

Day 1

Week 1 Day 1

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

 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 **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

C Air Bike + Burpee Pull-up

5 Rounds of:

15 Cal Air Bike

5 Burpee Pull-ups

*Rest 1:00 between rounds


D GHD Sit-Up

3x15

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

C Cyclist Back Squat

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

 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 **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

 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 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

 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 **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

C Air Bike + Burpee Pull-up

5 Rounds of:

12 Cal Air Bike

8 Burpee Pull-ups

*Rest 1:00 between rounds


D GHD Sit-Up

3x15-18

*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 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

 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 **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

 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 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

 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 **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

C Air Bike + Burpee Pull-up

5 Rounds of:

10 Cal Air Bike

10 Burpee Pull-ups

*Rest 1:00 between rounds


D GHD Sit-Up

3x18-25

*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 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

 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 **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

 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 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

 Cool Down and Stretch - 5 min

Day 23

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

C Air Bike + Burpee Pull-up

3 Rounds of:

15 Cal Air Bike

5 Burpee Pull-ups

*Rest 1:00 between rounds


D GHD Sit-Up

3x15

*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 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

 Cool Down and Stretch - 5 min

Day 26

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

D 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

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day