

Day 1

Week 1 Day 1

🔥 Warmup

Strength Ratio Flow Warm-up 1

📄 Strength Ratio Flow Warm-up (Part 1)

A Wall Ball

5x10

*Rest :30 between sets

*Getting the legs warm to move straight into heavy squats

B Front Squat

In 15:00 Work up to a heavy 1.1

*Building on last cycles Pin Squats we will be testing the 1.1 rep scheme from the top - Set a clock to 15:00 starting with empty bar - 1.1 rep scheme is two quick singles done in succession with ~5-10 seconds between reps - We will be building on this over the weeks so ideally don't exceed RPE 9

C Sandbag Ground to Shoulder

4 Rounds of:

1:00 Max Reps

2:00 Rest

*Goal is to get away from a barbell but continue working on vertible hip extension - if you don't have a sandbag try a heavy med ball/d-ball/atlast stone or another odd object, if limited by equipment do the same workout with heavy dumbbell power cleans

D Low to Hi 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 Ski Erg

500M

*Try to take long pulls and open the arms fully at the top - getting the shoulders warm for Heavy Jerks

B Pause Jerk

5x1@70-80%

*Rest 1:00-2:00 between sets

*2 second pause in the dip - focus on not letting the bar pull you out of position then driving up into a strong finish

C Jerk

5x1@80-90%

*Rest 2:00 between sets

*Keep with percentage range - trying to keep a vertical dip & drive and strong lockout overhead

D Hip Extension + Sit-ups

3 Rounds for time of:

15 Hip Extensions

25 Sit-ups

*No rest between sets - aim to move back and forth and track time for the 3 rounds, the intensity will add to the challenge

*Hip Extension can be GHD or Incline

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 Front Banded Clean Deadlift

3x5

*Rest as needed between sets

*Use a light band at hip height as the goal is to keep lats engaged and bar pulling against your body through full ROM- For weight this can be empty bar or a light weight for week 1 - do these nice and slow

B Clean

3x2@70--80%

4x1 Work to a Heavy Single

*Rest 2:00-3:00 between sets

C Clean Pull

3x2@110% (of Clean)

*Rest 2:00 between sets

D1 **Strict Chest to Bar Pull-Up**

SUPERSET

3x5-8

*Rest :30 between movements

*Goal is 8 reps for the first sets so if needing assistance choose a band that allows 8 but should be very challenging

D2 **depth drop**

SUPERSET


3x5

*Rest 1:00 between sets

*Height of box isn't important - working on "landing" with tension in the legs and core - posture in landing is everything for this drill so keep your chest up

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 Front Banded Snatch Deadlift

3x5

*Rest as needed between sets

*Use a light band at hip height as the goal is to keep lats engaged and bar pulling against your body through full ROM- For weight this can be empty bar or a light weight for week 1 - do these nice and slow

B Muscle Snatch

4x2

*Rest 1:00-2:00 between sets

*Start at ~50% of Snatch and build as long as reps good - Working on being patient to the pocket and driving elbows high to keep the bar close - DO NOT let yourself lean back!
This is a drill working vertical extension

C Snatch

5x1@75-85%

*Rest 2:00 between sets

*Working to use the Drills above to hit some really clean lifts at a moderate percentage

D Alternating Push-ups + Bent Over Rows

4 Rounds for time of:


10 Alternating Plate Push-ups

10 Bent Over Plate Rows

*Like day two this workout will be for intensity to track time

* 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 Wall Ball

5x10

*Rest :30 between sets

*Same as last week - just getting the legs warm

B Front Squat

In 15:00 Work up to a heavy 1.1

*Start at 50% of last weeks top weight and build to heavier than last week in 15:00 - 1.1 rep scheme is two quick singles done in succession with ~5-10 seconds between reps

C Sandbag Ground to Shoulder

8 Rounds of:

:30 Max Reps

1:00 Rest

*Ideally same weight as last week - Different intervals but same total working time so goal is more total reps

D Low to Hi Banded Chop


2x10/10

*Rest 1:00-2:00 between sets

*Same band or slightly more resistance

* 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 Ski Erg

500M

*Try to take long pulls and open the arms fully at the top - getting the shoulders warm for Heavy Jerks

B Pause Jerk

5x1@73-83%

*Rest 1:00-2:00 between sets

*2 second pause in the dip - Same focus on not letting the bar pull you out of position then driving up into a strong finish

C Jerk

5x1@85-95%

*Rest 2:00 between sets

*Ideally staying within the range but if feeling good you can push the percentage

D Hip Extension + Sit-ups

3 Rounds for time of:


15 Hip Extensions

25 Sit-ups

*No rest between sets - goal is to improve on last weeks time

* 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 Front Banded Clean Deadlift

3x5

*Rest as needed between sets

*Same band as last week -- Use top weight from last week or slightly heavier

B Clean

3x2@70--80%

5x1 Work to a Heavy Single

*Rest 2:00-3:00 between sets

*Weight in the doubles to stay the same, work on speed and power - Added a 5th rep to singles so you can make smaller jumps to ideally work heavier than last week

C Clean Pull

3x2@115% (of Clean)

*Rest 2:00 between sets

D1 **Strict Chest to Bar Pull-Up**

SUPERSET

3x5-8

*Rest :30 between movements

*Goal again is 8 reps for the first sets so ideally use the same assistane as last week if it was needed

D2 **depth drop**

SUPERSET

3x6

*Rest 1:00 between sets

*Same box height as last week - still working on "landing" with tension in the legs and core with good posture

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 Front Banded Snatch Deadlift

3x5

*Rest as needed between sets

*Same band as last week -- Use top weight from last week or slightly heavier

B Muscle Snatch

4x2

*Rest 1:00-2:00 between sets

*Start at 80% of last week and build as long as reps good - Continue working on being patient to the pocket and driving elbows high to keep the bar close - DO NOT let yourself lean back! This is a drill working vertical extension

C Snatch

5x1@78-88%

*Rest 2:00 between sets

*Same focus - using the Drills above to hit some really clean lifts at a moderate percentage

D Alternating Push-ups + Bent Over Rows

4 Rounds for time of:

10 Alternating Plate Push-ups

10 Bent Over Plate Rows

*Same weight - Goal is to improve on time from last week

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 Wall Ball

5x10

*Rest :30 between sets

*Same weight as last week - getting the legs warm

B Front Squat

In 15:00 Work up to a heavy 1.1

*Start at 50% of last weeks top weight and build to heavier than last week in 15:00 - 1.1 rep scheme is two quick singles done in succession with ~5-10 seconds between reps

C Sandbag Ground to Shoulder

6 Rounds of:

:40 Max Reps

:40 Rest

*Same total working time again but lower rest - goal is to match total reps from last week

D Low to Hi Banded Chop


2x10/10

*Rest 1:00-2:00 between sets

*Same band or slightly more resistance

* **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 **Ski Erg**

500M

*Try to take long pulls and open the arms fully at the top - getting the shoulders warm for Heavy Jerks

B **Pause Jerk**

5x1@75-85%

*Rest 1:00-2:00 between sets

*2 second pause in the dip - Same focus on not letting the bar pull you out of position then driving up into a strong finish

C **Jerk**

5x1@88-101%

*Rest 2:00 between sets

D Hip Extension + Sit-ups

3 Rounds for time of:


20 Hip Extensions

30 Sit-ups

*Increase in total reps - try not to rest between rounds

* 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 Front Banded Clean Deadlift

3x5

*Rest as needed between sets

*Same band as last week -- Use top weight from last week or slightly heavier

B Clean

3x2@70--80%

5x1 Work to a Heavy Single

*Rest 2:00-3:00 between sets

*Weight in the doubles to stay the same again, work on speed and power

C Clean Pull

3x2@120% (of Clean)

*Rest 2:00 between sets

D1 **Strict Chest to Bar Pull-Up**

SUPERSET

3x6-10

*Rest :30 between movements

*Increased goal rep range but if using assistance stick with what you used last week

D2 **depth drop**

SUPERSET


3x6

*Rest 1:00 between sets

*Same box height as last week - still working on "landing" with tension in the legs and core with good posture

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 **Front Banded Snatch Deadlift**

3x5

*Rest as needed between sets

*Same band as last week -- Use top weight from last week or slightly heavier

B **Muscle Snatch**

4x2

*Rest 1:00-2:00 between sets

*Start at 80% of last week and build as long as reps good - Continue working on being patient to the pocket and driving elbows high to keep the bar close - DO NOT let yourself lean back! This is a drill working vertical extension

C Snatch

5x1@80-90%

*Rest 2:00 between sets

*Same focus - using the Drills above to hit some really clean lifts at a moderate percentage

D Alternating Push-ups + Bent Over Rows

4 Rounds for time of:


12 Alternating Plate Push-ups

12 Bent Over Plate Rows

*Same weight but slight increase in reps - Push to hold the same time as last week

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 Wall Ball

5x10

*Rest :30 between sets

*No change

B Front Squat

5x2

*Rest 2:00 between sets

*All sets at 80% of last week

C Sandbag Ground to Shoulder

5 Rounds of:

:30 Max Reps

1:00 Rest

*Still keeping high intensity and same weight just lower overall volume

D Low to Hi Banded Chop


3x10/10

*Rest 1:00-2:00 between sets

*Same band 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 **Ski Erg**

500M

B **Pause Jerk**

5x1@65-75%

*Rest 1:00-2:00 between sets

*2 second pause in the dip

C **Jerk**

5x1@80-90%

*Rest 2:00 between sets

D Hip Extension + Sit-ups

3 Rounds for time of:


12 Hip Extensions

18 Sit-ups

*Still keep intensity high, move quickly between movements

* 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 Front Banded Clean Deadlift

3x5

*Rest as needed between sets

*Same band as last week -- Use same weight as last week

B Clean

3x2@60-70%

5x1@75-85%

*Rest 2:00-3:00 between sets

C Clean Pull

3x2@100% (of Clean)

*Rest 2:00 between sets

D1 **Strict Chest to Bar Pull-Up**

SUPERSET

3x5

*Rest :30 between movements

D2 **depth drop**

SUPERSET


3x6

*Rest 1:00 between sets

*Same box height as last week - still working on "landing" with tension in the legs and core with good posture

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 Front Banded Snatch Deadlift

3x5

*Rest as needed between sets

*Same band as last week -- Use same weight from last week

B Muscle Snatch

4x2

*Rest 1:00-2:00 between sets

*All sets at 80% of last week - These should be sharp!

C Snatch

5x1@70-85%

*Rest 2:00 between sets

D Alternating Push-ups + Bent Over Rows

3 Rounds for time of:


12 Alternating Plate Push-ups

12 Bent Over Plate Rows

*Same weight and reps but less rounds

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day