

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 Block Snatch

Every 1:30 for 15:00 complete:

1 Block Snatch, 70-80%

*Block height below knee - Warm-up with 2-4 light doubles so that you can be sharp on all 10 sets - focus on pulling tension out of the bar off the blocks and being patient to the pocket on all lifts

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 **Block Power Clean**

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

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

*This is a 3-part Clean circuit with no built in rest between EMOM's so make sure squat is warm so you can easily transition movements - Block height below knee

*Immediately start B2

B2 Block Clean

Every 1:00 for 8:00 (8 Rounds) complete:
1 Block Clean, 75-85%

*immediately start B3

B3 Block Clean Pull

Every 1:00 for 4:00 (3 Rounds) complete:
3 Block Clean Pulls, 90-105%

*Use straps for pulls if you have them

C Bear Hug Lunge + Russian Twist

3 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 Snatch High Pull + Floating Snatch + Overhead Squat

8x1+1+1@65-75% (of Snatch)

*Rest 1:00 between sets

*Technique and positioning work

B Split 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 **Block Snatch**

Every 1:30 for 15:00 complete:

1 Block Snatch, 75-85%

*Block height below knee - Warm-up with 2-4 light doubles so that you can be sharp on all 10 sets - focus on pulling tension out of the bar off the blocks and being patient to the pocket on all lifts

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 **Block Power Clean**

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

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

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

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

B2 Block Clean

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

1 Block Clean, 80-90%

*immediately start B3 - As this gets heavier take an extra min between movements to regroup and get weights ready

B3 Block Clean Pull

Every 1:00 for 4:00 (3 Rounds) complete:

3 Block Clean Pulls, 95-110%

*Use straps for pulls if you have them

C Bear Hug Lunge + Russian Twist

3 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 Snatch High Pull + Floating Snatch + Overhead Squat

8x1+1+1@68-78% (of Snatch)

*Rest 1:00 between sets

*Technique and positioning work

B Split 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 **Block Snatch**

Every 1:30 for 15:00 complete:

1 Block Snatch, 78-90%

*Block height below knee - Warm-up with 2-4 light doubles so that you can be sharp on all 10 sets - focus on pulling tension out of the bar off the blocks and being patient to the pocket on all lifts

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 **Block Power Clean**

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

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

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

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

B2 Block Clean

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

1 Block Clean, 85-95%

*immediately start B3 - As this gets heavier take an extra min between movements to regroup and get weights ready

B3 Block Clean Pull

Every 1:00 for 4:00 (3 Rounds) complete:

3 Block Clean Pulls, 100-115%

*Use straps for pulls if you have them

C Bear Hug Lunge + Russian Twist

3 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 Snatch High Pull + Floating Snatch + Overhead Squat

8x1+1+1@70-80% (of Snatch)

*Rest 1:00 between sets

*Technique and positioning work

B Split 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 **Block Snatch**

Every 1:30 for 15:00 complete:

1 Block Snatch, 65-75%

*Block height below knee - Warm-up with 2 light doubles so that you can be sharp on all 10 sets - focus on pulling tension out of the bar off the blocks and being patient to the pocket on all lifts

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 **Block 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 - Block height below knee

*Immediately start B2

B2 Block Clean

Every 1:00 for 8:00 (8 Rounds) complete:
1 Block Clean, 75-85%

*immediately start B3

B3 Block Clean Pull

Every 1:00 for 4:00 (3 Rounds) complete:
3 Block Clean Pulls, 90-100%

*Use straps for pulls if you have them

C Bear Hug Lunge + Russian Twist

3 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 Snatch High Pull + Floating Snatch + Overhead Squat

8x1+1+1@60-70% (of Snatch)

*Rest 1:00 between sets

*Technique and positioning work

B Split 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