

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Wall Ball

3x15

*Rest 1:00 between sets

*Light weight, just getting the body moving

B Clean & Jerk

Waves

2@70%, 2@73%, 2@75%

2@73%, 2@75%, 1@80%

2@75%, 1@80%, 1@85%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C **Strict Press**

2x5@70-80%

3x3@80%+

*Rest 2:00-2:30 between sets

*Goal for sets of 3 as heavy but not maximal - Don't push to failure or form breakdown

D **Toes to Bar**


3xME

*Rest 1:00 between sets

*3 sets to failure

* **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 Banded Face Pulls

3x15

*Rest 1:00 between sets

B Snatch High Pull + Power Snatch + Overhead Squat

7x1+1+1@60-70% (of Snatch)

*Rest 1:00-1:30 between sets

*Goal is to work on keeping the bar close and a stable catch - Same as last cycle you can go immediately into squat from catch position or stand then descend to squat

C **Dumbbell Deadlift + Farmers Carry**

5 Rounds of:

10 Dumbbell Deadlifts

100m Farmers Carry

*Rest 2:00 between sets

*Goal is for this to be Heavy but limitation will probably be with Carry - Start at RPE 7-8 and build if able

D **Rotational Medicine Ball Throw**


3x10/10

*Rest 1:00 between sets

*Ball should be relatively light and allow you to throw with good power

* **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 Spiderman Reach + Squat Hold

2 Rounds of:

5/5 Spiderman w/ Reach

:30 Squat Hold

*Shift around in squat to open hips

B Back Squat + Reverse Lunge

1x5+10

1x4+8

3x3+6

*Rest 2:30-3:00 between sets

*Warm-up so the first set is RPE 7 then build throughout the sets

C Front Squat + Tall Jerk

5x2(1+1) - (Done as FS + TJ x2)

*Rest 1:30-2:00 between sets

*These are going to be VERY light but we are squatting so we can work on transitioning out of the squat into the Jerk position - start with empty bar and work no heavier than RPE 6 - goal is to work transition from squat to jerk AND nailing footwork on the Tall Jerk as you keep your hips under the bar - This is a great time to work on reaching the front heel and holding the catch position to make sure you are stable.

D Half Kneeling Landmine Press


3x10/10

*Rest 1:00-1:30 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 Victory

8 CrossOver Reverse Fly

8 CrossOver 90/90

20' Duck Walk

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

*No Rest between movements

B Snatch

Waves

2@70%, 2@75%, 2@80%

2@75%, 2@80%, 1@83%

2@80%, 1@83%, 1@85%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Kettlebell Gorilla Row

4x16

*Rest 1:30-2:00 between sets

*Goal is to keep good posture and control the KB down on each rep so start at RPE 7 and build to heavy maintaining good form

D Banded Lateral Bear Crawl

3x5/5

*Rest 1:00-2:00 between sets

*use a lighter band that allows you to travel further away from the rig

* 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 Wall Ball

3x15

*Rest 1:00 between sets

*Light weight, just getting the body moving

B Clean & Jerk

Waves

2@70%, 2@75%, 1@80%

2@75%, 1@80%, 1@85%

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

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C **Strict Press**

2x5@73-83%

3x3@83%+

*Rest 2:00-2:30 between sets

*Goal again is for sets of 3 heavy but not maximal - Don't push to failure or form breakdown

D **Toes to Bar**

3xME

*Rest 1:00 between sets

*3 sets to failure - Goal is to beat last weeks total

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 Banded Face Pulls

3x15

*Rest 1:00 between sets

*Same as last week

B Snatch High Pull + Power Snatch + Overhead Squat

7x1+1+1@63-73% (of Snatch)

*Rest 1:00-1:30 between sets

*Same goal, working on a close bar and stable catch - you can go immediately into squat from catch position or stand then descend to squat

C **Dumbbell Deadlift + Farmers Carry**

5 Rounds of:

12 Dumbbell Deadlifts

100m Farmers Carry

*Rest 2:00 between sets

*Same weight or slightly heavier than last week

D **Rotational Medicine Ball Throw**


3x12/12

*Rest 1:00 between sets

*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 Spiderman Reach + Squat Hold

2 Rounds of:

5/5 Spiderman w/ Reach

:30 Squat Hold

*Shift around in squat to open hips

B Back Squat + Reverse Lunge

2x4+8

3x3+6

*Rest 2:30-3:00 between sets

*start at or near last weeks top weight for first two sets then build on final 3 sets to heavy

C Front Squat + Tall Jerk

5x2(1+1) - (Done as FS + TJ x2)

*Rest 1:30-2:00 between sets

*Start at or near last weeks top weight and hold across or build slightly - The goal is still to work transition from squat to jerk AND nailing footwork on the Tall Jerk so don't compromise form for weight.

D Half Kneeling Landmine Press

3x10/10

*Rest 1:00-1:30 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 Victory

8 CrossOver Reverse Fly

8 CrossOver 90/90

20' Duck Walk

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

*No Rest between movements

B Snatch

Waves

2@73%, 2@78%, 1@83%

2@78%, 1@83%, 1@88%

1@83%, 1@88%, 1@93%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Kettlebell Gorilla Row

4x16

*Rest 1:30-2:00 between sets

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

D Banded Lateral Bear Crawl


3x5/5

*Rest 1:00-2:00 between sets

*Same band as last week

*** 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 Wall Ball

3x15

*Rest 1:00 between sets

*Light weight, just getting the body moving

B Clean & Jerk

Waves

2@75%, 2@78%, 1@83%

2@78%, 1@83%, 1@88%

1@83%, 1@88%, 1@93%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C **Strict Press**

2x5@75-85%

3x3@85%+

*Rest 2:00-2:30 between sets

*This week push for a heavy triple (RPE 9-10)

D **Toes to Bar**


3xME

*Rest 1:00 between sets

*3 sets to failure - Goal is to beat last weeks total

* **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 Banded Face Pulls

3x15

*Rest 1:00 between sets

*Same as last week

B Snatch High Pull + Power Snatch + Overhead Squat

7x1+1+1@65-75% (of Snatch)

*Rest 1:00-1:30 between sets

*Same goal, working on a close bar and stable catch - you can go immediately into squat from catch position or stand then descend to squat

C **Dumbbell Deadlift + Farmers Carry**

5 Rounds of:

15 Dumbbell Deadlifts

100m Farmers Carry

*Rest 2:00 between sets

*Same weight or slightly heavier than last week

D **Rotational Medicine Ball Throw**


3x10/10

*Rest 1:00 between sets

*Heavier than last week for all 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 Spiderman Reach + Squat Hold

2 Rounds of:

5/5 Spiderman w/ Reach

:30 Squat Hold

*Shift around in squat to open hips

B Back Squat + Reverse Lunge

2x4+8

3x3+6

*Rest 2:30-3:00 between sets

*Start at or near last weeks top weight for first two sets then build on final 3 sets to heavy

C Front Squat + Tall Jerk

5x2(1+1) - (Done as FS + TJ x2)

*Rest 1:30-2:00 between sets

*Start at or near last weeks top weight and hold across or build slightly - The goal is still to work transition from squat to jerk AND nailing footwork on the Tall Jerk so don't compromise form for weight.

D Half Kneeling Landmine Press


3x10/10

*Rest 1:00-1:30 between sets

*Heavier than 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 Victory

8 CrossOver Reverse Fly

8 CrossOver 90/90

20' Duck Walk

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

*No Rest between movements

B Snatch

Waves

2@75%, 2@80%, 1@85%

2@80%, 1@85%, 1@90%

1@85%, 1@90%, 1@95%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Kettlebell Gorilla Row

4x16

*Rest 1:30-2:00 between sets

*Start at last weeks top weight and build if able

D Banded Lateral Bear Crawl


3x5/5

*Rest 1:00-2:00 between sets

*Same band as last week

*** 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 Wall Ball

3x15

*Rest 1:00 between sets

*Light weight, just getting the body moving

B Clean & Jerk

Waves

2@60%, 2@63%, 2@65%

2@63%, 2@65%, 1@70%

2@65%, 1@70%, 1@75%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Strict Press

2x5@65%

3x3@75%

*Rest 2:00 between sets

D Toes to Bar


3x5-10

*Rest 1:00 between sets

*Goal is 3 sets of 10 but make sure to get 5 reps per 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 Banded Face Pulls

3x15

*Rest 1:00 between sets

*Same as last week

B Snatch High Pull + Power Snatch + Overhead Squat

7x1+1+1@60-70% (of Snatch)

*Rest 1:00-1:30 between sets

*Not much of a deload, same focus on quality of movement

C Dumbbell Deadlift + Farmers Carry

4 Rounds of:

10 Dumbbell Deadlifts

100m Farmers Carry

*Rest 2:00 between sets

*Same weight as last week for 1 fewer set

D Rotational Medicine Ball Throw


3x8/8

*Rest 1:00 between sets

*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 Spiderman Reach + Squat Hold

2 Rounds of:

5/5 Spiderman w/ Reach

:30 Squat Hold

*Shift around in squat to open hips

B Back Squat + Reverse Lunge

5x3+6

*Rest 2:30-3:00 between sets

*All sets at 80% of last weeks top weight

C Front Squat + Tall Jerk

5x2(1+1) - (Done as FS + TJ x2)

*Rest 1:30-2:00 between sets

*All sets at 80-90% of last weeks top weight

D Half Kneeling Landmine Press


3x10/10

*Rest 1:00-1:30 between sets

*All sets at 80% of last weeks top weight

* 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 Victory

8 CrossOver Reverse Fly

8 CrossOver 90/90

20' Duck Walk

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

*No Rest between movements

B Snatch

Waves

2@60%, 2@63%, 2@65%

2@63%, 2@65%, 1@70%

2@65%, 1@70%, 1@75%

*Rest 1:00 between Sets in the Wave

*Rest 2:00 between Waves

C Kettlebell Gorilla Row

4x16

*Rest 1:30-2:00 between sets

*All sets at 80% of last weeks top weight

D Banded Lateral Bear Crawl


3x5/5

*Rest 1:00-2:00 between sets

*Same band as last week

*** Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day