS - 5 X 5 WEIGHTED
6. BENT ROWS- 5 X 5 @ AHAP
7. ABS

SATURDAY

1. SNATCH - X 1 @ AHAP
2. CLEAN & JERK - X 1 @ AHAP
3. FRONT SQUAT - X 2 @ AHAP

USA WEIGHTLIFTING DEVELOPMENT CENTER
COMPETITION PHASE (WEEKS 1 and 2 - PEAKING)

MONDAY

1. (CLEAN &) JERK - UP TO 1 RM, 2 X 1 @ -5%, 2 X 1 @ -10%
2. BACK SQUAT - UP TO 2 RM, -5%, -10%
3. POWER JERK/PUSH PRESS - UP TO 2 RM, -5%, -10%
4. DROP SNATCH &/OR JERK DRIVE - UP TO 1 RM
5. JERK RECOVERY - UP TO 1 RM (3 SECOND HOLD)
6. BENCH PRESS/PRESS - UP TO 2 RM, -5%, -10%
7. WEIGHTED SIT-UPS - 5 X 5 @ AHAP

TUESDAY

1. POWER SNATCH - UP TO 1 RM, 2 X 1 @ -5%, 2 X 1 @ -10%
2. CLEAN PULL - UP TO 3 RM, -5%, -10%
3. CL. PULL (THIGH/BLOCKS) - UP TO 3 RM, -5%, -10%
4. PULL-UPS - 3 X 10 @ BODY WEIGHT
5. BACK EXTENSIONS - 3 X 10 @ LIGHT TO MODERATE
6. ABS

WEDNESDAY

1. (POWER CLEAN &) (POWER) JERK - UP TO 1 RM *, 2 X 1 @ -5%, 2 X 1 @ -10%
2. FRONT SQUAT - UP TO 2 RM, -5%, -10%
3. DROP SNATCH - 1 RM (RETURN HEAVY LIFTS TO THE FLOOR)
4. PUSH PRESS - 3 X 2 @ 3 SETS WITHIN 10% OF MON 2RM
5. JERK DRIVE - UP TO 1 RM
6. JERK RECOVERY - UP TO 1 RM (3 SECOND HOLD)
7. BENCH PRESS/PRESS - 3 X 2 @ 3 SETS WITHIN 10% OF MON 3RM)
8. WEIGHTED SIT-UPS - 5 X 5 @ AHAP

THURSDAY

1. POWER SNATCH - UP TO 1 RM *, 2 X 1 @ -5%, 2 X 1 @ -10%
2. SNATCH PULL - UP TO 3 RM, -5%, -10%
3. SN. PULL (THIGH/BLOCKS) - UP TO 3 RM, -5%, -10%
4. PULL-UPS - 3 X 10 @ BODY WEIGHT
5. BACK EXTENSIONS - 3 X 10 @ LIGHT TO MODERATE
6. ABS

SATURDAY

1. SNATCH - X 1 @ AHAP
2. CLEAN & JERK - X 1 @ AHAP
3. FRONT SQUAT - X 1 @ AHAP

* SUGGESTED - UP TO 10% LESS OF MONDAY AND TUESDAY

USA WEIGHTLIFTING DEVELOPMENT CENTER
COMPETITION PHASE (WEEK 3 - PEAKING)

MONDAY / TUESDAY

1. SNATCH - UP TO 90%
2. CLEAN & JERK - UP TO 90%
3. FRONT SQUAT - UP TO 105%
4. JERK DRIVE/ RECOVERY - UP TO 105% (3 SECOND HOLD)
5. WEIGHTED SIT-UPS - 5 X 5 @ AHAP

TUESDAY / WEDNESDAY

1. DROP SNATCH - UP TO 105%
2. SNATCH CLEAN/ PULL - UP TO 100%
3. PULL-UPS - 3 X 10 @ BODY WEIGHT
4. BACK EXTENSIONS - 3 X 10 @ LIGHT TO MODERATE
5. ABS

WEDNESDAY / THURSDAY

1. SNATCH - UP TO 80%
2. CLEAN & JERK - UP TO 80%

FRIDAY

1. SNATCH - UP TO 70%
2. CLEAN & JERK - UP TO 70%

Key:

AHAP= As Heavy As Possible

RM= REP MAX

-5%,-10% = Drop set within 5% of xRM, Drop set within 10% of xRM

Cluster= reps must be completed no more than 30 seconds apart.