

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **Cobra to Down Dog**

20 Total Reps

B **Bike + Sumo Squat**

3 Rounds of:

20 Cal Air Bike

20 Sumo Goblet Squats

*Rest 2:00 between rounds

*Goblet Squats should be RPE 6-7 and allow 20 unbroken reps in the first round

C **Front Squat**

5x2

*Rest 2:00 between sets

*Your legs will be plenty warm so work up to RPE 8 quickly and complete all sets there

D Pull-up + Lat Pull-Down


3x20 Total Reps

*Rest 2:00 between sets

*Each set you will complete as many Pull-ups as possible unbroken then complete the remainder of the 20 reps at Lat Pull-Downs - Lat Pull-Down difficulty should be RPE 7-8

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 Snatch Balance

7x2

*Rest 1:00-2:00 between sets

*Start first set at ~60-70% of Snatch Max and build to heavy focusing on speed under the bar and strong lockout

B Barbell Bench Press

5x5

*Rest 2:00 between sets

*Warm-up to RPE 7 to start and build over the five sets

C1 Russian Kettlebell Swing

SUPERSET

3x16

*Rest 1:00 between movements

*Do these As Heavy As Possible

C2 Shoot Through


SUPERSET

3x8

*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 Squat Jerk

Every 1:30 for 12:00 (8 Rounds) complete:

2 Squat Jerks, 40-60% (of Jerk)

*Purposely putting these 1 workout after Snatch Balance as the movement patterns are similar - Mainly we are working speed under the bar and balance - if limited by flexibility then take this as a lower Power Jerk

B Hang Clean + Power Jerk

7x1+1@70-80% (of C&J)

*Rest 1:00-2:00 between sets

*Hang Clean from mid-thigh

C **Bear Hug Walking Lunge**

5 Rounds of:

:30 Bear Hug Walking Lunge

:30 Rest

*RPE 7-8 for Lunge weight (ideally heavier over higher rep) - if you don't have a heavy bag or ball you can hold a KB/DB in a goblet

*Track total reps as we will try to build on this next week

D **Upright Row + OH Triceps Extension**

3 Rounds of:

10 Dual Dumbbell Upright Rows


20 Overhead Dumbbell Triceps Extensions

*Rest :30 between rounds

*Higher rep to shorter rest so aim for RPE 7 for both movements

* **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

2:00 Bike, Row, or Ski

B Sumo Deadlift

6x6

*Rest 2:00 between sets

*Warm-up to RPE 6-7 and build through the sets to RPE 8-9

C Renegade Row

4x20

*Rest 1:00-2:00 between sets

*RPE 7-8 for all sets

D1 Alternating Isometric Dumbbell Curl

SUPERSET

2 Ladder Rounds of:

10 Alternating Dumbbell Curls

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

*For your first set choose a weight at RPE 7 and you will drop down a set of DB's every 10 reps *Rest 2:00 - complete D2 between sets

D2 Hollow Rock

1 set of Max 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 **Cobra to Down Dog**

20 Total Reps

B **Bike + Sumo Squat**

3 Rounds of:

22 Cal Air Bike

18 Sumo Goblet Squats

*Rest 2:00 between rounds

*Same weight as last week for squats or slightly heavier

C **Front Squat**

5x2

*Rest 2:00 between sets

*All sets heavier than last week - you can build or hold across but don't exceed RPE 9

D Pull-up + Lat Pull-Down


3x20 Total Reps

*Rest 2:00 between sets

*Same as last week - Each set you will complete as many Pull-ups as possible unbroken then complete the remainder of the 20 reps at Lat Pull-Downs - Goal would be more pull-ups than last week

* 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 Snatch Balance

3x2

4x1

*Rest 1:00-2:00 between sets

*Start at 80-90% of last weeks top double and build through the 7 sets to RPE 8

B Barbell Bench Press

5x5

*Rest 2:00 between sets

*Start at 90% of last weeks top weight and build, ideally to heavier than last week

C1 Russian Kettlebell Swing

SUPERSET

3x20

*Rest 1:00 between movements

*Same weight or slightly heavier than last week

C2 Shoot Through


SUPERSET

3x10

*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 Squat Jerk

Every 1:30 for 12:00 (8 Rounds) complete:

2 Squat Jerks, 40-65% (of Jerk)

*Start at the same weight and as mobility/stability allow push for a little heavier than last week

B Hang Clean + Power Jerk

7x1+1@75-85% (of C&J)

*Rest 1:00-2:00 between sets

*Hang Clean from mid-thigh

C Bear Hug Walking Lunge

5 Rounds of:

:30 Bear Hug Walking Lunge

:30 Rest

*Same weight as last week - goal is more total reps

D Upright Row + OH Triceps Extension

3 Rounds of:

8 Dual Dumbbell Upright Rows


16 Overhead Dumbbell Triceps Extensions

*Rest :30 between rounds

*Lower reps so heavier than last week on both movements

* 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

2:00 Bike, Row, or Ski

B Sumo Deadlift

5x6

*Rest 2:00 between sets

*Start at 90% of last week and build to heavy

C Renegade Row

4x18

*Rest 1:00-2:00 between sets

*All sets heavier than last week

D1 Alternating Isometric Dumbbell Curl

SUPERSET

2 Ladder Rounds of:

8 Alternating Dumbbell Curls

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

*Start Heavier than last week - less total reps

*Rest 2:00 - complete D2 between sets

D2 Hollow Rock

1 set of Max Reps

* 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 **Cobra to Down Dog**

20 Total Reps

B **Bike + Sumo Squat**

3 Rounds of:

25 Cal Air Bike

15 Sumo Goblet Squats

*Rest 2:00 between rounds

*Same weight as last week for squats or slightly heavier

C **Front Squat**

5x2

*Rest 2:00 between sets

*Start at 90% of last week and build to heavy for the day

D Pull-up + Lat Pull-Down


3x20 Total Reps

*Rest 2:00 between sets

*Same as last week - Each set you will complete as many Pull-ups as possible unbroken then complete the remainder of the 20 reps at Lat Pull-Downs - Goal would be more pull-ups than last week

* 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 Snatch Balance

7x1

*Rest 1:00-2:00 between sets

*Start at 80% of last weeks top weight and build through the 7 sets to RPE 9

B Barbell Bench Press

5x5

*Rest 2:00 between sets

*Start at 90% of last weeks top weight and build, ideally to heavier than last week

C1 Russian Kettlebell Swing

SUPERSET

3x24

*Rest 1:00 between movements

*Same weight as last week

C2 Shoot Through


SUPERSET

3x12

*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 Squat Jerk

Every 1:30 for 12:00 (8 Rounds) complete:

2 Squat Jerks, 40-70% (of Jerk)

*Start at the same weight and as mobility/stability allow push for a little heavier than last week

B Hang Clean + Power Jerk

7x1+1@80-90% (of C&J)

*Rest 1:00-2:00 between sets

*Hang Clean from mid-thigh

C **Bear Hug Walking Lunge**

5 Rounds of:

:30 Bear Hug Walking Lunge

:30 Rest

*If possible go heavier this week - Otherwise stick with the same weight and aim for more reps

D **Upright Row + OH Triceps Extension**

3 Rounds of:

10 Dual Dumbbell Upright Rows


20 Overhead Dumbbell Triceps Extensions

*Rest :30 between rounds

*Same weight as last week for increased reps

* **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**

2:00 Bike, Row, or Ski

B **Sumo Deadlift**

5x6

*Rest 2:00 between sets

*Start at 90% of last week and build to heavy

C **Renegade Row**

4x16

*Rest 1:00-2:00 between sets

*All sets heavier than last week

D1 Alternating Isometric Dumbbell Curl

SUPERSET

2 Ladder Rounds of:

10 Alternating Dumbbell Curls

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

10 Alternating Dumbbell Curls *Drop DB Set

*Same weight as last week - more total reps


*Rest 2:00 - complete D2 between sets

D2 Hollow Rock

1 set of Max Reps

* 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 **Cobra to Down Dog**

20 Total Reps

B **Bike + Sumo Squat**

3 Rounds of:

15 Cal Air Bike

15 Sumo Goblet Squats

*Rest 2:00 between rounds

*Same weight as last week for squats or slightly lighter

C **Front Squat**

5x2

*Rest 2:00 between sets

*All sets at 80% of last week

D Pull-up + Lat Pull-Down


3x5+15

*Rest 2:00 between sets

*Each set you will complete 5 Pull-ups then complete 15 reps at Lat Pull-Downs

* 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 Snatch Balance

7x1

*Rest 1:00-2:00 between sets

*All sets at 80% of last weeks top weight

B Barbell Bench Press

5x5

*Rest 2:00 between sets

*All sets at 80-90% of last weeks top weight

C1 Russian Kettlebell Swing

SUPERSET

3x16

*Rest 1:00 between movements

*Same weight as last week

C2 Shoot Through

SUPERSET

3x8

*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 Squat Jerk

Every 1:30 for 12:00 (8 Rounds) complete:
2 Squat Jerks, 40-50% (of Jerk)

*Start at the same weight and focus on being fast and hitting solid lockout

B Hang Clean + Power Jerk

7x1+1@70-80% (of C&J)

*Rest 1:00-2:00 between sets

*Hang Clean from mid-thigh

C Bear Hug Walking Lunge

5 Rounds of:

:30 Bear Hug Walking Lunge

:30 Rest

*Lighten the load from last week but keep pushing for reps

D Upright Row + OH Triceps Extension

3 Rounds of:

8 Dual Dumbbell Upright Rows


16 Overhead Dumbbell Triceps Extensions

*Rest :30 between rounds

*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

2:00 Bike, Row, or Ski

B Sumo Deadlift

5x6

*Rest 2:00 between sets

*All sets at 80% of last week

C Renegade Row

3x20

*Rest 1:00-2:00 between sets

*All sets at 80% of last week

D1 Alternating Isometric Dumbbell Curl

SUPERSET

2 Ladder Rounds of:

8 Alternating Dumbbell Curls

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

8 Alternating Dumbbell Curls *Drop DB Set

*Same weight as last week

*Rest 2:00 - complete D2 between sets

D2 Hollow Rock

1 set of Max Reps

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day