

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 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

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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 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)

## C Deadlift

1x10

1x8

1x6

1x4

1x2

\*Rest 2:00-3:00 between sets

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

## D Dips + Sit-ups

3 Rounds of:

:30 ME Dips

:30 Rest

:30 ME Sit-ups

:30 Rest

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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 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 ~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

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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 **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



## C Sled Push

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

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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 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

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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 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 1:30-2:00 between sets

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

## C Deadlift

1x10

1x8

1x6

1x4

1x2

\*Rest 2:00-3:00 between sets

\*Goal is to go heavier than last week for all sets

## D Dips + Sit-ups

3 Rounds of:

:30 ME Dips

:30 Rest

:30 ME Sit-ups


:30 Rest

\*Goal is more total reps

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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 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

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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 **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

**C Sled Push**

4x100M

\*Rest 2:00 between sets

\*Start at last weeks top weight for two sets then add weight for final two sets

**D Slider Body Saw**

3x11

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

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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 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

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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

 Dynamic Flow Warm-up

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### 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 1:30-2:00 between sets

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

## C Deadlift

1x10

1x8

1x6

1x4

1x2

\*Rest 2:00-3:00 between sets

\*Goal is to go heavier than last week for all sets

## D Dips + Sit-ups

3 Rounds of:

:30 ME Dips

:30 Rest

:30 ME Sit-ups


:30 Rest

\*Goal is more total reps

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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 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

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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 **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

**C Sled Push**

4x100M

\*Rest 2:00 between sets

\*Start at last weeks top weight for two sets then add weight for final two sets

**D Slider Body Saw**


3x12

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

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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 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

## D Side Bend

2x8/8


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

\*Same weight as last week

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## \* 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 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 1:30-2:00 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

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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 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

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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 **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

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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**