

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x8@70%

1x6@75%

1x5@80%

1x4@85%

*Rest 3:00-4:00 between sets

C Z Press

4x8

*Rest 1:00-2:00 between movements

*Barbell - RPE 7-8 for all sets

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*These should be VERY LIGHT - As slow as possible rolling the spine down with a slight pause at the bottom

* 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 Banded Face Pulls

2x15

*Rest as needed between sets

*use a light band and pause at contraction of each rep

B Row Erg

3x500M

*Rest 3:00 between sets

*Row your first 500M at RPE 7 - goal will be negative splits, taking a little time off each 500M so that last is the fastest

C Dips + Kettlebell Curl

3 Rounds of:

10 Dips

10 Kettlebell Curls

*Rest 2:00 between sets

*Dips should be challenging so if you are able to do 10 easy add some weight - KB Curls should be RPE 7-8


D GHD Sit-Up

3x15

*Rest 1:00 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 **KB Sumo Deadlift + Goblet Squat**

2 Rounds of:

15 Kettlebell Sumo Deadlift

15 Goblet Squats

*Rest as needed between sets

*Do these very light working to open up the posterior chain and hips - On KB DL try to keep the hips a tad higher to engage the hamstrings and control the descent

B1 **Hang Power Clean**

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

1 Hang Power Clean, 65-75% (of clean)

*This is a 2-part Clean circuit with no built in rest between EMOM's so make sure squat is warm so you can easily transition movements - Hang below knee

*Immediately start B2

B2 Hang Clean

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

1 Hang Clean, 75-85%

C Bear Hug Lunge + Russian Twist

4 Rounds of:

30 Bear Hug Reverse Lunge


30 Russian Twist

*Rest 2:00 between sets

*Weight for both movements should be RPE 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 **Kettlebell Swing + Landmine Press**

4 Rounds of:

15 American Kettlebell Swings

10/10 Half Kneeling Landmine Press

*Rest 1:00 between rounds

*KBS should be heavy (RPE 8-9) with Landmine Press a little more conservative (RPE 7) so you can get used to the movement

B **Jerk**

4x2@70-80%

4x1@80-90%

*Rest 1:00-2:00 between sets

C1 Strict Chest to Bar Pull-Up

3xME

*Rest 2:00 between sets - Complete SLDL during rest period

*You can choose over or underhand - Go for as many reps as possible in each set without coming off the bar - If less than 5 reps use assistance

C2 Single Leg Deadlift with Rotation

2x5/5

*To be completed between sets during C2B Rest

* 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar or light weight for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x7@73%

1x5@78%

1x5@83%

1x3@88%

*Rest 3:00-4:00 between sets

C Z Press

4x8

*Rest 1:00-2:00 between movements

*Start at last weeks top weight and build to heavy *No failures

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*Again, keep the weight VERY LIGHT - As slow as possible rolling the spine down with a slight pause at the bottom

* 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 Banded Face Pulls

2x15

*Rest as needed between sets

*use the same light band and pause at contraction of each rep

B Row Erg

3x500M

*Rest 3:00 between sets

*Same as last week start your first 500M at RPE 7 but focusing on Stroke Rate (SPM) - Goal will be to maintain the same SPM through all 3 sets but to again increase pace each set

C Dips + Kettlebell Curl

3 Rounds of:

12 Dips

12 Kettlebell Curls

*Rest 2:00 between sets

*Same set-up for Dips and weight for curls


D GHD Sit-Up

3x15-18

*Rest 1:00 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 **KB Sumo Deadlift + Goblet Squat**

2 Rounds of:

15 Kettlebell Sumo Deadlift

15 Goblet Squats

*Rest as needed between sets

*Same weight or slightly heavier than last week - On KB DL try to keep the hips a tad higher to engage the hamstrings and control the descent

B1 **Hang Power Clean**

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

1 Hang Power Clean, 70-80% (of clean)

*Again make sure squat is warm so you can easily transition movements - Hang below knee

*Immediately start B2 - As this gets heavier take an extra min between movements to regroup and get weights ready

B2 Hang Clean

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

1 Hang Clean, 80-90%

C Bear Hug Lunge + Russian Twist

4 Rounds of:

30 Bear Hug Reverse Lunge


30 Russian Twist

*Rest 2:00 between sets

*Heavier than last week for all 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 **Kettlebell Swing + Landmine Press**

4 Rounds of:

15 American Kettlebell Swings

10/10 Half Kneeling Landmine Press

*Rest 1:00 between sets

*Heavier than last week on both movements and hold across all sets

B **Jerk**

4x2@73-85%

4x1@85-95%

*Rest 1:00-2:00 between sets

C1 Strict Chest to Bar Pull-Up

3xME

*Rest 2:00 between sets - Complete SLDL during rest period

*Go for as many reps as possible in each set without coming off the bar trying to beat last weeks total - use same assistance if applicable

C2 Single Leg Deadlift with Rotation

2x5/5

*To be completed between sets during C2B Rest

* 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar or light weight for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x7@75%

1x5@80%

1x4@85%

1x3@90%

*Rest 3:00-4:00 between sets

C Z Press

4x6

*Rest 1:00-2:00 between movements

*Start at last weeks top weight and build to heavy *No failures

D Dumbbell Jefferson Curl

2x5-8

*Rest 1:00 between sets

*Again, keep the weight VERY LIGHT - As slow as possible rolling the spine down with a slight pause at the bottom

* 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 **Banded Face Pulls**

2x15

*Rest as needed between sets

*use the same light band and pause at contraction of each rep

B **Row Erg**

5x300M

*Rest 2:00 between sets

*This week you are going to push the pace on all 5 sets - Go hard set one and try to hold on

C Dips + Kettlebell Curl

3 Rounds of:

15 Dips

15 Kettlebell Curls

*Rest 2:00 between sets

*Same set-up for Dips and weight for curls


D GHD Sit-Up

3x15-20

*Rest 1:00 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 **KB Sumo Deadlift + Goblet Squat**

2 Rounds of:

15 Kettlebell Sumo Deadlift

15 Goblet Squats

*Rest as needed between sets

*Same weight or slightly heavier than last week

B1 **Hang Power Clean**

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

1 Hang Power Clean, 75-85% (of clean)

*Again make sure squat is warm so you can easily transition movements - Hang below knee

*Immediately start B2 - As this gets heavier take an extra min between movements to regroup and get weights ready

B2 Hang Clean

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

1 Hang Clean, 85-95%

C Bear Hug Lunge + Russian Twist

4 Rounds of:

30 Bear Hug Reverse Lunge


30 Russian Twist

*Rest 2:00 between sets

*Heavier than last week for all 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 **Kettlebell Swing + Landmine Press**

4 Rounds of:

12 American Kettlebell Swings

10/10 Half Kneeling Landmine Press

*Rest 1:00 between sets

*Heavier on both movements and hold across

B **Jerk**

4x2@75-90%

4x1@90-101%

*Rest 1:00-2:00 between sets

C1 Strict Chest to Bar Pull-Up

3xME

*Rest 2:00 between sets - Complete SLDL during rest period

*Go for as many reps as possible in each set without coming off the bar trying to beat last weeks total - use same assistance if applicable

C2 Single Leg Deadlift with Rotation

2x5/5

*To be completed between sets during C2B Rest

* 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar or light weight for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x6@78%

1x4@83%

1x4@88%

1x2@93%

*Rest 3:00-4:00 between sets

C Z Press

4x6

*Rest 1:00-2:00 between movements

*All sets at 80% of last weeks top weight

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*Again, keep the weight VERY LIGHT - As slow as possible rolling the spine down with a slight pause at the bottom

*** 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 Banded Face Pulls

2x15

*Rest as needed between sets

*use the same light band and pause at contraction of each rep

B Row Erg

2x1000M

*Rest 3:00 between sets

*Both sets at RPE 6-7 - Recovery Row

C Dips + Kettlebell Curl

3 Rounds of:

10 Dips

10 Kettlebell Curls

*Rest 2:00 between sets

*Same set-up for Dips and weight for curls


D GHD Sit-Up

3x12-15

*Rest 1:00 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 **KB Sumo Deadlift + Goblet Squat**

2 Rounds of:

15 Kettlebell Sumo Deadlift

15 Goblet Squats

*Rest as needed between sets

*Same weight or lighter than last week

B1 **Hang Power Clean**

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

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

*Again make sure squat is warm so you can easily transition movements - Hang below knee

*Immediately start B2

B2 **Hang Clean**

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

1 Hang Clean, 75-85%

C **Bear Hug Lunge + Russian Twist**

4 Rounds of:

20 Bear Hug Reverse Lunge

20 Russian Twist

*Rest 2:00 between sets

*Same weight as last week for all 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

A **Kettlebell Swing + Landmine Press**

4 Rounds of:

12 American Kettlebell Swings

10/10 Half Kneeling Landmine Press

*Rest 1:00 between sets

*80% of last week for both movements

B **Jerk**

4x2@70-85%

4x1@85-101%

*Rest 1:00-2:00 between sets

*This is close to the same percentages as last week - if feeling good you can push the top end of these sets but otherwise stay on the low end

C1 Strict Chest to Bar Pull-Up

3x5-8

*Rest 2:00 between sets - Complete SLDL during rest period

*Goal is RPE 7-8 each set

C2 Single Leg Deadlift with Rotation

2x5/5

*To be completed between sets during C2B Rest

*** Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day