

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Dumbbell Hip Thrusts

3x10

*REST 2:00 between sets

*RPE 6-7 - Should allow a slight pause at the top of each rep and controlled descent

B Pin Front Squat

In 15:00 Work up to a heavy 1.1

*Set a clock to 15:00 starting with empty bar - 1.1 rep scheme is two quick singles done in succession - Ideally do a rep bottom to bottom then stand, re-set and do another. We will be building on this over the weeks so ideally don't exceed RPE 9

C **Power Clean + Power Jerk**

Every 1:00 of 10:00 (10 Rounds) complete:

1 Power Clean + 2 Power Jerk, 65-75% (of C&J)

*This is a progression from last cycle, adding a second Jerk but keeping the same percentages - If Jerk is a limiter stay on the lighter end of the range and work on good positions and lockout

D **Hi to Low Banded Chop**

2x10/10

*Rest 1:00-2:00 between sets

* **Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 2

Week 1 Day 2

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Clean Grip Snatch

4x2 *Light

*Rest 1:00-2:00 between sets

*This is supposed to be fun and should be kept light so we can safely work on mobility in the catch position of the snatch - DON'T go beyond 50% of Snatch Max

B Run + Single Arm Overhead Squat

4 Rounds of:

Run 200M

10 Single Arm Dumbbell Overhead Squat

*Weight for OHS will depend on your ability to hold a strong lockout through a squat - Should be RPE 7-8 if you can maintain ROM - switch arms each round.

*If unable to lockout with squat you can sub a lunge

C1 Dumbbell Bulgarian Split Squat

SUPERSET

3x8/8

*Rest 1:00 between movements

*RPE 7

C2 Feet Elevated Side Plank Hip Tap

SUPERSET

3x12/12

*Rest 1:00 between sets

D Push-Up

30-50 PERFECT REPS

*Goal is 100% form here so if form breaks down you need to take a break - Ideal scale is a band under your chest that allows full ROM but shortening ROM with a pad is also OK

*** Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 3

Rest day

Day 4

Week 1 Day 3

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **Sumo Deadlift High Pull + Cossack Squats**

Every 1:00 for 8:00 (8 Rounds) complete:

8 Kettlebell Sumo Deadlift High Pulls

8 Cossack Squats

*Goal is for SDHP to be heavy (RPE 8) to warm up the pull for Sumo Deadlift - Cossack Squats should be unweighted and focuses on ROM

B **Sumo Deadlift**

4x3

*Rest 2:00-3:00 between sets

*Goal is RPE 7-8 with these but try to get up to your working sets quickly 3-4 sets

C **Banded Lat Pull-Down + Banded Row**

3 Rounds of:

10 Banded Lat Pull-Downs

10 Banded Rows

*Rest 1:00-2:00 between sets

*Goal is to complete the 10 reps or Pull-downs and immediately complete rows - If using the same band for both movements try to transition quickly - RPE 8 for both

D **Single Leg Landmine Romanian Deadlift**

2x10/10

*Rest 1:00-2:00 between sets

*Focus on keeping arch in the upper back throughout - weight should be RPE 6-7

* **Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 5

Week 1 Day 4

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Row Erg

3:00 at 20-22 SPM

1:00 Rest

2:00 at 24-26 SPM

1:00 Rest

1:00 at 28-30 SPM

*Working on Strokes Per Minute for this Row piece - Track total meters for each interval but focus is mainly on staying inside rep cadence.

B Snatch Balance

10x1

*Rest 1:00-2:00 between sets

*Begin with light weight and work up to RPE 7-8 - Focus mainly on positioning and speed under the bar

C Overhead Squat

3x3

*Rest 2:00 between sets

*Use top weight from Snatch Balance and really focus on control through full ROM

D Alternating Dumbbell Bench Press + Knee Tucks

3 Rounds of:

20 Alternating Dumbbell Bench Press

20 Seated Knee Tucks

*Rest 2:00 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 6

Rest day

Day 7

Rest day

Day 8

Week 2 Day 1

🔥 Warmup

Strength Ratio Flow Warm-up 2

📄 Strength Ratio Flow Warm-up (Part 2)

A Dumbbell Hip Thrusts

3x10

*REST 2:00 between sets

*Start at last weeks top weight and either hold or build slightly - RPE 7

B Pin Front Squat

In 15:00 Work up to a heavy 1.1

*This is the same as last week we just now have a target and goal would be to build beyond last weeks top weight - Set a clock to 15:00 starting with empty bar - 1.1 rep scheme is two quick singles done in succession - Ideally do a rep bottom to bottom then stand, re-set and do another.

C Power Clean + Power Jerk

Every 1:00 of 10:00 (10 Rounds) complete:

1 Power Clean + 2 Power Jerk, 68-78% (of C&J)

D Hi to Low Banded Chop

2x10/10

*Rest 1:00-2:00 between sets

*Same as last week or slightly more resistance - allowing for control through full ROM

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 9

Week 2 Day 2

Warmup

Strength Ratio Flow Warm-up 2

 Strength Ratio Flow Warm-up (Part 2)

A Clean Grip Snatch

4x2 *Light

*Rest 1:00-2:00 between sets

*Again, don't take this very heavy, build slightly from last week if mobility allows

B Run + Single Arm Overhead Squat

4 Rounds of:

Run 200M

10 Single Arm Dumbbell Overhead Squat

*Goal is to build on last week's OHS weight - try for one DB heavier this week as long as you can maintain lockout

C1 Dumbbell Bulgarian Split Squat

SUPERSET

3x8/8

*Rest 1:00 between movements

*Heavier than last week for all sets

C2 Feet Elevated Side Plank Hip Tap

SUPERSET

3x12/12

*Rest 1:00 between sets

D Push-Up

35-55 PERFECT REPS

*Goal is 100% form here so if form breaks down you need to take a break - Ideal scale is a band under your chest that allows full ROM but shortening ROM with a pad is also OK

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 10

Rest day

Day 11

Week 2 Day 3

Warmup

Strength Ratio Flow Warm-up 2

 Strength Ratio Flow Warm-up (Part 2)

A **Sumo Deadlift High Pull + Cossack Squats**

Every 1:00 for 8:00 (8 Rounds) complete:

8 Kettlebell Sumo Deadlift High Pulls

8 Cossack Squats

*Slightly heavier for SDHP - Cossack Squats still unweighted

B **Sumo Deadlift**

4x3

*Rest 2:00-3:00 between sets

*Start first set at 90% of last weeks top weight and build to RPE 8-9

C **Banded Lat Pull-Down + Banded Row**

3 Rounds of:

12 Banded Lat Pull-Downs

12 Banded Rows

*Rest 1:00-2:00 between sets

*Same bands as last week - Goal is to complete the 12 reps or Pull-downs and immediately complete rows

D **Single Leg Landmine Romanian Deadlift**

2x10/10

*Rest 1:00-2:00 between sets

*Slightly heavier than last week for both sets

* **Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 12

Week 2 Day 4

🔥 Warmup

Strength Ratio Flow Warm-up 2

➕ Strength Ratio Flow Warm-up (Part 2)

A Row Erg

3:00 at 18-20 SPM

1:00 Rest

2:00 at 22-24 SPM

1:00 Rest

1:00 at 26-28 SPM

*Lowered Strokes Per Minute but goal would be to hit the same distance for each interval working on power of pulls

B Snatch Balance

10x1

*Rest 1:00-2:00 between sets

*Begin at ~50% of last week and work up to RPE 8 - Focus mainly on positioning and speed under the bar

C Overhead Squat

3x3

*Rest 2:00 between sets

*Use top weight from Snatch Balance and really focus on control through full ROM

D Alternating Dumbbell Bench Press + Knee Tucks

3 Rounds of:

20 Alternating Dumbbell Bench Press

20 Seated Knee Tucks

*Rest 2:00 between sets

*Start at last weeks top weight for DB Bench Press and build if able

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 13

Rest day

Day 14

Rest day

Day 15

Week 3 Day 1

🔥 Warmup

2-3 X Dynamic Flow Warm-up

👉 Dynamic Flow Warm-up

A Dumbbell Hip Thrusts

3x10

*REST 2:00 between sets

*Start at last weeks top weight and either hold or build slightly - RPE 7-8

B Pin Front Squat

In 15:00 Work up to a heavy 1.1

*Same as last week again with an updated target - goal would be to build beyond last weeks top weight - Set a clock to 15:00 starting with empty bar - 1.1 rep scheme is two quick singles done in succession - Ideally do a rep bottom to bottom then stand, re-set and do another.

C Power Clean + Power Jerk

Every 1:00 of 10:00 (10 Rounds) complete:

1 Power Clean + 2 Power Jerk, 70-80% (of C&J)

D Hi to Low Banded Chop

2x10/10

*Rest 1:00-2:00 between sets

*Same as last week or slightly more resistance - allowing for control through full ROM

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 16

Week 3 Day 2

Warmup

2-3 X Dynamic Flow Warm-up

 Dynamic Flow Warm-up

A Clean Grip Snatch

4x2 *Light

*Rest 1:00-2:00 between sets

*Again, don't take this very heavy, build slightly from last week if mobility allows

B Run + Dumbbell Squat Snatch

4 Rounds of:

Run 200M

10 Single Arm Dumbbell Squat Snatch

*Adding a dynamic part to this which may mean you need to lower the weight - goal would be to use same as last week

C1 Dumbbell Bulgarian Split Squat

SUPERSET

3x8/8

*Rest 1:00 between movements

*Heavier than last week for all sets

C2 Feet Elevated Side Plank Hip Tap

SUPERSET

3x12/12

*Rest 1:00 between sets

D Push-Up

40-60 PERFECT REPS

*Goal is 100% form here so if form breaks down you need to take a break - Ideal scale is a band under your chest that allows full ROM but shortening ROM with a pad is also OK

*** Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 17

Rest day

Day 18

Week 3 Day 3

Warmup

2-3 X Dynamic Flow Warm-up

 Dynamic Flow Warm-up

A **Sumo Deadlift High Pull + Cossack Squat**

Every 1:00 for 8:00 (8 Rounds) complete:

8 Kettlebell Sumo Deadlift High Pulls

8 Cossack Squats

*Slightly heavier for SDHP - Cossack Squats still unweighted

B **Sumo Deadlift**

4x3

*Rest 2:00-3:00 between sets

*Start first set at 90% of last weeks top weight and build to RPE 9-10

C **Banded Lat Pull-Down + Banded Row**

3 Rounds of:

10 Banded Lat Pull-Downs

10 Banded Rows

*Rest 1:00-2:00 between sets

*Goal is a heavier band than last week for one or both movements - Goal is to complete the reps of Pull-downs and immediately complete rows

D **Single Leg Landmine Romanian Deadlift**

2x10/10

*Rest 1:00-2:00 between sets

*Slightly heavier than last week for both sets

* **Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 19

Week 3 Day 4

Warmup

2-3 X Dynamic Flow Warm-up

 Dynamic Flow Warm-up

A Row Erg

3:00 at 18-22 SPM

1:00 Rest

2:00 at 22-26 SPM

1:00 Rest

1:00 at 26-30 SPM

*A little more freedom in SPM so goal is to increase meters over last week for each interval.

B Snatch Balance

10x1

*Rest 1:00-2:00 between sets

*Begin at ~50% of last week and work up to a Heavy Single for the day

C Overhead Squat

4x2

*Rest 2:00 between sets

*Use top weight from Snatch Balance and really focus on control through full ROM

D Alternating Dumbbell Bench Press + Knee Tucks

3 Rounds of:

20 Alternating Dumbbell Bench Press

20 Seated Knee Tucks

*Rest 2:00 between sets

*Start at last weeks top weight for DB Bench Press and build if able

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 20

Rest day

Day 21

Rest day

Day 22

Week 4 Day 1

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A Dumbbell Hip Thrusts

3x10

*REST 2:00 between sets

*80-90% of last weeks top weight

B Pin Front Squat

5x1.1

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight

C Power Clean + Power Jerk

Every 1:00 of 10:00 (10 Rounds) complete:

1 Power Clean + 1 Power Jerk, 65-75% (of C&J)

D Hi to Low Banded Chop

2x10/10

*Rest 1:00-2:00 between sets

*Same resistance as last week

* **Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 23

Week 4 Day 2

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A Clean Grip Snatch

4x2 *Light

*Rest 1:00-2:00 between sets

*Don't exceed last week

B Run + Dumbbell Power Snatch

3 Rounds of:

Run 200M

10 Alternating Dumbbell Power Snatch

*Use same weight as last weeks squat snatch

C1 Dumbbell Bulgarian Split Squat

SUPERSET

3x8/8

*Rest 1:00 between movements

*All sets at 80% of last week

C2 Feet Elevated Side Plank Hip Tap

SUPERSET

3x12/12

*Rest 1:00 between sets

D Push-Up

30 PERFECT REPS

*Goal is 100% form here so if form breaks down you need to take a break - Ideal scale is a band under your chest that allows full ROM but shortening ROM with a pad is also OK

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 24

Rest day

Day 25

Week 4 Day 3

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A **Sumo Deadlift High Pull + Cossack Squat**

Every 1:00 for 8:00 (8 Rounds) complete:

6 Kettlebell Sumo Deadlift High Pulls

10 Cossack Squats

*Same weight as last week for SDHP - Cossack Squats still unweighted

B **Sumo Deadlift**

4x2

*Rest 2:00 between sets

*All sets at 90% of last weeks top weight

C **Banded Lat Pull-Down + Banded Row**

3 Rounds of:

8 Banded Lat Pull-Downs

8 Banded Rows

*Rest 1:00-2:00 between sets

*Same resistance as last week

D **Single Leg Landmine Romanian Deadlift**

2x8/8

*Rest 1:00-2:00 between sets

*Same weight as last week

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 26

Week 4 Day 4

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A Row Erg

3:00 at 18-22 SPM

1:00 Rest

2:00 at 18-22 SPM

1:00 Rest

1:00 at 18-22 SPM

*All sets at a lower Stroke cadence to keep intensity even across all sets

B Snatch Balance

6x1

*Rest 1:00-2:00 between sets

*All sets at 70-80% of last weeks top weight

C Overhead Squat

4x2

*Rest 2:00 between sets

*Use top weight from Snatch Balance and really focus on control through full ROM

D Alternating Dumbbell Bench Press + Knee Tucks

3 Rounds of:

16 Alternating Dumbbell Bench Press

20 Seated Knee Tucks

*Rest 2:00 between sets

*All sets at last weeks top weight

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day