

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Tricep Openers

3x5/5/5/5

*Rest as needed between sets

*There are 4 movements each done for 5 reps at a light weight - much more about control and Range of Motion than weight

B Hip Snatch

4x3

*Rest 1:00-2:00 between sets

*No defined weight - Start with an empty bar and work up as long as you can maintain vertical extension and solid lockout on all reps. Goal is working on pulling elbows high to keep the bar close.

C1 Single Arm Dumbbell Row

SUPERSET

3x8/8

*Rest :30 between movements

*RPE 8-9 - these should be Heavy but allow full ROM

C2 V-Up

SUPERSET

3x16

*Rest 1:00 between sets

*Try hard to keep legs straight - break up sets as needed

D Row

5x200M

*Rest 1:00 between sets

*Start at RPE 8 on the first 200M and aim for negative splits for all 5 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 **Back Squat Jump**

3x5

*Rest 1:00-2:00 between sets

*Start with empty barbell and work up to RPE 7 - goal is work get good depth and drive high off the floor on each rep

B **Box Squat**

5x5

*Rest 2:00-3:00 between sets

*Start at ~50-60% of back squat max and build to RPE 7-8 - Box height should allow hips to hit parallel - Sit to box but DO NOT lose core tension or let hips roll - drive up quickly off the box each rep

C **Bench Press + Plank Pull Through**

3 Rounds for time of:

8 Dumbbell Bench Press

16 Dumbbell Plank Pull Through

*Rest 2:00 between sets

*Dumbbell Bench Press at RPE 7 for all sets - ideally use the same DB for pull throughs


D **Freestanding Handstand**

5:00 Practice

*If unable to hold for more than 5 seconds off wall - start on wall and work on single foot support or pushing off by pressing down through your fingers

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 **Row + Climbers Shoulder Openers**

2 Rounds of:

200M Row Erg

10 Climbers Shoulder Openers

B **Jerk**

Every 1:30 for 15:00 Complete:

1 Jerk, 80-90%

*Warm-up to your first set really focusing on lockout and footwork - goal here is to get some volume in on heavy jerks

C **Dual Kettlebell Sumo Deadlift**

4x15

*Rest 1:00 between sets

*Work/Rest ratio is relatively short so really focus on maintaining good positioning on the later sets - Do these at RPE 8

D1 Weighted Supinated Pull-Up

SUPERSET

3x5

*Rest :30 between movements

*Goal is a weight that is challenging but allows all 5 sets unbroken - if still working pull-up strength go unweighted or with assistance that makes for a very challenging 5

D2 Depth Jump

SUPERSET

3x5

*Rest 1:00 between sets

*Building on last cycles Depth Drop we are now adding a jump - Height of box isn't important - working on "landing" with tension in the legs and good posture so you can drive up vertically off the floor

* 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 Clean & Jerk

5x1@75-90%

*Rest 2:00 between sets

*Work up to your starting weight slowly ~5-8min of warm-up

B Barbell Hip Thrusts

6x8

*Rest 2:00 between sets

*RPE 7-8 for all sets - Keep within RPE as we will build in upcoming weeks

C Dumbbell Curl + Overhead Triceps Extensions

3 Rounds of:

12 Dual Dumbbell Curls

12 Overhead Triceps Extension

*Rest 1:00 between sets

*RPE 7 for both movements

D Uneven Barbell Side Bend


2x10/10

*Rest 1:00 between sets

*Keep this lighter (RPE 5-6) and really focus on full ROM with good posture

* 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 Tricep Openers

3x5/5/5/5

*Rest as needed between sets

*Same weight as last week - There are 4 movements each done for 5 reps at a light weight - much more about control and Range of Motion than weight

B Hip Snatch

4x3

*Rest 1:00-2:00 between sets

*Start at ~80% of last week and build as long as you can keep a vertical extension and strong lockout

C1 Single Arm Dumbbell Row

SUPERSET

3x8/8

*Rest :30 between movements

*All sets heavier than last week

C2 V-Up

SUPERSET

3x16

*Rest 1:00 between sets

*Try hard to keep legs straight - break up sets as needed

D Row

4x250M

*Rest 1:30 between sets

*Aim is to hold the same pace as your final row from last week for all 4 sets this week - a little further distance with more rest

* 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 **Back Squat Jump**

3x5

*Rest 1:00-2:00 between sets

*Start at last weeks top weight and hold or build conservatively - goal again is speed out of the bottom and a strong vertical jump

B **Box Squat**

5x5

*Rest 2:00-3:00 between sets

*Start at ~80% of last week and build to RPE 8-9 - Box height should be the same - Again, focus on not losing core tension and drive up quickly off the box each rep

C **Bench Press + Plank Pull Through**

3 Rounds for time of:

10 Dumbbell Bench Press

20 Dumbbell Plank Pull Through

*Rest 2:00 between sets

*Same weights or slightly heavier than last week with increased reps


D **Freestanding Handstand**

5:00 Practice

*If unable to hold for more than 5 seconds off wall - start on wall and work on single foot support or pushing off by pressing down through your fingers

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 **Row + Climbers Shoulder Openers**

2 Rounds of:

200M Row Erg

10 Climbers Shoulder Openers

B **Jerk**

Every 1:30 for 15:00 Complete:

1 Jerk, 83-95%

*Warm-up to your first set really focusing on lockout and footwork - goal here is to get some volume in on heavy jerks

C **Dual Kettlebell Sumo Deadlift**

4x15

*Rest 1:00 between sets

*Slightly Heavier than last week for all sets

D1 Weighted Supinated Pull-Up

SUPERSET

3x5

*Rest :30 between movements

*Hdavier than last week or less assistance

D2 Depth Jump

SUPERSET

3x5

*Rest 1:00 between sets

*Same height as last week

* 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 Clean & Jerk

5x1@78-95%

*Rest 2:00 between sets

*Again, take your time with warm-up to allow for good technical reps

B Barbell Hip Thrusts

5x8

*Rest 2:00-3:00 between sets

*Start at last week's top weight and build for heavy for the day

C **Dumbbell Curl + Overhead Triceps Extensions**

3 Rounds of:

10-12 Dual Dumbbell Curls

10-12 Overhead Triceps Extension

*Rest 1:00 between sets

*Heavier than last week for both movements - ideally still aiming for 12 reps with both movements

D **Uneven Barbell Side Bend**

2x10/10

*Rest 1:00 between sets

*Same weight or slightly heavier - focus on full ROM

* **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 Tricep Openers

3x5/5/5/5

*Rest as needed between sets

*Same weight as last week or slightly heavier

B Hip Snatch

4x3

*Rest 1:00-2:00 between sets

*Start at ~80% of last week and build as long as you can keep a vertical extension and strong lockout

C1 Single Arm Dumbbell Row

SUPERSET

3x8/8

*Rest :30 between movements

*All sets heavier than last week

C2 V-Up

SUPERSET

3x16

*Rest 1:00 between sets

*Try hard to keep legs straight - break up sets as needed

D Row

2x500M

*Rest 2:30 between sets

*Push the pace on both - Goal is around RPE 9 for both

* 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 **Back Squat Jump**

3x5

*Rest 1:00-2:00 between sets

*Start at last weeks top weight and hold or build conservatively - goal again is speed out of the bottom and a strong vertical jump

B **Box Squat**

5x5

*Rest 2:00-3:00 between sets

*Start at ~80% of last week and build to Heavy - Box height should be the same

C **Bench Press + Plank Pull Through**

3 Rounds for time of:

12 Dumbbell Bench Press

24 Dumbbell Plank Pull Through

*Rest 2:00 between sets

*Same weights or slightly heavier than last week with increased reps


D **Freestanding Handstand**

5:00 Practice

*If unable to hold for more than 5 seconds off wall - start on wall and work on single foot support or pushing off by pressing down through your fingers

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 **Row + Climbers Shoulder Openers**

2 Rounds of:

200M Row Erg

10 Climbers Shoulder Openers

B **Jerk**

Every 1:30 for 15:00 Complete:

1 Jerk, 85-101%

*Warm-up to your first set really focusing on lockout and footwork

C **Dual Kettlebell Sumo Deadlift**

4x15

*Rest 1:00 between sets

*Slightly Heavier than last week for all sets

D1 Weighted Supinated Pull-Up

SUPERSET

3x5

*Rest :30 between movements

*Heavier than last week or less assistance

D2 Depth Jump

SUPERSET


3x5

*Rest 1:00 between sets

*Same height as last week

* 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 Clean & Jerk

5x1@80-101%

*Rest 2:00 between sets

*Go by feel and take an extra set if feeling good and going for a new PR

B Barbell Hip Thrusts

5x8

*Rest 2:00-3:00 between sets

*Start at 80% of last week and build to heavy for the day

C **Dumbbell Curl + Overhead Triceps Extensions**

3 Rounds of:

8-10 Dual Dumbbell Curls

8-10 Overhead Triceps Extension

*Rest 1:00 between sets

*Heavier than last week for both movements - ideally aiming for 10 reps with both movements

D **Uneven Barbell Side Bend**

2x10/10

*Rest 1:00 between sets

*Same weight or slightly heavier - still focused on full ROM

* **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 Tricep Openers

3x5/5/5/5

*Rest as needed between sets

*Same weight as last week

B Hip Snatch

4x3

*Rest 1:00-2:00 between sets

*All Sets at 80% of last weeks top weight

C1 Single Arm Dumbbell Row

SUPERSET

3x6/6

*Rest :30 between movements

*All sets at last weeks top weight

C2 V-Up

SUPERSET

3x12

*Rest 1:00 between sets

*Try hard to keep legs straight

D Row


2x500M

*Rest 2:30 between sets

*RPE 7 for both sets - focus on hard slow pulls to maximize power but keep from pushing intensity to hard

* 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 Back Squat Jump

3x5

*Rest 1:00-2:00 between sets

*All sets at 80% of last weeks top weight

B Box Squat

5x5

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight

C Bench Press + Plank Pull Through

3 Rounds for time of:

8 Dumbbell Bench Press

16 Dumbbell Plank Pull Through

*Rest 2:00 between sets

*Same weights as last week


D Freestanding Handstand

5:00 Practice

*If unable to hold for more than 5 seconds off wall - start on wall and work on single foot support or pushing off by pressing down through your fingers

* 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 **Row + Climbers Shoulder Openers**

2 Rounds of:

200M Row Erg

10 Climbers Shoulder Openers

B **Jerk**

Every 1:30 for 15:00 Complete:

1 Jerk, 80%

C **Dual Kettlebell Sumo Deadlift**

4x15

*Rest 1:00 between sets

*All sets at 80% of last week

D1 Weighted Supinated Pull-Up

SUPERSET

4x3

*Rest :30 between movements

*Same weight as last week

D2 Depth Jump

SUPERSET

4x3

*Rest 1:00 between sets

*Same height 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 Clean & Jerk

5x1@70-80%

*Rest 2:00 between sets

B Barbell Hip Thrusts

5x6

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight

C Dumbbell Curl + Overhead Triceps Extensions

3 Rounds of:

8 Dual Dumbbell Curls

8 Overhead Triceps Extension

*Rest 1:00 between sets

*Same weight or slightly lighter than last week

D Uneven Barbell Side Bend


2x8/8

*Rest 1:00 between sets

*Same weight as last week- still focused on full ROM

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min