

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **Row/Ski + Step-ups**

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

B **Pull-up + Reverse Fly**

5 Rounds of:

3 Strict Chest-to-Bar Pull-ups

6 Reverse Dumbbell Fly

*Rest 1:00 between rounds

*If needing assistance for pull-ups choose something that would allow 5 reps in round one so as you get tired you are still able to move through unbroken - Reverse Fly weight should be RPE 7-8

C **Ski Erg + Box Jump**

10 Rounds of:

8 Cal Ski Erg

6 Box Jumps

*No rest built in so goal is to start at a pace you can maintain throughout

*Box Jump Height should be challenging but allow a quick 6 reps each round

D **Knee to Elbow Mountain Climber**

100 Total Reps

*Goal is to complete in as few sets as possible - Rest no more than 30 seconds each time you break

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 Cossack Squat + Bridge

3 Rounds of:

10 Cossack Squats

:20 Glute Bridge

*try to pause at the bottom of each squat - use assistance if needed to get proper depth and stay full foot planted (knees over toes)

B Hang Clean

5x2@70-80%

*Rest 2:00-2:30 between sets

*Hang from Mid-Thigh - progressing down a bit from last cycles hip clean, goal is to work on letting the bar ride all the way back up before extending

C Deadlift

2x5@65-80%

2x3@75-90%

*Rest 2:00-3:00 between sets

*Keep at or below RPE 8 for week 1 so we can progress weights through the cycle

D Dumbbell Pullover


3x12

*Rest 1:30-2:00 between sets

*Start at RPE 7-8 and build to heavy for the day

* 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 Prone Swimmers + Plank to Down Dog

2 Rounds of:

10 Prone Swimmers

10 Plank to Down Dog

*Rest as needed between sets

B Snatch Balance + Overhead Squat

7x1+2

*Rest 1:30-2:00 between sets

*Coming form last cycle try to start around your max from PP+SB or Start at ~70% of max Snatch and build to RPE 8 - Goal is to work on a consistent/stable overhead position

C **Push Press**

2x4@70-80%

3x2@80%+

*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 **Banded Bicep Curl**


2x20

*Rest 1:00 between sets

*Goal is a band that allows you to move the reps quickly and really challenges rep 10-20 each set

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 **Wall Ball + Mountain Climber**

3 Rounds of:

10 Wall Ball

20 Drunken Mountain Climbers

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

B **Back Squat**

4x2@85-95%

*Rest 3:00-3:30 between sets

*Goal is to get to starting weight quickly, ideally 3-4 warm-ups sets then start

C Double Push-Up Burpee

5 Rounds of:

:30 ME Double Push-up Burpee

1:30 Rest

*Rhythm is a little different with these to practice a few before you start and really push the pace once you start


D GHD Sit-Up

3x10-15

*Rest 1:30 between sets

* 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 Row/Ski + Step-ups

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

B Pull-up + Reverse Fly

6 Rounds of:

3 Strict Chest-to-Bar Pull-ups

6 Reverse Dumbbell Fly

*Rest 1:00 between rounds

*Same set up/weight as last week - more total rounds

C Ski Erg + Box Jump

10 Rounds of:

10 Cal Ski Erg

5 Box Jumps

*Goal is again to hold a consistent pace - same box height


D Knee to Elbow Mountain Climber

130 Total Reps

*Goal is to complete in as few sets as possible - Rest no more than 30 seconds each time you break

* 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 Cossack Squat + Bridge

3 Rounds of:

10 Cossack Squats

:20 Glute Bridge

*try to pause at the bottom of each squat - use assistance if needed to get proper depth and stay full foot planted (knees over toes)

B Hang Clean

5x2@73-83%

*Rest 2:00-2:30 between sets

*Hang from Mid-Thigh

C Deadlift

2x5@68-83%

2x3@78-93%

*Rest 2:00-3:00 between sets

*Goal is to start and end each of the sets heavier than last week

D Dumbbell Pullover


3x10

*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 10

Rest day

Day 11

Week 2 Day 3

🔥 Warmup

Strength Ratio Flow Warm-up 2

📄 Strength Ratio Flow Warm-up (Part 2)

A Prone Swimmers + Plank to Down Dog

2 Rounds of:

10 Prone Swimmers

10 Plank to Down Dog

*Rest as needed between sets

B Snatch Balance + Overhead Squat

7x1+2

*Rest 1:30-2:00 between sets

*Start at ~80% of last weeks top weight and build to heavy for the day

C Push Press

2x4@73-83%

3x2@83%+

*Rest 1:30-2:00 between sets

*Goal for this week is to push to RPE 9 on the doubles leaving a little in the tank

D **Banded Bicep Curl**


2x22

*Rest 1:00 between sets

*Same band as last week

* **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 Wall Ball + Mountain Climber

3 Rounds of:

10 Wall Ball

20 Drunken Mountain Climbers

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

B Back Squat

4x2@88-98%

*Rest 3:00-3:30 between sets

*Goal is to get to starting weight quickly, ideally 3-4 warm-ups sets then start

C Burpee

5 Rounds of:

:30 ME Burpee

1:30 Rest

*This week no double push-up so you should be able to really push the reps each split


D GHD Sit-Up

3x12-15

*Rest 1:30 between sets

*** 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 **Row/Ski + Step-ups**

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

B **Pull-up + Reverse Fly**

5 Rounds of:

4 Strict Chest-to-Bar Pull-ups

8 Reverse Dumbbell Fly

*Rest 1:00 between rounds

*Same set up/weight as last week - added reps but back to 5 rounds

C **Ski Erg + Box Jump**

10 Rounds of:

12 Cal Ski Erg

6 Box Jumps

*Same box height


D Knee to Elbow Mountain Climber

150 Total Reps

*Goal is to complete in as few sets as possible - Rest no more than 30 seconds each time you break

* 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 Cossack Squat + Bridge

3 Rounds of:

10 Cossack Squats

:20 Glute Bridge

*try to pause at the bottom of each squat - use assistance if needed to get proper depth and stay full foot planted (knees over toes)

B Hang Clean

5x2@75-85%

*Rest 2:00-2:30 between sets

*Hang from Mid-Thigh

C Deadlift

2x5@70-85%

2x3@80-95%

*Rest 2:00-3:00 between sets

*Goal is to start and end each of the sets heavier than last week

D Dumbbell Pullover


3x10

*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 17

Rest day

Day 18

Week 3 Day 3

Warmup

2-3 X Dynamic Flow Warm-up

 Dynamic Flow Warm-up

A Prone Swimmers + Plank to Down Dog

2 Rounds of:

10 Prone Swimmers

10 Plank to Down Dog

*Rest as needed between sets

B Snatch Balance + Overhead Squat

7x1+1

*Rest 1:30-2:00 between sets

*Start at ~80% of last weeks top weight and build to heavy for the day - Single Rep OHS
this week should allow you to push weight of Snatch Balance

C Push Press

2x4@75-85%

3x2@85%+

*Rest 1:30-2:00 between sets

*Goal for this week is to work to a heavy double for the day

D Banded Bicep Curl


2x25

*Rest 1:00 between sets

*Same band as last week

* 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 **Wall Ball + Mountain Climber**

3 Rounds of:

10 Wall Ball

20 Drunken Mountain Climbers

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

B **Back Squat**

3x2@90%+

*Rest 3:00-3:30 between sets

*This week you can take a little longer getting to starting weight - goal is to get 3 sets in above 90%, ideally building on each sets

C **Push-ups + Jump Squats**

5 Rounds of:

:30 Push-ups

:30 Rest

:30 Jump Squats

:30 Rest

*Focus for jump squats is depth with just a small jump at the top of each rep


D **GHD Sit-Up**

3x15-18

*Rest 1:30 between sets

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 **Row/Ski + Step-ups**

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

B **Pull-up + Reverse Fly**

4 Rounds of:

3 Strict Chest-to-Bar Pull-ups

6 Reverse Dumbbell Fly

*Rest 1:00 between sets

*same weight/assistance

C **Ski Erg + Box Jump**

8 Rounds of:

8 Cal Ski Erg

4 Box Jumps

*Same box height


D Knee to Elbow Mountain Climber

100 Total Reps

*Goal is to complete in as few sets as possible - Rest no more than 30 seconds each time you break

* 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 Cossack Squat + Bridge

3 Rounds of:

10 Cossack Squats

:20 Glute Bridge

*try to pause at the bottom of each squat - use assistance if needed to get proper depth and stay full foot planted (knees over toes)

B Hang Clean

5x2@65-75%

*Rest 2:00-2:30 between sets

*Hang from Mid-Thigh

C Deadlift

5x3@70-80%

*Rest 2:00-3:00 between sets

D Dumbbell Pullover

3x10

*Rest 1:30-2:00 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 24

Rest day

Day 25

Week 4 Day 3

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A Prone Swimmers + Plank to Down Dog

2 Rounds of:

10 Prone Swimmers

10 Plank to Down Dog

*Rest as needed between sets

B Snatch Balance + Overhead Squat

7x1+1

*Rest 1:30-2:00 between sets

*All sets at 80% of last weeks top weight

C Push Press

5x4@65-75%

*Rest 1:30-2:00 between sets

D **Banded Bicep Curl**

2x20

*Rest 1:00 between sets

*Same band as last week

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 **Wall Ball + Mountain Climber**

3 Rounds of:

10 Wall Ball

20 Drunken Mountain Climbers

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

B **Back Squat**

4x2@80%

*Rest 3:00-3:30 between sets

*This is not a significant deload but will work into next cycle as we progress to heavy singles

C Burpee

3 Rounds of:

15 Burpees

2:00 Rest

*Goal is to push the pace on the burpees each round


D GHD Sit-Up

3x10-15

*Rest 1:30 between sets

*** Cooldown**

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day