

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 **Banded Good Morning + Banded Press**

4 Rounds of:

8 Banded Good Morning

8 Banded Press

\*Same band for both movement - Pause briefly at the top of each press

### B **Block Snatch + Hang Snatch**

3x1+1@65-75%

4x1+1@75-85%

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

\*Block at 12" for Power Snatch - Above Knee for Hang Snatch

## C Weighted Pull-Up

Every 1:30 for 12:00 (8 Rounds) complete:

3 Weighted Pull-ups

\*This should be RPE 7 to start - Scale to Strict or assisted as needed with same RPE to start as volume with increase RPE by the end

## D Plank Walk-Up


50 Total Reps

\*Goal is to complete in 3 or fewer sets - Rest no more than 30 seconds each time you break and use elbow padding

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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 Bike/Row/Ski

3:00 Bike, Row, or Ski

\*RPE 7 - warm-up pace

### B Clean

2x2@70-75%

4x2@75-85%

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

\*Warm-up with a few Hang Reps to start as we come off last cycle and continue to work on staying over the bar through extension

### C Deadlift

2x3@75-85%

3x1@85-95%

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

## D Overhead Triceps Extension + Seated Knee Tucks

3 Rounds of:

10 Overhead Dumbbell Triceps Extension

20 Seated Knee Tucks


\*Rest 1:00 between sets

\*RPE 8 for Tri Extensions

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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 **Burgener Warm-up + Snatch Skill Transfer Exercises**

2x3 reps of each movement

\*Rest as needed between sets

\*Complete Burgener Warm-up + Skill Transfer as 1 set - Start with a lighter Bar or PVC and progress up to full Barbell if possible

### B **Snatch + Overhead Squat**

7x1+2@70-80% (of Snatch)

\*Rest 1:30-2:00 between sets

\*Goal is to continue to work on a consistent/stable overhead position

## C Dumbbell Push Press

2x12

2x10

1x8

\*Rest 1:30-2:00 between sets

\*Aim for RPE 7-8 to start first set then try to stay at RPE 8 throughout

## D Russian Twist + Hollow Rock

3 Rounds of:

20 Russian Twist

10 Hollow Rocks

\*Rest 1:00-2:00 between rounds - rest long enough so you can do all 30 reps without stopping each round

\*Goal is for Russian Twist to be heavy

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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 **Sumo Back Squats + Reverse Lunge**

2 Rounds of:

10 Sumo Back Squats

10 Reverse Lunges

\*Rest 1:00 between rounds

\*Empty Bar or light weight - working to get the legs warm for Back Squats

### B **Back Squat**

5x1@90%+

\*Rest 3:00-3:30 between sets

\*Take your time warming up to your start weight at 90% - Goal is to get in 5 heavy singles - each of the 3 weeks will be the same rep scheme this cycle so take advantage of days that feel good to push the top end of the weights



## C **Pause Jerk**

Every 1:00 for 10:00

1 Jerk, 65-80%

\*Two second pause in the dip of each rep - Start at 65% and build by feel up to 80% - 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 **Seated Dumbbell Curl**

3x10

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

\*RPE 8 for all 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)

### A Banded Good Morning + Banded Press

4 Rounds of:

8 Banded Good Morning

8 Banded Press

\*Same band as last week - Pause briefly at the top of each press

### B Block Snatch + Hang Snatch

3x1+1@68-78%

4x1+1@78-88%

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

\*Block at 12" for Snatch - Above Knee for Hang Snatch

### C Weighted Pull-Up

Every 1:30 for 12:00 (8 Rounds) complete:

3 Weighted Pull-ups

\*Goal is Heavier than last week for all sets (Increase challenge if using assistance)

## D Plank Walk-Up


55 Total Reps

\*Goal is to complete in 3 or fewer sets - Rest no more than 30 seconds each time you break and use elbow padding

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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 Bike/Row/Ski

3:00 Bike, Row, or Ski

\*RPE 7 - warm-up pace

### B Clean

2x2@73-78%

4x2@78-88%

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

\*Warm-up with a few Hang Reps to start as we come off last cycle and continue to work on staying over the bar through extension

### C Deadlift

2x3@78-88%

3x1@88-98%

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

## D Overhead Triceps Extension + Seated Knee Tucks

3 Rounds of:

10 Overhead Dumbbell Triceps Extension

25 Seated Knee Tucks


\*Rest 1:00 between sets

\*Heavier for all sets of Overhead Extensions

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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 **Burgener Warm-up + Snatch Skill Transfer Exercises**

2x3 reps of each movement

\*Rest as needed between sets

\*Complete Burgener Warm-up + Skill Transfer as 1 set - Start with a lighter Bar or PVC and progress up to full Barbell if possible

### B **Snatch + Overhead Squat**

7x1+2@73-85% (of Snatch)

\*Rest 1:30-2:00 between sets

\*Goal is to continue to work on a consistent/stable overhead position

## C Dumbbell Push Press

2x12

2x10

1x8

\*Rest 1:30-2:00 between sets

\*Goal is for this week to be at either the top weight used for sets of above last week

## D Russian Twist + Hollow Rock

3 Rounds of:

20 Russian Twist

12 Hollow Rocks

\*Rest 1:00-2:00 between rounds - rest long enough so you can do all 32 reps without stopping each round

\*Same weight 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 **Sumo Back Squats + Reverse Lunge**

2 Rounds of:

10 Sumo Back Squats

10 Reverse Lunges

\*Rest 1:00 between rounds

\*Same as last week keep this light - working to get the legs warm for Back Squats

### B **Back Squat**

5x1@90%+

\*Rest 3:00-3:30 between sets

\*Take your time warming up to your start weight at 90% - Goal is to get in 5 heavy singles - reminder that % start is the same so take advantage if it feels good to push the top end of the weights

## C **Pause Jerk**

Every 1:00 for 10:00

1 Jerk, 70-85%

\*Two second pause in the dip of each rep - Start at 70% and build by feel up to 85% - 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 **Seated Dumbbell Curl**

3x10


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

\*Use the top weight or a little heavier this week

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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 Banded Good Morning + Banded Press

4 Rounds of:

8 Banded Good Morning

8 Banded Press

\*Same band as last week - Pause briefly at the top of each press

### B Block Snatch + Hang Snatch

3x1+1@70-80%

4x1+1@80-90%

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

\*Block at 12" for Snatch - Above Knee for Hang Snatch

### C Weighted Pull-Up

Every 1:30 for 12:00 (8 Rounds) complete:

3 Weighted Pull-ups

\*Goal again is Heavier than last week for all sets (Increase challenge if using assistance)

## D Plank Walk-Up


60 Total Reps

\*Goal is to complete in 3 or fewer sets - Rest no more than 30 seconds each time you break and use elbow padding

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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 Bike/Row/Ski

3:00 Bike, Row, or Ski

\*RPE 7 - warm-up pace

### B Clean

2x2@75-80%

4x2@80-90%

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

\*This week focus on a good set-up and get a lot of power out of each pull

### C Deadlift

2x3@80-90%

3x1@90-101%

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

## D Overhead Triceps Extension + Seated Knee Tucks

3 Rounds of:

10 Overhead Dumbbell Triceps Extension

30 Seated Knee Tucks


\*Rest 1:00 between sets

\*Heavier for all sets of Overhead Extensions

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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 **Burgener Warm-up + Snatch Skill Transfer Exercises**

2x3 reps of each movement

\*Rest as needed between sets

\*Complete Burgener Warm-up + Skill Transfer as 1 set - Start with a lighter Bar or PVC and progress up to full Barbell if possible

### B **Snatch + Overhead Squat**

7x1+2@75-90% (of Snatch)

\*Rest 1:30-2:00 between sets

\*Goal is to continue to work on a consistent/stable overhead position

## C Dumbbell Push Press

2x10

2x8

1x6

\*Rest 1:30-2:00 between sets

\*Try to start set of 10 at top set of 10 last week and build

## D Russian Twist + Hollow Rocks

3 Rounds of:

20 Russian Twist

15 Hollow Rocks


\*Rest 1:00-2:00 between rounds - rest long enough so you can do all 35 reps without stopping each round

\*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 **Sumo Back Squats + Reverse Lunge**

2 Rounds of:

10 Sumo Back Squats

10 Reverse Lunges

\*Rest 1:00 between rounds

\*Same as last week keep this light - working to get the legs warm for Back Squats

### B **Back Squat**

5x1@90%+

\*Rest 3:00-3:30 between sets

\*Take your time warming up to your start weight at 90% - Goal is to get in 5 heavy singles - reminder that % start is the same so take advantage if it feels good to push the top end of the weights

## C **Pause Jerk**

Every 1:00 for 10:00

1 Jerk, 75-90%

\*Two second pause in the dip of each rep - 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 **Seated Dumbbell Curl**

3x10


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

\*Use the top weight or a little heavier this week

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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 **Banded Good Morning + Banded Press**

4 Rounds of:

8 Banded Good Morning

8 Banded Press

\*Same band as last week - Pause briefly at the top of each press

### B **Block Snatch + Hang Snatch**

7x1+1@60-75%

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

\*Block at 12" for Snatch - Above Knee for Hang Snatch

### C **Weighted Pull-Up**

Every 1:30 for 12:00 (8 Rounds) complete:

2 Weighted Pull-ups

\*Use same weight as week 3

## D Plank Walk-Up


40 Total Reps

\*Goal is to complete in 2 or fewer sets - Rest no more than 30 seconds each time you break and use elbow padding

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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 Bike/Row/Ski

3:00 Bike, Row, or Ski

\*RPE 7 - warm-up pace

### B Clean

2x2@65-70%

4x2@70-80%

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

### C Deadlift

5x3@70-80%

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

## D Overhead Triceps Extension + Seated Knee Tucks

3 Rounds of:

10 Overhead Dumbbell Triceps Extension

20 Seated Knee Tucks


\*Rest 1:00 between sets

\*80% of last week for Overhead Extensions

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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 **Burgener Warm-up + Snatch Skill Transfer Exercises**

2x3 reps of each movement

\*Rest as needed between sets

\*Complete Burgener Warm-up + Skill Transfer as 1 set - Start with a lighter Bar or PVC and progress up to full Barbell if possible

### B **Snatch + Overhead Squat**

7x1+2@65-75% (of Snatch)

\*Rest 1:30-2:00 between sets

### C **Dumbbell Push Press**

5x8

\*Rest 1:30-2:00 between sets

\*All sets at 80% of last weeks top weight

## D Russian Twist + Hollow Rocks

3 Rounds of:

20 Russian Twist

10 Hollow Rocks


\*Rest 1:00-2:00 between rounds - rest long enough so you can do all 30 reps without stopping each round

\*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 **Sumo Back Squats + Reverse Lunge**

2 Rounds of:

10 Sumo Back Squats

10 Reverse Lunges

\*Rest 1:00 between rounds

\*Same as last week keep this light - working to get the legs warm for Back Squats

### B **Back Squat**

5x2@70%

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

\*Goal this week is good positioning and speed out of the bottom

## C **Pause Jerk**

Every 1:00 for 10:00

1 Jerk, 65-75%

\*Two second pause in the dip of each rep - Take this week to work on a shorter dip to develop quick power and nailing footwork

## D **Seated Dumbbell Curl**

3x8

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

\*All sets at or slightly below last weeks top weight

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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**