



East Coast Gold

WEIGHTLIFTING

WINNING WAY WISDOM
THE ECG WARM-UP



***DOING THE
RIGHT THINGS FOR THE
RIGHT REASONS
IN OUR PURSUIT OF
WEIGHTLIFTING
EXCELLENCE***

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THE EAST COAST GOLD WARM-UP

ECG WARM-UP GENERAL WARM-UP & ACTIVATION

Movement	Sets	Reps	Demo Link
Banded Shoulder/ T-Spine Opener	1	2 Minutes Each Arm	View Mob Demo Video
3D Bear Crawl	1	100 Feet	View Bear Crawl Demo Video
Banded Lower Body Activation & Broad Jumps	1	20 Setps, 20 Jumps	View Lower Activation Demo Video
KB Posterior Chain Actication	1	20 Steps	View KB Posterior Chain Demo Video
KB Snatch + Forward Lunge	1	10 Reps (each side)	View KB Snatch + Lunge Demo Video
KB Squat + Ankle Opener	1	10 Reps (each side)	View Demo Video for Squat & Ankle Opener

ECG WARM-UP SNATCH DAY PREP

Movement	Sets	Reps	Demo Link
Sots Press	1	10-15 Reps with empty barbell	View Sots Press Demo Video
Snatch Grip RDL + Muscle Snatch	1	10-15 reps with empty barbell or light load	View RDL + Muscle Snatch Demo Video
No Foot Snatch	1	10 reps with empty barbell	View No Foot Snatch Demo Video

THE EAST COAST GOLD WARM-UP (CONT.)

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ECG WARM-UP CLEAN & JERK DAY PREP

Movement	Sets	Reps	Demo Link
Thruster	1	10 Reps with empty bar	View Thruster Demo Video
Clean Grip RDL + Muscle Clean	1	10 Reps with empty bar	View Clean Grip RDL + Muscle Clean Video
No Feet Split Jerk	1	10 Reps with empty bar	View No Feet Split Jerk Demo Video
No Feet Clean + Split Jerk	1	10 Reps with empty bar	View Demo Video for No Feet Clean + Split Jerk