

TOROKHTIY SEMINAR

PROGRAM

20-21 settembre 2025

BOX NR.1 Viale 3 marzo 1970, 57 Isernia

DAY 1

08:45 - 09:00 Registration

09:00 - 09:20 Intro: Program announcement, self presentation,

09:20 - 10:00 Snatch theory. Unique "BULLET TIME" video analysis,

10:00 - 13:00 Pratical part:

-Overhead position and squat;

-Hip muscle Snatch and Turnover,

-Second Pull and Power Position;

-Start Position and Pull;

-Full Snatch.

13:00 - 14:30 Break. Lunch.

14:30 - 15:00 Snatch Special Warm-up complex.

15:00 - 17:00 Workout Session (group work, up to PR)

17:00-18:00 Q&A and the SNATCH day summary.

DAY 2

09:00 - 09:10 Intro: Program announcement, self presentation.

09:10 - 10:00 Clean & Jerk theory. Unique "BULLET TIME" video analysis.

10:00 - 13:00 Pratical part:

-Clean fundamentals and Front Squat;

-Hip muscle Clean and Turnover;

-Second Pull and Power Position;

-Start Position and Pull

-Full Clean.

-Jerk



- Jerk Dip & Drive during;
- Overhead Position for Split &
- Power Jerk;
- Split Jerk fundamentals;
- Full Jerk.

13:00 - 14:30 Break. Lunch.

14:30 - 15:00 Clean & Jerk Special Warm-up complex.

15:00 - 17:00 Workout Session (group work, up to PR)

17:00 - 18:00 Q&A, Clean and Jerk summary.

18:00 - 18:30 Certification & Photo

Contacts

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