

Day 1

## Week 1 Day 1

### Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

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### A Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

### B Hip Snatch

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

1 Hip Snatch, 60-70%

\*Goal is working on driving with the legs and extending verticle with a fast pull under the bar

### 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

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## \* 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)

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### A Bike/Row/Ski + Cobra to Down Dog

2:00 Bike, Row or Ski

20 Cobra to Down dog

### B Clean Pull + Romanian Deadlift

6x1+3@90-100% (of Clean)

\*Rest 2:00-2:30 between sets

\*Ideally complete a few cleans as a warm-up as we will transition to cleans after

\*Set up and perform 1 Clean Pull focusing on staying over the bar through the verticle finish - from the top complete 3 RDL reps - use straps if possible

### C Block Clean

6x2@70-80%

\*Rest 1:30-2:00 between sets

\*Bar at mid-thigh - continuing to work on staying over the bar and finishing vertical

## 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

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## \* 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)

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### 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

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## 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)

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### 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 Snatch

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

1 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

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## **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)

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### A Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

### B Hip Snatch

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

1 Hip Snatch, 65-75%

\*Goal again is working on driving with the legs and extending verticle with a fast pull under the bar

### 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

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## \* 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)

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### A Bike/Row/Ski + Cobra to Down Dog

2:00 Bike, Row or Ski

20 Cobra to Down dog

### B Clean Pull + Romanian Deadlift

6x1+3@95-105% (of Clean)

\*Rest 2:00-2:30 between sets

\*Again, I recommend completing a few cleans as a warm-up as we will transition to cleans after

\*Set up and perform 1 Clean Pull focusing on staying over the bar through the verticle finish - from the top complete 3 RDL reps - use straps if possible

### C Block Clean

6x2@75-85%

\*Rest 1:30-2:00 between sets

\*Bar at mid-thigh - continuing to work on staying over the bar and finishing vertical

## 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

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## \* 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)

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### 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

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## \* 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)

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### 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 Snatch

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

1 Snatch, 75-90%

### 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

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## \* 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

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### A Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

### B Hip Snatch

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

1 Hip Snatch, 68-80%

\*Goal again is working on driving with the legs and extending verticle with a fast pull under the bar

### 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

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## \* 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 Clean Pull + Romanian Deadlift

6x1+3@100-110% (of Clean)

\*Rest 2:00-2:30 between sets

\*Again, I recommend completing a few cleans as a warm-up as we will transition to cleans after

\*Set up and perform 1 Clean Pull focusing on staying over the bar through the verticle finish - from the top complete 3 RDL reps - use straps if possible

### C Block Clean

6x2@78-90%

\*Rest 1:30-2:00 between sets

\*Bar at mid-thigh - continuing to work on staying over the bar and finishing vertical

## 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

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## \* 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

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### 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

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## \* **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

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### 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 Snatch

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

1 Snatch, 78-95%

### 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

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## \* **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

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### A Spiderman Lunge Rotation + Prone Swimmers

2 Rounds of:

5/5 Spiderman Lunge Rotating Reach

5 Prone Swimmers

### B Hip Snatch

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

1 Hip Snatch, 60-70%

\*Goal again is working on driving with the legs and extending verticle with a fast pull under the bar

### 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

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### A Bike/Row/Ski + Cobra to Down Dog

2:00 Bike, Row or Ski

20 Cobra to Down dog

### B Clean Pull + Romanian Deadlift

6x1+2@90-100% (of Clean)

\*Rest 2:00-2:30 between sets

\*Again, I recommend completing a few cleans as a warm-up as we will transition to cleans after

\*Set up and perform 1 Clean Pull focusing on staying over the bar through the verticle finish - from the top complete 2 RDL reps - use straps if possible

### C Block Clean

6x2@70-80%

\*Rest 1:30-2:00 between sets

\*Bar at mid-thigh - continuing to work on staying over the bar and finishing vertical

## 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

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## \* 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

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### 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

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## **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

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### 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 Snatch

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

1 Snatch, 70-80%

### 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

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## \* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

**Rest day**

Day 28

**Rest day**