

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **Row + Banded Hamstring Curls**

2 Rounds:

200m Row

20 Banded Hamstring curls

*For Hamstring Curls choose a band that allows a full Range of Motion and a slight resistance throughout

B **Block Clean**

Every 1:00 for 15:00 (15 Rounds) complete:

1 Block Clean, 60-70% (of Clean)

*Below Knee - focus on being patient with your pull and allowing the bar to hit the "pocket" before extending

C1 Banded Row

SUPERSET

4x12

*RPE 8

*Rest 1:00 between movements

C2 Kettlebell Bench Press

SUPERSET

4x12

*RPE 7-8 - This is a little different stability wise so you can start a little lighter and build as you feel comfortable

*Rest 1:00 between sets

D Plank Pull Through

4x20

*Go Heavy - RPE 8-9

*Rest 1:00 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)

A1 Tricep Openers

SUPERSET

3x5/5/5/5

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

*No Rest between movements

A2 Rear Foot Elevated Split Squat

SUPERSET

3x10/10

*Unweighted

*Rest as needed between sets

B Overhead Squat

Every 2:30 for 15:00 (6 Rounds) complete:

5 Overhead Squats

*RPE 6-7 - Not very heavy this first week focusing on a strong overhead lockout and control through the full squat

C 3 Position Snatch

Every 2:00 for 10:00 (5 rounds) complete:

1 3-Position Snatch, 55-70% (of Snatch)

*Positions are Above Knee, Below Knee, Floor - goal is to work on speed under the bar

D Hip Extension + Side Bend

4 Rounds of:

16 Incline Hip Extensions

8/8 Banded Side Bends

*Unweighted Hip Extensions this week and side bends should be RPE 7 and allow full ROM

*Rest as needed between sets

*** 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 **Ski Erg + Shoulder Taps**

2 Rounds of:

2:00 Ski Erg

:30 Plank Shoulder Taps

B **Power Jerk + Jerk**

Every 2:00 for 16:00 (8 Rounds) complete:

1 Power Jerk + 1 Jerk, 65-75% (of Jerk)

C **Back Squat**

3x8@60-70%

*Rest 3:00 between sets

D **Russian Kettlebell Swing**

As Many Reps As Possible in 5:00

*Do this As Heavy As Possible

*Must Rest Exactly :30 each time you set the KB Down

*Record weight used and total reps

* **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)

A1 **CrossOver Symmetry**

SUPERSET

3 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

*Do 8 of each movement in succession then move on to cyclist squats

*No Rest between movements

A2 **Cyclist Air Squat**

SUPERSET

3x16

*Rest as needed between sets

B Hang Clean + Hang Clean Thruster + Push Press

Every 1:30 for 15:00 (10 Rounds) complete:

1 Hang Clean + 1 Hang Clean Thruster + 1 Push Press

*Start at 70% of Push Press and build by feel - no more than 85%

C1 Straight Leg Box Jump

SUPERSET

4x10

*Goal of these is to really force the body into extension and get hips as high as possible - Start with a 6-12" box and get comfortable with the movement before trying anything higher

*VERY IMPORTANT - Straight Leg does not mean rigid locked knees, you will still catch with a slight knee and hip bend - think SOFT Landing

*Rest :30 between movements

C2 Shoot Through

SUPERSET

4x15

*Ideally done on Parralletes but can also use Heavy Kettlebells - if feet are scrapping the floor as your "Shoot Through" try using Benches or Boxes to raise the height of you hands from the floor

*Rest 1:00 between sets

D Handstand Walk

5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

* 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 **Row + Banded Hamstring Curls**

2 Rounds:

200m Row

20 Banded Hamstring curls

*Same resistance as last week

B **Block Clean**

Every 1:00 for 15:00 (15 Rounds) complete:

1 Block Clean, 65-75% (of Clean)

*Below Knee

C1 **Banded Row**

SUPERSET

4x14

*Same resistance as last week for all sets

*Rest 1:00 between movements

C2 **Kettlebell Bench Press**

SUPERSET

4x14

*Same weight as last week for all sets

*Rest 1:00 between sets

D **Plank Pull Through**

4x20

*5-10lbs Heavier than last week for all sets

*Rest 1:00 between sets

* **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)

A1 Tricep Openers

SUPERSET

3x5/5/5/5

*Same light weight as last week to start - you can go 5-10lbs heavier for the last set

*No Rest between movements

A2 Rear Foot Elevated Split Squat

SUPERSET

3x10/10

*Unweighted

*Rest as needed between sets

B Overhead Squat

Every 2:30 for 15:00 (6 Rounds) complete:

5 Overhead Squats

*5-10% heavier than last week for all sets

C 3 Position Snatch

Every 2:00 for 10:00 (5 rounds) complete:

1 3-Position Snatch, 60-75% (of Snatch)

*Positions are Above Knee, Below Knee, Floor

D Hip Extension + Side Bend

4 Rounds of:

16 Incline Hip Extensions

8/8 Banded Side Bends

*Hold a light weight on the chest for Hip Extension this week - same band for side bends

*Rest as needed between sets

*** 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 **Ski Erg + Shoulder Taps**

2 Rounds of:

2:00 Ski Erg

:30 Plank Shoulder Taps

B **Power Jerk + Jerk**

Every 2:00 for 16:00 (8 Rounds) complete:

1 Power Jerk + 1 Jerk, 70-80% (of Jerk)

C **Back Squat**

3x8@65-75%

*Rest 3:00 between sets

D Russian Kettlebell Swing


As Many Reps As Possible in 5:00

*IF YOU GOT OVER 100 REPS LAST WEEK CHOOSE A HEAVIER KB - Otherwise goal is to beat your total reps from last week

*Must Rest Exactly :30 each time you set the KB Down

* 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)

A1 **CrossOver Symmetry**

SUPERSET

3 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

*Do 8 of each movement in succession then move on to cyclist squats

*No Rest between movements

A2 **Cyclist Air Squat**

SUPERSET

3x16

*Rest as needed between sets

B Hang Clean + Hang Clean Thruster + Push Press

Every 1:30 for 15:00 (10 Rounds) complete:

1 Hang Clean + 1 Hang Clean Thruster + 1 Push Press

*Start at 90% of last week and build to heavy (RPE 9) with No Failures

C1 Straight Leg Box Jump

SUPERSET

4x15

*Same as last week - no need to increase box height, just working on fully extending

*Rest :30 between movements

C2 Shoot Through

SUPERSET

4x20

*Same set-up as last week

*Rest 1:00 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

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 **Row + Banded Hamstring Curls**

2 Rounds:

200m Row

20 Banded Hamstring curls

*Same resistance as last week

B **Block Clean**

Every 1:00 for 15:00 (15 Rounds) complete:

1 Block Clean, 70-80% (of Clean)

*Below Knee

C1 **Banded Row**

SUPERSET

4x16

*Same resistance as last week for all sets

*Rest 1:00 between movements

C2 **Kettlebell Bench Press**

SUPERSET

4x16

*Same weight as last week for all sets

*Rest 1:00 between sets

D **Plank Pull Through**

4x20

*5-10lbs Heavier than last week for all sets

*Rest 1:00 between sets

* **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

A1 Tricep Openers

SUPERSET

3x5/5/5/5

*Same light weight as last week for all sets

*No Rest between movements

A2 Rear Foot Elevated Split Squat

SUPERSET

3x10/10

*Unweighted

*Rest as needed between sets

B Overhead Squat

Every 2:30 for 15:00 (6 Rounds) complete:

5 Overhead Squats

*Start at 90% of last week and build to heavy (RPE 8-9) no failures

C 3 Position Snatch

Every 2:00 for 10:00 (5 rounds) complete:

1 3-Position Snatch, 65-80% (of Snatch)

*Positions are Above Knee, Below Knee, Floor

D Hip Extension + Side Bend

4 Rounds of:

16 Incline Hip Extensions

8/8 Banded Side Bends

*5-10% Heavier weight for Hip Extensions - same band for side bends

*Rest as needed between sets

*** 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 **Ski Erg + Shoulder Taps**

2 Rounds of:

2:00 Ski Erg

:30 Plank Shoulder Taps

B **Power Jerk + Jerk**

Every 2:00 for 16:00 (8 Rounds) complete:

1 Power Jerk + 1 Jerk, 75-85% (of Jerk)

C **Back Squat**

3x8@70-80%

*Rest 3:00 between sets

D Russian Kettlebell Swing


As Many Reps As Possible in 5:00

*IF YOU GOT OVER 100 REPS LAST WEEK CHOOSE A HEAVIER KB - Otherwise goal is to beat your total reps from last week

*Must Rest Exactly :30 each time you set the KB Down

* 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

A1 **CrossOver Symmetry**

SUPERSET

3 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

*Do 8 of each movement in succession then move on to cyclist squats

*No Rest between movements

A2 **Cyclist Air Squat**

SUPERSET

3x16

*Rest as needed between sets

B Hang Clean + Hang Clean Thruster + Push Press

Every 2:00 for 16:00 (8 Rounds) complete:

1 Hang Clean + 1 Hang Clean Thruster + 1 Push Press

*Start at 90% of last week and build to heavy - fewer rounds but more rest so push to a max

C1 Straight Leg Box Jump

SUPERSET

4x15

*Same as last week - no need to increase box height, just working on fully extending

*Rest :30 between movements

C2 Shoot Through

SUPERSET

4x15

*Same set-up as last week

*Rest 1:00 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

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 **Row + Banded Hamstring Curls**

2 Rounds:

200m Row

20 Banded Hamstring curls

*Same resistance as last week

B **Block Clean**

Every 1:00 for 15:00 (15 Rounds) complete:

1 Block Clean, 60-70% (of Clean)

*Below Knee

C1 **Banded Row**

SUPERSET

4x12

*Same resistance as last week for all sets

*Rest 1:00 between movements

C2 **Kettlebell Bench Press**

SUPERSET

4x12

*Same weight as last week for all sets

*Rest 1:00 between sets

D **Plank Pull Through**

4x20

*Use 80% of last weeks top weight

*Rest 1:00 between sets

* **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

A1 Tricep Openers

SUPERSET

3x5/5/5/5

*Same light weight as last week to start

*No Rest between movements

A2 Rear Foot Elevated Split Squat

SUPERSET

3x10/10

*Unweighted

*Rest as needed between sets

B Overhead Squat

Every 2:30 for 15:00 (6 Rounds) complete:

5 Overhead Squats

*All sets at 80% of last weeks top weight

C 3 Position Snatch

Every 2:00 for 10:00 (5 rounds) complete:

1 3-Position Snatch, 55-70% (of Snatch)

*Positions are Above Knee, Below Knee, Floor

D Hip Extension + Side Bend

4 Rounds of:

16 Incline Hip Extensions

8/8 Banded Side Bends

*Unweighted hip extensions and same band as last week

*Rest as needed between sets

*** 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 **Ski Erg + Shoulder Taps**

2 Rounds of:

2:00 Ski Erg

:30 Plank Shoulder Taps

B **Power Jerk**

Every 2:00 for 16:00 (8 Rounds) complete:

2 Power Jerks, 65-75% (of Jerk)

C **Back Squat**

3x8@60-70%

*Rest 3:00 between sets

D Russian Kettlebell Swing


5x20

*use weight from week 1

*Rest 1:00 between sets

* 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

A1 **CrossOver Symmetry**

SUPERSET

3 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

*Do 8 of each movement in succession then move on to cyclist squats

*No Rest between movements

A2 **Cyclist Air Squat**

SUPERSET

3x16

*Rest as needed between sets

B Hang Clean Thruster

Every 1:00 for 12:00 (12 Rounds) complete:

1 Hang Clean Thruster

*All sets at 80% of last weeks Complex

C1 Straight Leg Box Jump

SUPERSET

4x8

*Same as last week

*Rest :30 between movements

C2 Shoot Through

SUPERSET

4x12

*Same set-up as last week

*Rest 1:00 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day