

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

B Row Erg

Every 1:00 for 8:00 (8 sets) complete:

10/7 Cal Row

*Goal is to row cals as fast as possible each set then use the remainder of the time to rest

*10 Cals Men / 7 Cals Women

C Barbell Bench Press

1x3@80%

2x2@85%

2x1@90-95%

*Rest 2:00-3:00 between sets

D Hand Supported Suitcase Rear Foot Elevated Split Squat

4x10/10

*Rest 1:00-2:00 between sets

*You will do 2 sets with the dumbbell held outside the leg and 2 sets with the dumbbell inside the leg - depending on your strength one will be more challenging, I suggesting alternating each round - This should be heavy so aim for RPE 8-9

* 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 **Bike/Row/Ski + Cobra to Down Dog**

2:00 Bike, Row or Ski

20 Cobra to Down dog

B **Hang Clean**

6x2@70-80%

*Rest 1:30-2:00 between sets

*Bar at mid-thigh - Work on staying over the bar and finishing vertical

C **Romanian Deadlift**

6x5@100% (of Clean)

*Rest 2:00-2:30 between sets

D Skull Crusher + Flutter Kicks

4 Rounds of:

:30 Single Dumbbell Skull Crushers


:30 Flutter Kicks

:30 Rest

*Goal is movement throughout so choose a DB weight that allows atleast 12 reps per set
- For safety I recommend going to 2 dumbbells if exceeding 40lbs as the heads become hard to hold

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 Lunge + Handstand

3 Rounds of:

10 Walking Lunges

:10 Handstand Hold

B Jerk

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

1 Jerk, 75-85%

*Goal here is to really work on technique and nailing positions - Use Jerk Blocks if you have them

C Weight Pull-up + Strict Pull-up

2x3+6

3x2+4

*Rest 2:00 between sets

*Weighted pull-ups should be RPE 7/8 to start, RPE will increase on later sets - Goal is to complete your sets of weighted, quickly remove weight and get back on the bar to complete remaining Strict Pull-ups.

*Scale can be Strict + Assisted but try to keep the stimulus

D Box Jump

3x5

*Rest 1:00 between sets

*Start at what is a tall box for you - We will be working to jump for height so choose a safe way to progress box height each set

*Goal is to work on explosiveness so hips should remain above knees at the top of the box at all times - if you are squatting to catch take the height back down and continue

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 Good Mornings + Cuban Rotations

2 Rounds of:

15 Banded Good Mornings

10 Dumbbell Cuban Rotations

*Very light on rotations - focus on control and ROM

B Power Snatch

Every 1:00 for 10:00 (10 Rounds):

1 Power Snatch, 70-85%

C Box Squat

6x3

*Rest 2:00-3:00 between sets

*Start at ~70% of back squat max and build to RPE 8 - Box height should allow hips to hit parallel - Sit to box but DO NOT lose core tension or let hips roll - drive up quickly off the box each rep

D **Plate Raise + Single Arm Plank**

3 Rounds:

20 Straddle Plate Raises


:20/:20 Single Arm Plank

*Rest 1:00 between sets

*Plate Raises should be relatively light as reps are high

* **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 Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

B Row Erg

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

10/7 Cal Row

*Goal is to row cals as fast as possible each set again without letting pace fall off too much

*10 Cals Men / 7 Cals Women

C Barbell Bench Press

1x3@83%

2x2@88%

2x1@93-98%

*Rest 2:00-3:00 between sets

D Hand Supported Suitcase Rear Foot Elevated Split Squat

4x10/10

*Rest 1:00-2:00 between sets

*Heavier than last week for all sets - You will do 2 sets with the dumbbell held outside the leg and 2 sets with the dumbbell inside the leg - I suggest alternating each round

* 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 **Bike/Row/Ski + Cobra to Down Dog**

2:00 Bike, Row or Ski

20 Cobra to Down dog

B **Hang Clean**

6x2@75-85%

*Rest 1:30-2:00 between sets

*Bar at mid-thigh

C **Romanian Deadlift**

6x5@110% (of Clean)

*Rest 2:00-2:30 between sets

D Skull Crusher + Flutter Kicks

4 Rounds of:

:30 Single Dumbbell Skull Crushers


:30 Flutter Kicks

:30 Rest

*Heavier than last week for all sets - For safety I recommend going to 2 dumbbells if exceeding 40lbs as the heads become hard to hold

* 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 Lunge + Handstand

3 Rounds of:

10 Walking Lunges

:10 Handstand Hold

B Jerk

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

1 Jerk, 78-90%

*Goal here is to really work on technique and nailing positions - Use Jerk Blocks if you have them

C Weight Pull-up + Strict Pull-up

1x3+6

4x2+4

*Rest 2:00 between sets

*Go heavier than last week - Goal is to complete your sets of weighted, quickly remove weight and get back on the bar to complete remaining Strict Pull-ups.

*Scale can be Strict + Assisted but try to keep the stimulus

D Box Jump

3x4

*Rest 1:00 between sets

*Start at last weeks height or a little lower and work higher

*Goal is to work on explosiveness so hips should remain above knees at the top of the box at all times - if you are squatting to catch take the height back down and continue

* 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 Good Mornings + Cuban Rotations

2 Rounds of:

15 Banded Good Mornings

10 Dumbbell Cuban Rotations

*Light again on rotations - focus on control and ROM

B Power Snatch

Every 1:00 for 10:00 (10 Rounds):

1 Power Snatch, 73-90%

C Box Squat

6x3

*Rest 2:00-3:00 between sets

*Start at 80% of last week and build to heavy - Box height should be the same as last week

D Plate Raise + Single Arm Plank

3 Rounds:

15 Straddle Plate Raises


:25/:25 Single Arm Plank

*Rest 1:00 between sets

*Slightly heavier Plate Raises

* 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 Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

B Row Erg

Every 1:00 for 12:00 (12 sets) complete:

10/7 Cal Row

*Goal is to row cals as fast as possible each set again without letting pace fall off too much

*10 Cals Men / 7 Cals Women

C Barbell Bench Press

1x3@85%

2x2@90%

2x1@95-101%

*Rest 2:00-3:00 between sets

D Hand Supported Suitcase Rear Foot Elevated Split Squat

4x10/10

*Rest 1:00-2:00 between sets

*Heavier than last week for all sets - You will do 2 sets with the dumbbell held outside the leg and 2 sets with the dumbbell inside the leg - I suggest alternating each round

* 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

➕ Strength Ratio Flow Warm-up (Part 2)

A Bike/Row/Ski + Cobra to Down Dog

2:00 Bike, Row or Ski

20 Cobra to Down dog

B Hang Clean

6x2@78-90%

*Rest 1:30-2:00 between sets

*Bar at mid-thigh

C Romanian Deadlift

6x5@120% (of Clean)

*Rest 2:00-2:30 between sets

D Skull Crusher + Flutter Kicks

4 Rounds of:

:30 Single Dumbbell Skull Crushers


:30 Flutter Kicks

:30 Rest

*Heavier than last week for all sets - For safety I recommend going to 2 dumbbells if exceeding 40lbs as the heads become hard to hold

* 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 Lunge + Handstand

3 Rounds of:

10 Walking Lunges

:10 Handstand Hold

B Jerk

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

1 Jerk, 80-95%

*Goal is still to work on technique but if feeling good you can take a few singles above 95% at the end - Use Jerk Blocks if you have them

C Weight Pull-up + Strict Pull-up

5x2+4

*Rest 2:00 between sets

*Go heavier than last week - Goal is to complete your sets of weighted, quickly remove weight and get back on the bar to complete remaining Strict Pull-ups.

*Scale can be Strict + Assisted but try to keep the stimulus

D **Box Jump**

2x3

3x1

*Rest 1:00 between sets

*Start at last weeks height or a little lower and work to max height on the singles - This week you don't have to catch above parallel

* **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 Good Mornings + Cuban Rotations

2 Rounds of:

15 Banded Good Mornings

10 Dumbbell Cuban Rotations

*Light again on rotations - focus on control and ROM

B Power Snatch

Every 1:00 for 10:00 (10 Rounds):

1 Poser Snatch, 75-95%

C Box Squat

4x3

2x2

*Rest 2:00-3:00 between sets

*Start at 80% of last week and build to heavy - Box height should be the same as last week

D **Plate Raise + Single Arm Plank**

3 Rounds:

15 Straddle Plate Raises


:30/:30 Single Arm Plank

*Rest 1:00 between sets

*Same weight or slightly heavier Plate Raises

* **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 Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

B Row Erg

Every 1:00 for 14:00 (7 sets) alternate between:

1:00 Row for Cal

1:00 Rest

*Goal this week is to push hard on row sets and take a full min to rest

C Barbell Bench Press

5x3@70-80%

*Rest 2:00-3:00 between sets

D Hand Supported Suitcase Rear Foot Elevated Split Squat


4x10/10

*Rest 1:00-2:00 between sets

*75% of last weeks top weight for all sets - You will do 2 sets with the dumbbell held outside the leg and 2 sets with the dumbbell inside the leg - I suggest alternating each round

* **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 **Bike/Row/Ski + Cobra to Down Dog**

2:00 Bike, Row or Ski

20 Cobra to Down dog

B **Hang Clean**

6x2@70-80%

*Rest 1:30-2:00 between sets

*Bar at mid-thigh

C **Romanian Deadlift**

6x5@90-1000% (of Clean)

*Rest 2:00-2:30 between sets

D Skull Crusher + Flutter Kicks

4 Rounds of:

:30 Single Dumbbell Skull Crushers


:30 Flutter Kicks

:30 Rest

*75% DB weight for all sets - For safety I recommend going to 2 dumbbells if exceeding 40lbs as the heads become hard to hold

* 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 Lunge + Handstand

3 Rounds of:

10 Walking Lunges

:10 Handstand Hold

B Jerk

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

1 Jerk, 70-85%

*Use Jerk Blocks if you have them

C Strict Supinated Pull-up

5x6-8

*Rest 2:00 between sets

D **Box Jump**


5x5

*Rest 1:00 between sets

*Use half the height as last week working on landing tall on each rep

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 **Good Mornings + Cuban Rotations**

2 Rounds of:

15 Banded Good Mornings

10 Dumbbell Cuban Rotations

*Light again on rotations - focus on control and ROM

B **Power Snatch**

Every 1:00 for 10:00 (10 Rounds):

1 Power Snatch, 65-80%

C **Box Squat**

5x3

*Rest 2:00-3:00 between sets

*All sets at 80% of last week - Box height should be the same as last week

D Plate Raise + Single Arm Plank

3 Rounds:

10 Straddle Plate Raises


:20/:20 Single Arm Plank

*Rest 1:00 between sets

*Same weight as last week Plate Raises

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day