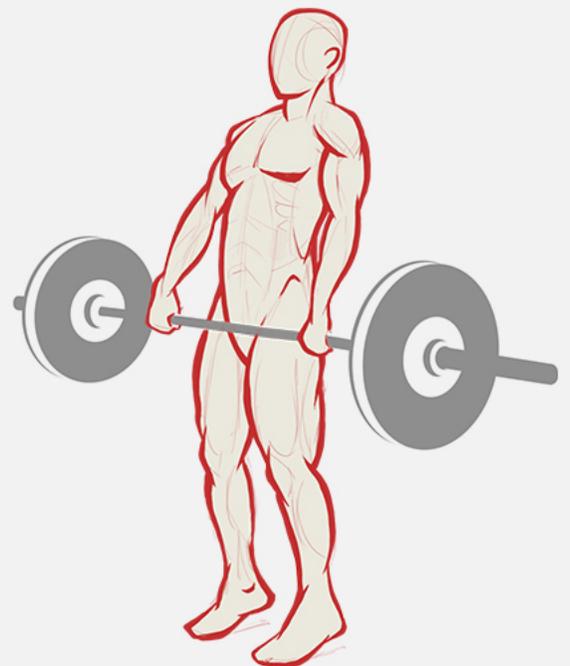


CLEAN 1RM PROGRAM

Pat Sherwood
Adrian Bozman



VARIED NOT RANDOM

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1. WELCOME TO THE PROGRAM: *Start here!*

The Clean 1RM program contains 18 expertly-crafted training sessions that will help leave your old previous best in the dust. The end goal of this program is to increase your clean weight... and one rep max bragging rights. You'll develop strength, power and speed for each of the Clean's three pulls, plus improve your squat so that you can stand up out of the hole with your new personal record in tow. If you're up for a challenge, we recommend completing this program in tandem with the Jerk 1RM program to help develop your full Olympic-level Clean & Jerk. Now let's get started!

About VNR Cycles

The VNR team is proud to offer a variety of training/skill cycles designed to help athletes of all levels achieve their goals. Every cycle was created by a subject matter expert in a certain field, a professional in the fitness space, or by Pat & Adrian personally. The VNR list of cycles was specifically curated because we believe they are of outstanding quality & deliver real results. We hope you enjoy them.

Meet the VNR Team

Pat Sherwood and Adrian Bozman have vetted this course & believe it will serve you well in achieving your fitness goals.

About Pat

Pat started doing CrossFit in 2005. He has held credentials up to a Level-4 CrossFit Coach and is a former Navy SEAL. He worked for CrossFit, Inc. for about 14 years in various capacities including roles in media, health, games, and seminar staff. He is currently the owner of CrossFit Linchpin. He and his wife, Emily, have three kids. He enjoys ice cream and hates handstand push-ups.

About Boz

Adrian Bozman, known simply as Boz, started dabbling with CrossFit at the end of 2004 and soon became hooked. He got his L1 Certification in early 2006. He has coached at San Francisco CrossFit, CrossFit Brisbane (Australia), and most recently, Huntress CrossFit AKA The Tuxedo Social Club (his low-key garage/gym). Boz currently works for CrossFit, Inc. where he has held roles on the seminar team, education department, and CrossFit Games.

2. THE PROCESS: *Let's dive in*

The Clean 1RM is a self-paced program, allowing you to complete all 18 sessions on your own schedule and at your own pace. Our team recommends completing at least 3 sessions per week to complete the program within 6 weeks. Complete it on its own, with your other training, or in combination with our other programs (we did mention the Jerk 1RM, right? Just checking!). Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you're not mindful of your limitations.

During each session you'll complete a warm-up and 3 different pieces. Check out Page 6 to view all of the movements included in this program. Feeling overwhelmed with this list? Don't be! Page 6 also contains links to the demo videos to reference as needed. Make sure to set yourself up for success by viewing the equipment needed before beginning the program.

Page 8 of the e-book provides you with a comprehensive calendar view that will help you stay on track and know what's to come. If you're not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on page 10 of the e-book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one movement, one workout, and one day at a time. Remember, you can always reference page 6 to view demo videos if you are unsure how to perform a movement.

The program will begin with a test to find your current max (if you already have a recent max you want to use instead, skip this test). On day 18 you'll repeat the test to gauge your progress. Remember, it's not just about the movement. Form is equally important! This first test is a great time to take notes. After the test, reflect on things like:

- How you felt physically and mentally during your Clean
- Your specific sticking points and areas to improve
- Your specific strengths
- Whatever else comes to mind! What are you proud of? What can you work on?
What emotions are you feeling?

Revisit these notes during your retest on day 18 to see just how far you've come. You've got this!

DAY 1

- **Warm-up**

2 rounds of:

Bike, 2 mins

100 Jump Ropes

20 Air Squats

15 Bar Muscle Cleans

- **Clean Test**

If you already know your clean 1RM, skip this test. You'll need to know your max for various percentages throughout the program.

If you don't know your clean 1RM, work up to a max today and log your score to btwb. Make note of how things felt and what kind of jumps in weight you made. We'll retest again at the end of the program.

- **Clean Lift Off + Clean Pull + Power Clean + Clean 1-1-1**

3x(1+1+1+1)

50-60% 1RM Clean

This complex is a deconstructed clean. Each rep builds off the previous movement, culminating in a full clean.

Each rep is meant to be a full reset from the floor. The focus is on the quality of the sets done, versus rushing through things by hanging onto the barbell.

- **Clean Pull + Clean + Clean Pull + Clean 1-1-1-1**

5x(1+1+1+1)

65% 1RM Clean (or more)

This complex has two cleans. Each is preceded by a clean pull. Use the clean pull to get your positions right for the cleans and focus on extension. Visualize going into a clean on the pulls, the movement should be the same, just abbreviated. Reset at the floor with each rep of the complex.

- **Front Squat 10x2 at 70% 1RM**

Front squat strength will be key to increasing overall clean ability. Use 70% of your front squat 1RM. Be fast out of the hole!

6. THE BTWB APP: *Get more from the program*

btwb app users can sync the Clean 1RM program to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores to each workout piece to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

This program also comes with access to a special in-app program overview video by Pat & Boz, plus access to other top social and analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random programs created by Pat & Boz
- And more!

