

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

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 movements

*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

* **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 **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 **Block Snatch**

Every 1:30 for 15:00 complete:

1 Block Snatch, 70-80%

*Same as last cycle but with block height ABOVE 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 **Close Grip Bench Press**

4x8

*Rest 2:00 between sets

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

D **Seated Knee Tucks**

50 Total Reps

*Goal is to complete in 1-2 sets and no more than 3 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 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 Clean Pull on Riser

4x3@90% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

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

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 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

* 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 **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 movements

*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

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 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 Block Snatch

Every 1:30 for 15:00 complete:

1 Block Snatch, 75-85%

*block height ABOVE 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 Close Grip Bench Press

4x8

*Rest 2:00 between sets

*Heavier than last week for all sets


D Seated Knee Tucks

55 Total Reps

*Goal is to again complete in 1-2 sets and no more than 3 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 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 Clean Pull on Riser

4x3@95% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

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

*** 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 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

* 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 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 movements

*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

* **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 **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 **Block Snatch**

Every 1:30 for 15:00 complete:

1 Block Snatch, 80-90%

*block height ABOVE 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 Close Grip Bench Press

4x8

*Rest 2:00 between sets

*Heavier than last week for all sets


D Seated Knee Tucks

60 Total Reps

*Goal is to again complete in 1-2 sets and no more than 3 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 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 Clean Pull on Riser

4x3@100% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

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

* 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)

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

* 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 movements

*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

*** 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 Crossover Archer + Dumbbell Pullover

2 Rounds of:

30 Crossover Archers

15 Dumbbell Pullovers

*Rest as needed between sets

*same weight for pullovers

B Block Snatch

Every 1:30 for 15:00 complete:

1 Block Snatch, 65-75%

*block height ABOVE knee - Lighter sets this week so great time to work on positioning and speed

C 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

D Seated Knee Tucks

40 Total Reps

*Goal is to again complete in 1 set and no more than 2 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 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 Clean Pull on Riser

4x3@85% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

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

* 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 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

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day