Week 1 Day 1

O Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Side Lying Hip CAR

10 Reps/Side

B Clean

Every 1:00 for 10:00 (10 sets) complete:

1 Clean, 70-80%

C Front Squat

1x3@80%

2x2@85%

2x1@90-95%

*Rest 2:00-3:00 between sets

D Inverted Row + Banded Row

3x25 Total Reps

*Rest 2:00 between sets

*Each set you will complete as many Inverted Rows as possible unbroken then complete the remainder of the 25 reps as Banded Rows - difficulty for Inverted Row should allow 12-15 reps to start and Banded Row should be RPE 7-8

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 2

• Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Shoulder Raises

2 Rounds of:

10 Lateral Raises

10 Front Raises

*Do these light and controlled

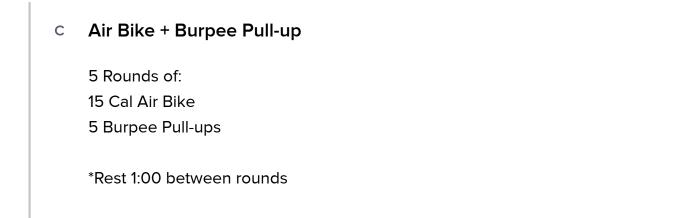
B Half Rep Full Rep Bench Press

6x2

*Rest 1:30-2:00 between sets

*Changing normal movement pattern to build strength in the middle of the rep so focus on control - 1 Rep is Half Rep + Full Rep

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



D GHD Sit-Up

3x15

*Rest 1:00 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 3

• Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Pull-up + Push-up + Squat

3 Rounds of:

5 Pull-ups

10 Push-ups

15 Air Squats

B Ski + Press

3 Rounds of:

400M Ski Erg

20 Dumbbell Strict Press

*The DB should be faily heavy forcing the first set to be broken into 2 sets - there is no built in rest between rounds



3x8

*Rest 2:00 between sets

*RPE 6-7 for all sets - Be conservative with these in week 1 as you get used to control in this position

D1 Bent Over Dumbbell Row

SUPERSET

3x12

*Rest:30 between movements

*RPE 7-8 for all sets

D2 Single Leg Box Jump

SUPERSET

3x8/8

*Rest 1:00 between sets

*Box height does not matter (6-12" is ideal) - goal is to work on driving up on one leg for height and land almost fully extended on the box.

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 4

O Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A 90/90 Switch + Shoulder Openers

2 Rounds of:

10 90/90 Switch

5 Shoulder Openers

B Hang Snatch

2x2@65-75%

5x1@75-85%

*Rest 1:30-2:00 between sets

*Hang Below Knee

C Split Stance Dumbbell Romanian Deadlift

3x8/8

*Rest 1:30-2:00 between sets

*RPE 7 for all sets

D Preacher Curls + Mountain Climbers

- 3 Rounds:
- 10 Dumbbell Preacher Curls
- 20 Knee to Elbow Mountain Climbers

*No built in rest here so try to move back and forth between the movements - RPE 7 for first set of Curls as volume will make late sets harder

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 1

O Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Side Lying Hip CAR

10 Reps/Side

B Clean

Every 1:00 for 10:00 (10 sets) complete:

1 Clean, 73-83%

c Front Squat

1x3@83%

2x2@88%

2x1@93-98%

*Rest 2:00-3:00 between sets

D Inverted Row + Banded Row

3x25 Total Reps

*Rest 2:00 between sets

*Same set up as last week - Goal for this week is more Inverted Rows each set

*You will complete as many Inverted Rows as possible unbroken then complete the remainder of the 25 reps as Banded Rows

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 2

• Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Shoulder Raises

2 Rounds of:

10 Lateral Raises

10 Front Raises

*Same weight or slightly heavier - should still be light and controlled

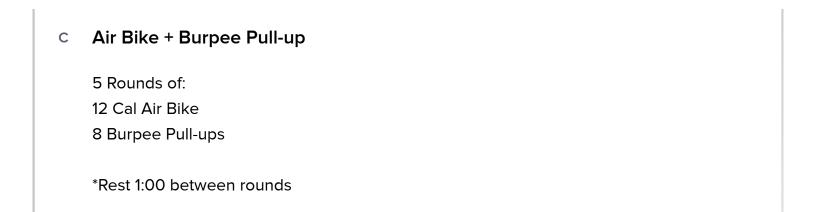
B Half Rep Full Rep Bench Press

6x2

*Rest 1:30-2:00 between sets

*1 Rep is Half Rep + Full Rep

*Start at 80% of last week and build to heavy



D GHD Sit-Up

3x15-18

*Rest 1:00 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 3

• Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Pull-up + Push-up + Squat

3 Rounds of:

5 Pull-ups

10 Push-ups

15 Air Squats

B Ski + Press

3 Rounds of:

400M Ski Erg

15 Dumbbell Strict Press

*Dumbbells heavier than last week

C Cyclist Back Squat

3x8

*Rest 2:00 between sets

*Start at last weeks top weight and build to RPE 8-9

D1 Bent Over Dumbbell Row

SUPERSET

3x12

*Rest:30 between movements

*Heavier than last week for all sets

D2 Single Leg Box Jump

SUPERSET

3x8/8

*Rest 1:00 between sets

*Same height as last week or slightly higher

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 4

O Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A 90/90 Switch + Shoulder Openers

2 Rounds of:

10 90/90 Switch

5 Shoulder Openers

B Hang Snatch

2x2@68-78%

5x1@78-90%

*Rest 1:30-2:00 between sets

*Hang Below Knee

C Split Stance Dumbbell Romanian Deadlift

3x8/8

*Rest 1:30-2:00 between sets

*All sets heavier than last week

D Preacher Curls + Mountain Climbers

- 3 Rounds:
- 12 Dumbbell Preacher Curls
- 24 Knee to Elbow Mountain Climbers

*Same weight as last week or slightly heavier if RPE during final round was still really low

* Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 1

• Warmup

2-3 X Dynamic Flow Warm-up

■ Dynamic Flow Warm-up

A Side Lying Hip CAR

10 Reps/Side

B Clean

Every 1:00 for 10:00 (10 sets) complete:

1 Clean, 75-85%

c Front Squat

1x3@85%

2x2@90%

2x1@95-101%

*Rest 2:00-3:00 between sets

*If 101% rep goes up easy take another rep at 103%

D Inverted Row + Banded Row

3x25 Total Reps

*Rest 2:00 between sets

*Same set up as last week - Goal for this week is more Inverted Rows each set

*You will complete as many Inverted Rows as possible unbroken then complete the remainder of the 25 reps as Banded Rows

* Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 2

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A Shoulder Raises

2 Rounds of:

10 Lateral Raises

10 Front Raises

*Same weight or slightly heavier - should still be light and controlled

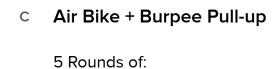
B Half Rep Full Rep Bench Press

6x2

*Rest 1:30-2:00 between sets

*1 Rep is Half Rep + Full Rep

*Start at 80% of last week and build to heavy



10 Cal Air Bike

10 Burpee Pull-ups

*Rest 1:00 between rounds

GHD Sit-Up D

3x18-25

*Rest 1:00 between sets

Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 3

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A Pull-up + Push-up + Squat

3 Rounds of:

5 Pull-ups

10 Push-ups

15 Air Squats

B Ski + Press

3 Rounds of:

400M Ski Erg

10 Dumbbell Strict Press

*Dumbbells heavier than last week

C Cyclist Back Squat

3x8

*Rest 2:00 between sets

*Start at 90-95% of last weeks top weight and build to Heavy

D1 Bent Over Dumbbell Row

SUPERSET

3x12

*Rest:30 between movements

*Heavier than last week for all sets

D2 Single Leg Box Jump

SUPERSET

3x8/8

*Rest 1:00 between sets

*Same height as last week or slightly higher

* Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 4

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A 90/90 Switch + Shoulder Openers

2 Rounds of:

10 90/90 Switch

5 Shoulder Openers

B Hang Snatch

2x2@70-80%

5x1@80-95%

*Rest 1:30-2:00 between sets

*Hang Below Knee

C Split Stance Dumbbell Romanian Deadlift

3x8/8

*Rest 1:30-2:00 between sets

*All sets heavier than last week

D Preacher Curls + Mountain Climbers

- 3 Rounds:
- 10 Dumbbell Preacher Curls
- 24 Knee to Elbow Mountain Climbers

*Heavier than last week for all sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 1

O Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Side Lying Hip CAR

10 Reps/Side

B Clean

Every 1:00 for 10:00 (10 sets) complete:

1 Clean, 70%

c Front Squat

5x3@75%

*Rest 2:00-3:00 between sets

D Inverted Row + Banded Row

3x20 Total Reps

*Rest 2:00 between sets

*Same set up as last week

*You will complete as many Inverted Rows as possible unbroken then complete the remainder of the 20 reps as Banded Rows

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 2

• Warmup

Mobility Flow Warm-up

Mobility Flow Warm-Up

A Shoulder Raises

2 Rounds of:

10 Lateral Raises

10 Front Raises

*Same weight as last week - should still be light and controlled

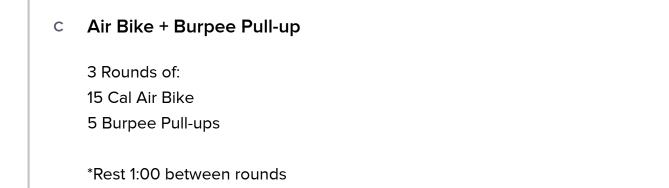
B Half Rep Full Rep Bench Press

6x2

*Rest 1:30-2:00 between sets

*1 Rep is Half Rep + Full Rep

*All sets at 80% of last week



D GHD Sit-Up

3x15

*Rest 1:00 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 3

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Pull-up + Push-up + Squat

3 Rounds of:

5 Pull-ups

10 Push-ups

15 Air Squats

B Ski + Push Press

3 Rounds of:

400M Ski Erg

10 Dumbbell Push Press

*Same weight as last week but this week doing a push press

C Cyclist Back Squat

3x8

*Rest 2:00 between sets

*All sets at 80% of last week

D1 Bent Over Dumbbell Row

SUPERSET

3x8

*Rest :30 between movements

*Same weight as last week

D2 Single Leg Box Jump

SUPERSET

3x6/6

*Rest 1:00 between sets

*Same height as last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 4

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A 90/90 Switch + Shoulder Openers

2 Rounds of:

10 90/90 Switch

5 Shoulder Openers

B Hang Snatch

2x2@60-70%

5x1@70-80%

*Rest 1:30-2:00 between sets

*Hang Below Knee

C Split Stance Dumbbell Romanian Deadlift

3x8/8

*Rest 1:30-2:00 between sets

*All sets at 80% of last week

Preacher Curls + Mountain Climbers

- 3 Rounds:
- 8 Dumbbell Preacher Curls
- 20 Knee to Elbow Mountain Climbers

*Same weight as last week

* Cooldown

Cool-Down and Stretch - 5 Min