

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Kang Squat

10 Reps

*Empty Bar - Each rep settle at the bottom momentarily and work to open hips

B Clean

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Neutral Grip Dumbbell Bench press

4x20

*Rest 2:00-3:00 between sets

*This is higher rep so start conservatively and maintain RPE 8 even if it means taking the weight back on later sets

D Toes to Bar

40 Total Reps

*Rest :30 each time you come off the bar - try to keep to as few sets as possible

*** 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 **Kneeling Wall Thoracic Extension**

10 Reps/Side

*Each "rep" has two movements, complete each 10 times before switching sides

B **Bike + Burpee**

in 10:00 Bike for max distance - Every 2:00 complete 10 Burpees:

*Begin biking and when the clock hits 2:00 complete your first 10 burpees then get back on the bike and continue until the 4:00 mark... You will complete at 2, 4, 6 and 8 so 40 total Burpees. Score is total distance.

C **Staggered Stance Trap Bar Romanian Deadlift**

5x5/5

*Rest 2:00-2:30 between sets

*Feet will be staggered slightly trying to balance evenly between feet - keep the hips high and a slight bend in the front knee - Start light and work to RPE 7

D **Ball Slam + Side Plank Rotations**

4 Rounds of:


12 Ball Slams

8 Side Plank Rotations

*Goal is to move through this quickly so use a light ball and switch sides for Plank reach each round

* **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 **Cossack Squat + Banded Side Bend**

2 Rounds of:

12 Cossack Squats

8/8 Banded Side Bends

*Band should be light resistance and allow maximum ROM

B **Back Squat**

4x8@70-80%

*Rest 2:30-3:00 between sets

C **Belt Squat or Bear Hug Squat**

4x12

*Rest 2:00-2:30 between sets

*Goal is to isolate the legs without loading the Spine so choose a movement and focus on control - RPE 7-8

D Half Kneeling Filly Press


3x10/10

*Rest 1:30-2:00 between sets

*RPE 7-8 for all sets

* 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 Crossover Symmetry + Duck Walk

2 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

20' Duck Walk

*Do 8 of each movement in succession then move on to Duck Walk

*No Rest between movements

B Snatch

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C **Split Stance Row + Push-ups**

As Many Reps As Possible in 8:00 of:

8 Split Stance Rows

8 Push-ups

*Switch arms on row each round - goal is for rows to be RPE 8 so they are heavy and may need to be broken up in later rounds

D **Hip Extension**

3x15

*Rest 1:00 between sets

*If this is a strong movement for you try to slow down and control the movement more to challenge the 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 Kang Squat

10 Reps

*Empty Bar - Each rep settle at the bottom momentarily and work to open hips

B Clean

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

*Weights are the same as last week as we are really focused on consistent lifts at high percentages - If you are feeling great at 95% take 2-3 additional lifts to work to heavy for the day

C Neutral Grip Dumbbell Bench press

4x18

*Rest 2:00-3:00 between sets

*Try for heavier dumbbells than last week for atleast the first two sets then drop down if needed to keep RPE at 8

D Toes to Bar

45 Total Reps

*Rest :30 each time you come off the bar - try to keep to as few sets as possible

* 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 **Kneeling Wall Thoracic Extension**

10 Reps/Side

*Each "rep" has two movements, complete each 10 times before switching sides

B **Bike + Burpees**

in 10:00 Bike for max distance - Every 2:00 complete 12 Burpees:

*Same as last week adding 2 burpees - goal is to get the same or more total distance - You will burpee at 2, 4, 6 and 8 so 48 total Burpees.

C **Staggered Stance Trap Bar Romanian Deadlift**

5x5/5

*Rest 2:00-2:30 between sets

*Start at 80% of last week and build to heavier - overall goal is more about control so shouldn't exceed RPE 8

D **Ball Slam + Side Plank Rotations**

4 Rounds of:


12 Ball Slams

8 Side Plank Rotations

*Same weight as last week

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 **Cossack Squat + Banded Side Bend**

2 Rounds of:

12 Cossack Squats

8/8 Banded Side Bends

*Band should be light resistance and allow maximum ROM

B **Back Squat**

4x8@73-83%

*Rest 2:30-3:00 between sets

C **Belt Squat or Bear Hug Squat**

4x12

*Rest 2:00-2:30 between sets

*Start at last weeks top weight and hold across or build slightly heavier - should be RPE 8

D Half Kneeling Filly Press

3x8/8

*Rest 1:30-2:00 between sets

*Heavier than last week for all sets

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 Crossover Symmetry + Duck Walk

2 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

20' Duck Walk

*Do 8 of each movement in succession then move on to Duck Walk

*No Rest between movements

B Snatch

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

*Same as Clean - weights remain the same as last week but if feeling great at the end you can take 2-3 additional attempts to work to heavy for the day

C Split Stance Row + Push-ups

As Many Reps As Possible in 8:00 of:

8 Split Stance Rows

8 Push-ups

*Use the same weight and start with the opposite arm as last week, switch arms on row each round - goal is for more total reps than last week

D Hip Extension

3x15

*Rest 1:00 between sets

*If this is a strong movement for you try to slow down and control the movement more to challenge the 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 Kang Squat

10 Reps

*Empty Bar - Each rep settle at the bottom momentarily and work to open hips

B Clean

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

*Weights are the same again - If you are feeling great at 95% take 2-3 additional lifts to work to heavy for the day

C Neutral Grip Dumbbell Bench press

4x15

*Rest 2:00-3:00 between sets

*Try for heavier dumbbells than last week for all sets

D Toes to Bar

50 Total Reps

*Rest :30 each time you come off the bar - try to keep to as few sets as possible

*** 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 Kneeling Wall Thoracic Extension

10 Reps/Side

*Each "rep" has two movements, complete each 10 times before switching sides

B Bike + Burpee

in 10:00 Bike for max distance - Every 2:00 complete 10 Burpees:

*This week you will START with 10 burpees - You will burpee at 0, 2, 4, 6 and 8 so 50 total Burpees - Score is total distance

C Staggered Stance Trap Bar Romanian Deadlift

5x5/5

*Rest 2:00-2:30 between sets

*Start at 80% of last week again and build to heavier - overall goal is more about control so still shouldn't exceed RPE 8

D **Ball Slam + Side Plank Rotations**

4 Rounds of:


12 Ball Slams

8 Side Plank Rotations

*Same weight as last week

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 **Cossack Squat + Banded Side Bend**

2 Rounds of:

12 Cossack Squats

8/8 Banded Side Bends

*Band should be light resistance and allow maximum ROM

B **Back Squat**

4x8@75-85%

*Rest 2:30-3:00 between sets

C **Belt Squat or Bear Hug Squat**

4x12

*Rest 2:00-2:30 between sets

*Start at last weeks top weight and hold across or build slightly heavier - should still be RPE 8

D Half Kneeling Filly Press


3x10/10

*Rest 1:30-2:00 between sets

*Same weight as last week for all sets

* 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 Crossover Symmetry + Duck Walk

2 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

20' Duck Walk

*Do 8 of each movement in succession then move on to Duck Walk

*No Rest between movements

B Snatch

Waves

1@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@93%

1@90%, 1@93%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

*Same as Clean - weights remain the same as last week but if feeling great at the end you can take 2-3 additional attempts to work to heavy for the day

C **Split Stance Row + Push-ups**

As Many Reps As Possible in 8:00 of:

8 Split Stance Rows

8 Push-ups

*Use the a slightly heavier weight than last week, switch arms on row each round - goal is the same or more total reps than last week

D **Hip Extension**

3x15

*Rest 1:00 between sets

*If this is a strong movement for you try to slow down and control the movement more to challenge the 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 Kang Squat

10 Reps

*Empty Bar - Each rep settle at the bottom momentarily and work to open hips

B Clean

Waves

1@70%, 1@75%, 1@80%

1@75%, 1@80%, 1@83%

1@80%, 1@83%, 1@85%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Neutral Grip Dumbbell Bench press

4x15

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight


D Toes to Bar

30 Total Reps

*Rest :30 each time you come off the bar - Try HARD this week to go to failure in the first set

* 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 **Kneeling Wall Thoracic Extension**

10 Reps/Side

*Each "rep" has two movements, complete each 10 times before switching sides

B **Bike + Burpee**

2:00 Max Burpees

4:00 Max Bike Distance

2:00 Max Burpees

C **Staggered Stance Trap Bar Romanian Deadlift**

5x5/5

*Rest 2:00-2:30 between sets

*All sets at 80% of last week

D **Ball Slam + Side Plank Rotations**

4 Rounds of:


12 Ball Slams

8 Side Plank Rotations

*Same weight as last week

* **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 **Cossack Squat + Banded Side Bend**

2 Rounds of:

12 Cossack Squats

8/8 Banded Side Bends

*Band should be light resistance and allow maximum ROM

B **Back Squat**

4x8@60-75%

*Rest 2:30-3:00 between sets

C **Belt Squat or Bear Hug Squat**

4x10

*Rest 2:00-2:30 between sets

*All sets at 80% of last weeks top weight

D Half Kneeling Filly Press


3x8/8

*Rest 1:30-2:00 between sets

*Same weight as last week for all sets

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 Crossover Symmetry + Duck Walk

2 Rounds of:

8 CrossOver Row

8 CrossOver Reverse Fly

8 CrossOver Pulldowns

20' Duck Walk

*Do 8 of each movement in succession then move on to Duck Walk

*No Rest between movements

B Snatch

Waves

1@70%, 1@75%, 1@80%

1@75%, 1@80%, 1@83%

1@80%, 1@83%, 1@85%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Split Stance Row + Push-ups

As Many Reps As Possible in 6:00 of:

6 Split Stance Rows

6 Push-ups

*Use the same weight as last week, switch arms on row each round

D Hip Extension


3x15

*Rest 1:00 between sets

*If this is a strong movement for you try to slow down and control the movement more to challenge the reps

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day