Week 1 Day 1

• Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Toes to Bar + Jump Squats

3 Rounds of:

5 Toes to Bar

10 Jump Squats

B Block Power Snatch + Block Snatch

3x2+1@55-65%

4x1+1@65-75%

*Rest 2:00-2:30 between sets

*Block at 6" - goal is to allow for a taller starting position and focus on driving power through the legs

C Strict Chest to Bar Pull-Up

Every 1:00 for 10:00 complete:

3-5 Strict Chest To Bar Pull-ups

*If using assistance goal is for high RPE to stay within rep range

D Side Bend

2x10/10

*Rest 1:00-2:00 between sets

*use a heavy weight that still allows for full ROM

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 2

• Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Hollow Rock + Arch Hold Rotation

3 Rounds of:

15 Hollow Rocks

10 Arch Hold Rotations

*Rest as needed between sets

B Hip Clean

4x3

*Rest 1:30-200 between sets

*Working on using your upper back to keep the bar pinned to your body and not letting it descend down your legs as you dip - Start at 40-50% and build by feel, keeping light (RPE 6-7)



*Rest 2:00-3:00 between sets

*Start at $^{\circ}60\%$ Deadlift max and build as the reps decrease - don't exceed RPE 8 on any set

D Dips + Sit-ups

1x2

3 Rounds of:

:30 ME Dips

:30 Rest

:30 ME Sit-ups

:30 Rest

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 3

o Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Prone Y's + T's + Plank Toe Touch

2 Rounds of:

10 Prone Y's

10 Prone T's

20 Plank Toe Touch

*Rest as needed between sets

*Pause slightly at the top of each Y & T rep

B Snatch Push Press + Snatch Balance

7x2+1

*Rest 1:30-2:00 between sets

*Start at $^{\sim}60\%$ of max Snatch and build to RPE 8 - Goal is to really emphasize lockout in PP so that overhead position feels stable in Snatch Balance

c Strict Press

2x4@75-85%

3x2@85%+

*Rest 1:30-2:00 between sets

*Goal for sets of 2 is heavy but not maximal - Don't push to failure or form breakdown

D Arnold Curl

3x10/10

*Rest 1:00 between sets

*Goal is RPE 8 across

* Cooldown

Cool-Down and Stretch - 5 Min

Week 1 Day 4

O Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

A Bike + Back Squat

2 Rounds of:

:30 Air Bike

10 Back Squats

*No Rest - Goal is to warm-up the body for heavy back squats quickly

*Air Bike effort should be moderate each set and Back Squats should be Empty Bar or very light

B Back Squat

3x3@80-90%

*Rest 3:00-3:30 between sets

*Goal is to get to starting weight quickly, ideally 2-3 warm-ups sets then start



4x100M

*Rest 2:00 between sets

*From the start I want these to be heavy (RPE 8-9), we will progress in future weeks with shorter distance and look to add weight

D Slider Body Saw

3x10

*Rest 1:00-1:30 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 1

• Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Toes to Bar + Jump Squats

3 Rounds of:

5 Toes to Bar

10 Jump Squats

B Block Power Snatch + Block Snatch

3x2+1@58-68%

4x1+1@68-80%

*Rest 2:00-2:30 between sets

*Block at 6" - focus on driving power through the legs

C Strict Chest to Bar Pull-Up

Every 1:00 for 10:00 complete:

3-6 Strict Chest To Bar Pull-ups

*Same set-up as last week - goal is more total reps

D Side Bend

2x10/10

*Rest 1:00-2:00 between sets

*slightly heavier than last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 2

O Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Hollow Rock + Arch Hold Rotation

3 Rounds of:

15 Hollow Rocks

10 Arch Hold Rotations

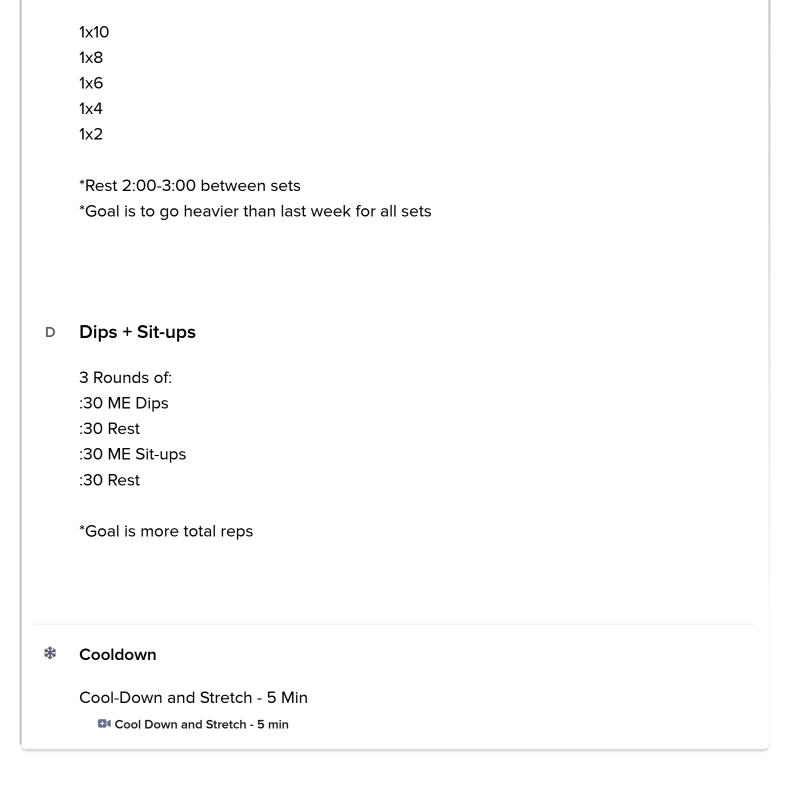
*Rest as needed between sets

B Hip Clean

4x3

*Rest 1:30-200 between sets

*Start at 80% of last week and build to heavy



Deadlift

Week 2 Day 3

• Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Prone Y's + T's + Plank Toe Touch

2 Rounds of:

10 Prone Y's

10 Prone T's

20 Plank Toe Touch

*Rest as needed between sets

*Pause slightly at the top of each Y & T rep

B Snatch Push Press + Snatch Balance

7x2+1

*Rest 1:30-2:00 between sets

*Start at 80% of last week and build to RPE 9 - Again focus on lockout in PP so that overhead position feels stable in Snatch Balance

c Strict Press

2x4@78-88%

3x2@88%+

*Rest 1:30-2:00 between sets

*Goal is for atleast one set of 4 & 2 to be heavier than last week

D Arnold Curl

3x10/10

*Rest 1:00 between sets

*Heavier than last week for all sets

* Cooldown

Cool-Down and Stretch - 5 Min

Week 2 Day 4

• Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

A Bike + Back Squat

2 Rounds of:

:30 Air Bike

10 Back Squats

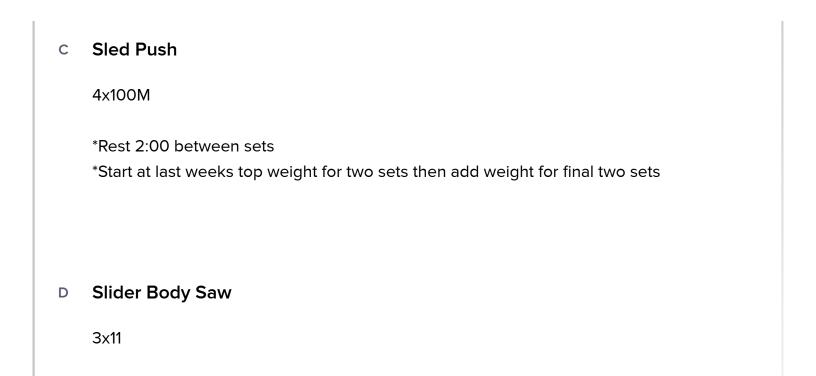
*No Rest - Goal is to warm-up the body for heavy back squats quickly
*Air Bike effort should be moderate each set and Back Squats should be Empty Bar or
very light

B Back Squat

3x3@83-93%

*Rest 3:00-3:30 between sets

*Goal is to get to starting weight quickly, ideally 2-3 warm-ups sets then start



* Cooldown

Cool-Down and Stretch - 5 Min

*Rest 1:00-1:30 between sets

Week 3 Day 1

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A Toes to Bar + Jump Squats

3 Rounds of:

5 Toes to Bar

10 Jump Squats

B Block Power Snatch + Block Snatch

3x2+1@60-70%

4x1+1@73-85%

*Rest 2:00-2:30 between sets

*Block at 6" - focus on driving power through the legs

C Strict Chest to Bar Pull-Up

Every 1:00 for 10:00 complete:

3-7 Strict Chest To Bar Pull-ups

*Same set-up as last week - goal is more total reps

D Side Bend

2x12/12

*Rest 1:00-2:00 between sets

*Same weight as last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 2

O Warmup

2-3 X Dynamic Flow Warm-up

□ Dynamic Flow Warm-up

A Hollow Rock + Arch Hold Rotation

3 Rounds of:

15 Hollow Rocks

10 Arch Hold Rotations

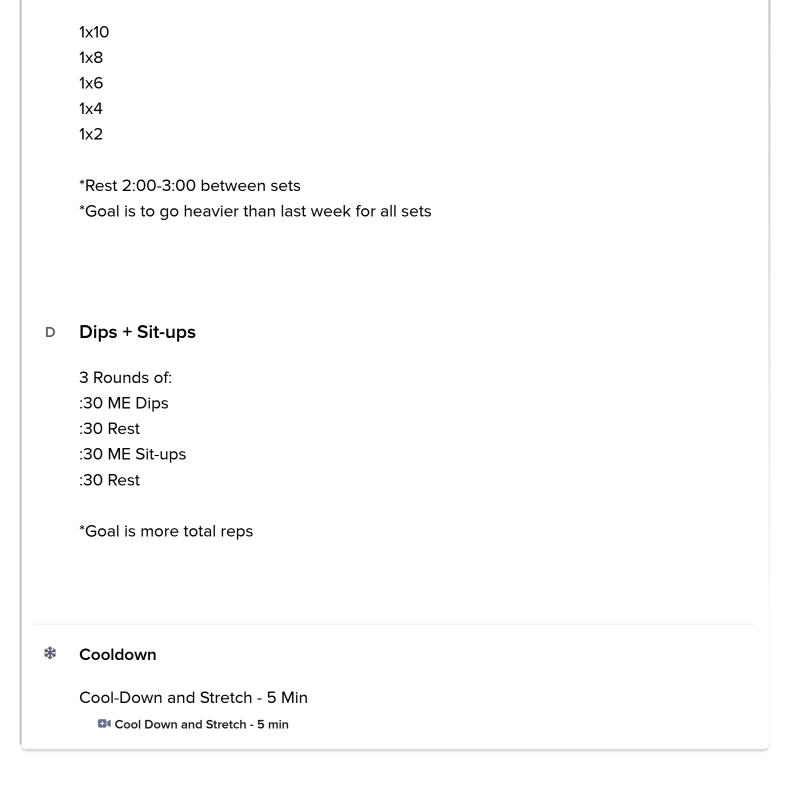
*Rest as needed between sets

B Hip Clean

4x3

*Rest 1:30-200 between sets

*Start at 80% of last week and build to heavy



Deadlift

Week 3 Day 3

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A Prone Y's + T's + Plank Toe Touch

2 Rounds of:

10 Prone Y's

10 Prone T's

20 Plank Toe Touch

*Rest as needed between sets

*Pause slightly at the top of each Y & T rep

B Snatch Push Press + Snatch Balance

7x2+1

*Rest 1:30-2:00 between sets

*Start at 80% of last week and build to heavy - Again focus on lockout in PP so that overhead position feels stable in Snatch Balance

c Strict Press

2x4@80-90%

3x2@90%+

*Rest 1:30-2:00 between sets

*Goal is for atleast one set of 4 & 2 to be heavier than last week

D Arnold Curl

3x12/12

*Rest 1:00 between sets

*Same weight as last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 3 Day 4

• Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

A Bike + Back Squat

2 Rounds of:

:30 Air Bike

10 Back Squats

*No Rest - Goal is to warm-up the body for heavy back squats quickly

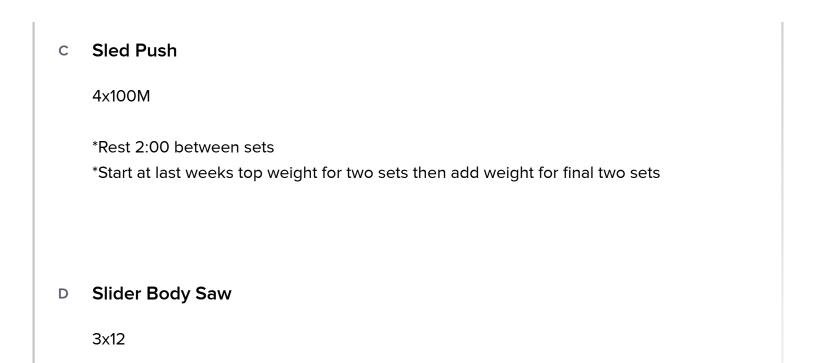
*Air Bike effort should be moderate each set and Back Squats should be Empty Bar or very light

B Back Squat

3x3@85-95%

*Rest 3:00-3:30 between sets

*Goal is to get to starting weight quickly, ideally 2-3 warm-ups sets then start



* Cooldown

Cool-Down and Stretch - 5 Min

*Rest 1:00-1:30 between sets

Week 4 Day 1

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Toes to Bar + Jump Squats

3 Rounds of:

5 Toes to Bar

10 Jump Squats

B Block Power Snatch + Block Snatch

7x1+1@60-75%

*Rest 2:00-2:30 between sets

*Block at 6" - focus on driving power through the legs

C Strict Chest to Bar Pull-Up

Every 1:00 for 10:00 complete:

3-5 Strict Chest To Bar Pull-ups

*Take it back to to match what you did in week 1



2x8/8

*Rest 1:00-2:00 between sets

*Same weight as last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 2

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Hollow Rock + Arch Hold Rotation

3 Rounds of:

15 Hollow Rocks

10 Arch Hold Rotations

*Rest as needed between sets

B Hip Clean

4x3

*Rest 1:30-200 between sets

*All sets at 80% of last week

C Deadlift

4x5

*Rest 2:00-3:00 between sets

*All sets should be at weight from last weeks set of 10

D Dips + Sit-ups

3 Rounds of:

:30 ME Dips

:30 Rest

:30 ME Sit-ups

:30 Rest

*Goal is to again beat last weeks total reps

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 3

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Prone Y's + T's + Plank Toe Touch

2 Rounds of:

10 Prone Y's

10 Prone T's

20 Plank Toe Touch

*Rest as needed between sets

*Pause slightly at the top of each Y & T rep

B Snatch Push Press + Snatch Balance

7x1+1

*Rest 1:30-2:00 between sets

*All sets at 80% of last weeks top weight

c Strict Press

2x4@70-80% 2x2@80-90%

*Rest 1:30-2:00 between sets

D Arnold Curl

3x8/8

*Rest 1:00 between sets

*Same weight as last week

* Cooldown

Cool-Down and Stretch - 5 Min

Week 4 Day 4

• Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

A Bike + Back Squat

3 Rounds of:

:30 Air Bike

10 Back Squats

*Adding a 3rd round to and still technically no built in rest, don't push it too hard

B Back Squat

3x3@70-75%

*Rest 3:00-3:30 between sets

*2-3 warm-ups sets then start

c Sled Push

4x100M

*Rest 2:00 between sets

*All sets at 70-80% of last weeks top weight

D Slider Body Saw

3x8

*Rest 1:00-1:30 between sets

* Cooldown

Cool-Down and Stretch - 5 Min