

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Elevated Pigeon Pose with Rotation

2x10/10

*Rest as needed between sets

*Take your time on these - As you come out of the rotation lift up off the bench to engage your glute on that side

B Tempo Front Squat + Front Squat

5x2+3

*Rest 2:00-3:00 between sets

*5 second descent on your first two reps (up fast) then as fast as possible on the final 3 reps - Warm up to working weight (RPE 7) in 3 sets and hold across or build slightly

C Single Arm Landmine Split Press

4x8/8

*Rest 2:00 between sets

*Start first set at RPE 6-7 and build to heavy RPE 8-9

D **Toes to Bar**

40 Total Reps

*Rest exactly :30 each time you come off the bar

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 Muscle Snatch

5x3

*Rest 1:00-2:00 between sets

*No prescribed weight - goal is to focus on good positioning and a strong turnover

B Row + Devils Press

Every 5:00 of 20:00 (4 round) complete:

400m Row Erg

10 Devil's Press

*Weight on Devils press should be RPE 6-7 allowing 10 consecutive reps in round 1

C1 Windshield Wipers

SUPERSET

4x10

*Rest :30 between sets

*Not a ton of reps so try to focus on controlling the feet up and down on each rep

C2 Quadruped Hip CARs

SUPERSET

4x5/5

*Rest 1:00 between sets

*Controlled and focus on extending ROM for hip on each rep

* 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 **Curtsy Step Down + Side Plank Hip Touches**

2 Rounds of:

10/10 Curtsy Step Downs

10/10 Feet Elevated Side Plank Hip Touches

*Rest 1:00 between sets

B **Back Squat**

Every 1:30 for 9:00 (6 Sets) complete:

2 Back Squats, 80%

*These are very short intervals so make sure you are warm and squat is feeling good before starting

C **Jerk**

6x1@80-90%

*Rest 1:30-2:00 between sets

D Kettlebell Windmill


3x8/8

*Rest 1:00 between sets

*Keep this light and focus more on ROM

* 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 **Bike/Row/Ski + Air Squat**

3 Rounds of:

1:00 Bike, Row, or Ski

10 Air Squats

*No rest between rounds - try to push machines at a decent pace to get the blood pumping before today's lifts

B **Press**

5x3

*Rest 1:00-2:00 between sets

*Warm-up to RPE 7 and build to heavy for the day - Ideally Power Clean to start each set

*Start Part C Immediately following

C Clean + Push Press

Work to Heavy in 15:00 of:

2 Cleans + 1 Push Press

*Immediately following Press start a 15:00 clock and begin working to heavy for the day - for week 1 don't go to failure - Goal is to warm up Push Press a bit then get in 5-7 working sets

D Dips + Pull-ups

As Many Reps As Possible in 5:00 of:

6 Dips

4 Pull-ups

*Tracks Rounds and Reps

* 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 **Elevated Pigeon Pose with Rotation**

2x10/10

*Rest as needed between sets

*Same as last week take your time on these - As you come out of the rotation lift up off the bench to engage your glute on that side

B **Tempo Front Squat + Front Squat**

5x2+3

*Rest 2:00-3:00 between sets

*Warm-up to last weeks top set then build conservatively throughout the 5 sets (RPE 8-9)
- 5 second descent on your first two reps (up fast) then as fast as possible on the final 3 reps

C Single Arm Landmine Split Press

4x8/8

*Rest 2:00 between sets

*Start at last weeks top weight and build if able to RPE 9


D Toes to Bar

45 Total Reps

*Rest exactly :30 each time you come off the bar

* 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 Muscle Snatch

5x3

*Rest 1:00-2:00 between sets

*Start at 80% of last week and build to heavier than last week

B Row + Devils Press

Every 5:00 of 20:00 (4 round) complete:

400m Row Erg

10 Devil's Press

*Use Dumbbells heavier than last week

C1 Windshield Wipers

SUPERSET

4x12

*Rest :30 between sets

*Not a ton of reps so try to focus on controlling the feet up and down on each rep

C2 Quadruped Hip CARs

SUPERSET

4x6/6

*Rest 1:00 between sets

*Controlled and focus on extending ROM for hip on each rep

* 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 **Curtsy Step Down + Side Plank Hip Touches**

2 Rounds of:

10/10 Curtsy Step Downs

10/10 Feet Elevated Side Plank Hip Touches

*Rest 1:00 between sets

B **Back Squat**

Every 1:45 for 10:30 (6 Sets) complete:

2 Back Squats, 83%

*Again, make sure you are warm and squat is feeling good before starting

C **Jerk**

6x1@83-93%

*Rest 1:30-2:00 between sets

D Kettlebell Windmill


3x8/8

*Rest 1:00 between sets

*Same weight or slightly heavier than last week

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 **Bike/Row/Ski + Air Squat**

3 Rounds of:

1:00 Bike, Row, or Ski

10 Air Squats

*No rest between rounds - try to push machines at a decent pace to get the blood pumping before today's lifts

B **Press**

5x3

*Rest 1:00-2:00 between sets

*Warm-up to 80% of last week and build to heavy for the day - Ideally Power Clean to start each set

*Start Part C Immediately following

C Clean + Push Press

Work to Heavy in 15:00 of:

2 Cleans + 1 Push Press

*Goal is to warm up Push Press a bit then get in 4-6 working sets, ideally working to heavier than last week

D Dips + Pull-ups

As Many Reps As Possible in 5:00 of:


6 Dips

4 Pull-ups

*Tracks Rounds and Reps - goal is to beat last week

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 Elevated Pigeon Pose with Rotation

2x10/10

*Rest as needed between sets

B Tempo Front Squat + Front Squat

5x2+3

*Rest 2:00-3:00 between sets

*Warm-up to 90% of last weeks top set then build to heavy - 5 second descent on your first two reps (up fast) then as fast as possible on the final 3 reps

C Single Arm Landmine Split Press

4x8/8

*Rest 2:00 between sets

*Start at last weeks top weight and build if able

D Toes to Bar

50 Total Reps

*Rest exactly :30 each time you come off the bar

* 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 Muscle Snatch

5x3

*Rest 1:00-2:00 between sets

*Start at 80% of last week and build to heavier than last week

B Row + Devils Press

Every 5:00 of 20:00 (4 round) complete:

500m Row Erg

8 Devil's Press

*Same weight as last week with 2 less reps - The extra meters will really cut down on your rest so try to stay consistent

C1 Windshield Wipers

SUPERSET

4x14

*Rest :30 between sets

*Not a ton of reps so try to focus on controlling the feet up and down on each rep

C2 Quadruped Hip CARs

SUPERSET

4x7/7

*Rest 1:00 between sets

*Controlled and focus on extending ROM for hip on each rep

* 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 **Curtsy Step Down + Side Plank Hip Touches**

2 Rounds of:

10/10 Curtsy Step Downs

10/10 Feet Elevated Side Plank Hip Touches

*Rest 1:00 between sets

B **Back Squat**

Every 2:00 for 12:00 (6 Sets) complete:

2 Back Squats, 85%

*Again, make sure you are warm and squat is feeling good before starting

C **Jerk**

6x1@85-95%

*Rest 1:30-2:00 between sets

D Kettlebell Windmill

3x8/8

*Rest 1:00 between sets

*Same weight or slightly heavier than last week

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 **Bike/Row/Ski + Air Squat**

3 Rounds of:

1:00 Bike, Row, or Ski

10 Air Squats

*No rest between rounds - try to push machines at a decent pace to get the blood pumping before today's lifts

B **Press**

5x3

*Rest 1:00-2:00 between sets

*Warm-up to 80% of last week and build to heavy for the day - Ideally Power Clean to start each set

*Start Part C Immediately following

C Clean + Push Press

Work to Heavy in 15:00 of:

1 Clean + 1 Push Press

*Goal is to warm up Push Press a bit then get in 4-6 working sets - Dropping to 1 clean should allow a little more power from the legs than last week

D Dips + Pull-ups

As Many Reps As Possible in 5:00 of:

6 Dips

4 Pull-ups

*Tracks Rounds and Reps - goal is to beat last week

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 Elevated Pigeon Pose with Rotation

2x10/10

*Rest as needed between sets

B Tempo Front Squat + Front Squat

5x2+3

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight

C Single Arm Landmine Split Press

4x8/8

*Rest 2:00 betwee sets

*All sets at 80% of last weeks top weight


D Toes to Bar

40 Total Reps

*Rest exactly :30 each time you come off the bar

* 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 Muscle Snatch

5x3

*Rest 1:00-2:00 between sets

*All sets at 80% of last week

B Row + Devils Press

Every 5:00 of 15:00 (3 round) complete:

500m Row Erg

8 Devil's Press

*Same as last week but only 3 rounds

C1 Windshield Wipers

SUPERSET

4x10

*Rest :30 between sets

*Not a ton of reps so try to focus on controlling the feet up and down on each rep

C2 Quadruped Hip CARs

SUPERSET

4x5/5

*Rest 1:00 between sets

*Controlled and focus on extending ROM for hip on each rep

* 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 **Curtsy Step Down + Side Plank Hip Touches**

2 Rounds of:

10/10 Curtsy Step Downs

10/10 Feet Elevated Side Plank Hip Touches

*Rest 1:00 between sets

B **Back Squat**

Every 2:00 for 12:00 (6 Sets) complete:

2 Back Squats, 75%

C **Jerk**

6x1@75-85%

*Rest 1:30-2:00 between sets

D Kettlebell Windmill


3x8/8

*Rest 1:00 between sets

*Same weight as last week

* 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 **Bike/Row/Ski + Air Squat**

3 Rounds of:

1:00 Bike, Row, or Ski

10 Air Squats

*No rest between rounds

B **Press**

5x3

*Rest 1:00-2:00 between sets

*All sets at 80% of last week

C **Clean + Push Press**

7x1+2

*Rest 1:00-2:00 between sets

*Warm-up to 75% of last weeks top weight and complete all sets there

D Dips + Pull-ups

As Many Reps As Possible in 5:00 of:


6 Dips

4 Pull-ups

*No change here - goal is to beat last week

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day