

Day 1

## Week 1 Day 1

### Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

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### 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

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## \* **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)

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### 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 Segment Snatch

4x3@55-65% (of Snatch)

\*Rest 2:00 between sets

\*Pausing twice (Shin/Above Knee) goal is to work on staying over the bar - This is deliberately light so that you don't rush when passing the pause allowing your legs to continue pushing through the floor

## 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

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## 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

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## \* 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)

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### A Clean Pull + Clean

Every 1:30 for 12:00 (8 rounds) complete:  
1 Clean Pull + 1 Clean, 70-75% (of clean)

\*Try to control the descent out of the clean pull to engage the posterior chain and prep for heavier pulls

### B Clean Pull

4x3@100% (of Clean)

\*Rest 2:00 between 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

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## \* **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)

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### A Pressing Snatch Balance

3x3

\*Rest as needed between sets

\*Empty Bar, light weight or even PVC - whatever is needed to allow a controlled press to the bottom and a strong lockout

### 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

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## \* 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)

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### 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

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## 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)

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### 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 Segment Snatch

4x3@60-70% (of Snatch)

\*Rest 2:00 between sets

\*Pausing twice (Shin/Above Knee) goal is to work on staying over the bar

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### 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

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## 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

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## \* 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)

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### A Clean Pull + Clean

Every 1:30 for 12:00 (8 rounds) complete:

1 Clean Pull + 1 Clean, 73-78% (of clean)

\*Try to control the descent out of the clean pull to engage the posterior chain and prep for heavier pulls

### B Clean Pull

4x3@103% (of Clean)

\*Rest 2:00 between sets

## 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

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## \* **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)

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### A Pressing Snatch Balance

3x3

\*Rest as needed between sets

\*Same as last week or slightly heavier - whatever is needed to allow a controlled press to the bottom and a strong lockout

### 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

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## \* 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

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### 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

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## 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

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### 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 Segment Snatch

4x2@65-80% (of Snatch)

\*Rest 2:00 between sets

\*Pausing twice (Shin/Above Knee) goal is to work on staying over the bar

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### 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

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## 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

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## \* 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

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### A Clean Pull + Clean

Every 1:30 for 12:00 (8 rounds) complete:

1 Clean Pull + 1 Clean, 75-80% (of clean)

\*Try to control the descent out of the clean pull to engage the posterior chain and prep for heavier pulls

### B Clean Pull

4x3@105% (of Clean)

\*Rest 2:00 between 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 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

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## \* **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

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### A Pressing Snatch Balance

3x3

\*Rest as needed between sets

\*Same as last week or slightly heavier - whatever is needed to allow a controlled press to the bottom and a strong lockout

### 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

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## \* 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

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### 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

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## \* **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

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### A Clean Grip Snatch

4x2 \*Light

\*Rest 1:00-2:00 between sets

\*Don't exceed last week

### B Segment Snatch

4x2@55-65% (of Snatch)

\*Rest 2:00 between sets

\*Pausing twice (Shin/Above Knee) goal is to work on staying over the bar

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### 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

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## 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

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## \* 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

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### A Clean Pull + Clean

Every 1:30 for 12:00 (8 rounds) complete:

1 Clean Pull + 1 Clean, 65-75% (of clean)

\*Try to control the descent out of the clean pull to engage the posterior chain and prep for heavier pulls

### B Clean Pull

4x2@100% (of Clean)

\*Rest 2:00 between sets

### 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

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## \* 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

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### A Pressing Snatch Balance

3x3

\*Rest as needed between sets

\*All sets at or just below last weeks top weight

### 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

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## \* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

**Rest day**

Day 28

**Rest day**