

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 Row/Ski + Step-ups

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

### B Block Power Snatch + Hang Snatch

3x1+2@60-70%

4x1+1@70-80%

\*Rest 2:00-2:30 between sets

\*Block at 6" for Power Snatch - Above Knee for Hang Snatch

## C Pull-up + Reverse Fly

As Many Reps As Possible in 6:00 of  
3 Strict Chest-to-Bar Pull-ups  
6 Reverse Dumbbell Fly

\*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 quickly - Reverse Fly weight should be RPE 7-8

## 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

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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 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

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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 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 from 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

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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 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 Jerk

Every 1:00 for 12:00

1 Jerk, 75-90%

\*Start at 75% and build by feel up to 90% - If feeling great build quickly and get in more heavy reps, otherwise stay on the low end of the range and nail your positions/footwork



**D GHD Sit-Up**


3x10-15

\*Rest 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 Row/Ski + Step-ups

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

### B Block Power Snatch + Hang Snatch

3x1+2@63-75%

4x1+1@75-85%

\*Rest 2:00-2:30 between sets

\*Block at 6" for Power Snatch - Above Knee for Hang Snatch

### C Pull-up + Reverse Fly

As Many Reps As Possible in 6:00 of

3 Strict Chest-to-Bar Pull-ups

6 Reverse Dumbbell Fly

\*Goal is more total reps than last week - same weight/assistance

## 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

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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 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

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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 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

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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 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 Jerk

Every 1:00 for 12:00

1 Jerk, 78-95%

\*Start at 78% and build by feel up to 95% - If feeling great build quickly and get in more heavy reps, otherwise stay on the low end of the range and nail your positions/footwork

**D GHD Sit-Up**


3x12-15

\*Rest 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 Row/Ski + Step-ups

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

### B Block Power Snatch + Hang Snatch

3x1+2@65-80%

4x1+1@80-90%

\*Rest 2:00-2:30 between sets

\*Block at 6" for Power Snatch - Above Knee for Hang Snatch

### C Pull-up + Reverse Fly

As Many Reps As Possible in 6:00 of

3 Strict Chest-to-Bar Pull-ups

6 Reverse Dumbbell Fly

Goal is more total reps than last week - same weight/assistance

## 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

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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 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

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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 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

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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 **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 Jerk

Every 1:00 for 12:00

1 Jerk, 80-98%

\*Start at 80% and build by feel up to 98% - If feeling great build quickly and get in more heavy reps or you can work for a max!

## D GHD Sit-Up

3x15-18

\*Rest 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 Row/Ski + Step-ups

3 Rounds of:

:30 Row or Ski Erg

:30 Step-ups

### B Block Power Snatch + Hang Snatch

7x1+1@65-75%

\*Rest 2:00-2:30 between sets

\*Block at 6" for Power Snatch - Above Knee for Hang Snatch

### C 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

## 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

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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 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

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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 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

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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 **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 **Jerk**

Every 1:00 for 12:00

1 Jerk, 80%

\*All sets at 80%

**D GHD Sit-Up**


3x10-15

\*Rest 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**