

Day 1

## Week 1 Day 1

### Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

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### A **Banded Step Overs + Good Morning Reach**

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B **Back Squat**

1x6@80%

1x4@85%

1x3@90%

1x2@95%

\*Rest 3:00-4:00 between sets

### C **Bottoms Up Kettlebell Turkish Get Up**

3x2/2

\*Rest 2:00 between sets

\*Start very light on these - the goal is to move slow through the positions and focus on stability overhead

## D **Banded Side Bend**

2x10/10


\*Rest 1:00 between sets

\*RPE 6-7 on these - focus more on extending ROM then difficulty of resistance

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## \* **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)

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### A Crossover Archer + Dumbbell Pullover

2 Rounds of:

30 Crossover Archers

15 Dumbbell Pullovers

\*Rest as needed between sets

\*Pullovers should be controlled and allow a good stretch without losing tension

### B Close Grip Bench Press

4x8

\*Rest 2:00 between sets

\*Warm-up to RPE 7-8 and hold across or build slightly

## C **Air Bike**

10 Rounds of:

:20 Hard Effort

:40 Recovery Effort

\*Try to find a Watt average that you can hold for all 10 sets

## D **Seated Knee Tucks**


50 Total Reps

\*Goal is to complete in 1-2 sets and no more than 3 sets

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## \* **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)

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### A Power Clean + Clean + Jerk

8x1+1+1@70-80% of C&J

\*Rest 2:00 between sets

\*Warm-up in 3-5 sets - Goal here is to move well, fast under the bar and good positions

### B Deadlift

4x3

\*Rest 2:00-3:00 between sets

\*Warm-up to RPE 7 and hold across

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### C1 Floor Glute Ham Raise

SUPERSET

3x6

\*Rest :30 between Movements

## **c2 Single Arm Ring Row**

**SUPERSET**

**3x8/8**

\*Rest :30 between sets

\*Set pulling angle so first set is RPE 7

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## **\* 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)

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### A Adductor Plank + Squat to Hamstring Stretch

2 Rounds of:

:20/:20 Adductor Plank

10 Squat to Hamstring Stretch

\*Rest as needed between rounds

### B Power Snatch

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

1 Power Snatch, 65-75% (of Snatch)

\*Great time to work on technique and positioning - start your first set at 65% and if nailing form build to 75%



## C Incline Dorsiflexion Split Squat

3x12/12

\*Rest 2:00 between sets

\*Do these at RPE 5 - goal is to incline front of foot just a bit with heel on the ground (recommend a single plate) - Don't push the weight, focus on control and full ROM as long as front heel can stay on the ground

## D Incline Dumbbell Bench Press

3x10


\*Rest 2:00 between sets

\*RPE 7-8 for all sets

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## \* 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)

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### A **Banded Step Overs + Good Morning Reach**

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B **Back Squat**

1x5@83%

1x3@88%

1x3@93%

1x1@98%

\*Rest 3:00-4:00 between sets

### C **Bottoms Up Kettlebell Turkish Get Up**

3x2/2

\*Rest 2:00 between sets

\*Start at last weeks weight and add if stability and control is good

## D **Banded Side Bend**

2x12/12

\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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## **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)

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### A Crossover Archer + Dumbbell Pullover

2 Rounds of:

30 Crossover Archers

15 Dumbbell Pullovers

\*Rest as needed between sets

\*same weight or slightly heavier for pullovers

### B Close Grip Bench Press

4x8

\*Rest 2:00 between sets

\*Heavier than last week for all sets

**C Air Bike**

12 Rounds of:

:20 Hard Effort

:40 Recovery Effort

\*Adding two rounds - try to hold the same average as last week

**D Seated Knee Tucks**


55 Total Reps

\*Goal is to again complete in 1-2 sets and no more than 3 sets

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**\* 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)

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### A Power Clean + Clean + Jerk

8x1+1+1@73-85% of C&J

\*Rest 2:00 between sets

\*Warm-up in 3-5 sets - Goal here is to move well, fast under the bar and good positions

### B Deadlift

4x3

\*Rest 2:00-3:00 between sets

\*Start at last weeks weight and build conservatively to RPE 8

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### C1 Floor Glute Ham Raise

SUPERSET

3x7

\*Rest :30 between Movements

## **c2 Single Arm Ring Row**

SUPERSET

3x8/8


\*Rest :30 between sets

\*Set pulling angle so first set is RPE 8

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## **\* 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)

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### A Adductor Plank + Squat to Hamstring Stretch

2 Rounds of:

:20/:20 Adductor Plank

10 Squat to Hamstring Stretch

\*Rest as needed between rounds

### B Power Snatch

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

1 Power Snatch, 68-78% (of Snatch)

\*Again, mostly time to work on technique and positioning, trying to get good power from the hip- start your first set at 68% and if nailing form build to 78%

### C Incline Dorsiflexion Split Squat

3x12/12

\*Rest 2:00 between sets

\*Heavier than last week but still focus on control and full ROM as long as front heel can stay on the ground - Goal is to incline front of foot just a bit with heel on the ground

### D Incline Dumbbell Bench Press

3x10

\*Rest 2:00 between sets

\*Heavier than last week for all sets

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### \* 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

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### A Banded Step Overs + Good Morning Reach

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B Back Squat

1x5@85%

1x3@90%

1x2@95%

1x1@101%

\*Rest 3:00-4:00 between sets

\*If 101% is a "smoke show" you can go to 103% for another single

### C Bottoms Up Kettlebell Turkish Get Up

3x2/2

\*Rest 2:00 between sets

\*Start at last weeks weight and add if stability and control is good

## D **Banded Side Bend**

2x12/12


\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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## \* **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

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### A Crossover Archer + Dumbbell Pullover

2 Rounds of:

30 Crossover Archers

15 Dumbbell Pullovers

\*Rest as needed between sets

\*same weight or slightly heavier for pullovers

### B Close Grip Bench Press

4x8

\*Rest 2:00 between sets

\*Heavier than last week for all sets

## C **Air Bike**

6 Rounds of:

:40 Hard Effort

1:20 Recovery Effort

\*Double the time but try not to let effort fall off each set

## D **Seated Knee Tucks**


60 Total Reps

\*Goal is to again complete in 1-2 sets and no more than 3 sets

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## \* **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

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### A Power Clean + Clean + Jerk

8x1+1+1@75-90% of C&J

\*Rest 2:00 between sets

\*Warm-up in 3-5 sets - Goal here is to move well, fast under the bar and good positions

### B Deadlift

4x3

\*Rest 2:00-3:00 between sets

\*Start at last weeks top weight and build conservatively to RPE 9

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### C1 Floor Glute Ham Raise

SUPERSET

3x8

\*Rest :30 between Movements

## **c2 Single Arm Ring Row**

SUPERSET

3x8/8


\*Rest :30 between sets

\*Set pulling angle so first set is RPE 9

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## **\* Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 19

## Week 3 Day 4

### Warmup

Strength Ratio Flow Warm-up 2

 Strength Ratio Flow Warm-up (Part 2)

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### A Adductor Plank + Squat to Hamstring Stretch

2 Rounds of:

:20/:20 Adductor Plank

10 Squat to Hamstring Stretch

\*Rest as needed between rounds

### B Power Snatch

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

1 Power Snatch, 70-80% (of Snatch)

\*Really focus on power from the hip and speed under the bar

### C Incline Dorsiflexion Split Squat

3x12/12

\*Rest 2:00 between sets

\*Heavier than last week for all set

## D Incline Dumbbell Bench Press

3x10


\*Rest 2:00 between sets

\*Heavier than last week for all sets

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## \* **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 Banded Step Overs + Good Morning Reach

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B Back Squat

DELOAD OR RE-TEST

Deload

4x5@70%

Re-test

1x3@85%

1x2@93%

1x1@101%

1x1@103%+

\*Rest 3:00-4:00 between sets

\*Depending on how your body is feeling and results from last week you are in choice of how to approach today. If re-testing, make sure the body is warm and you have done enough warm-up sets before your first set of 3 as the initial jumps are bigger than the rest of the cycle.

## C Turkish Get-Up

3x2/2

\*Rest 2:00 between sets

\*Same weight as last week - No bottoms up

## D Banded Side Bend

2x12/12

\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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## \* 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

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### A Crossover Archer + Dumbbell Pullover

2 Rounds of:

30 Crossover Archers

15 Dumbbell Pullovers

\*Rest as needed between sets

\*same weight for pullovers

### B Close Grip Bench Press

4x8

\*Rest 2:00 between sets

\*All sets at 80% of last week - try to slow down the descent of reps a bit if you found yourself "bouncing" the heavier reps off your chest last week

## C **Air Bike**

10 Rounds of:

:20 Moderate Effort

:40 Recovery Effort

\*For Moderate Effort go RPE 7-8

## D **Seated Knee Tucks**


40 Total Reps

\*Goal is to again complete in 1 set and no more than 2 sets

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## \* **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

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### A Power Clean + Clean + Jerk

8x1+1+1@65-75% of C&J

\*Rest 2:00 between sets

\*Warm-up in 2-3 sets - Goal again is to move well, fast under the bar and good positions

### B Deadlift

4x3

\*Rest 2:00-3:00 between sets

\*All sets at 80% of last week

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### C1 Floor Glute Ham Raise

SUPERSET

3x5

\*Rest :30 between Movements

## **c2 Single Arm Ring Row**

SUPERSET

3x8/8


\*Rest :30 between sets

\*Set pulling angle so first set is RPE 7

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## **\* 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

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### A Adductor Plank + Squat to Hamstring Stretch

2 Rounds of:

:20/:20 Adductor Plank

10 Squat to Hamstring Stretch

\*Rest as needed between rounds

### B Power Snatch

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

1 Power Snatch, 55-65% (of Snatch)

\*Try to generate as much power as possible from the hip and catch "high" in your power position

### C Incline Dorsiflexion Split Squat

3x12/12

\*Rest 2:00 between sets

\*All sets at 80% of last weeks top weight

## D Incline Dumbbell Bench Press

3x10


\*Rest 2:00 between sets

\*All sets at 80% of last weeks top weight

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## \* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

**Rest day**

Day 28

**Rest day**