

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **Band Pull Aparts + Overhead Squats**

3 Rounds of:

16 Band Pull Aparts

8 Overhead Squats

*Use a light band that allows control and straight arms throughout for pull aparts - empty bar for OHS

B **Segment (Pause) Snatch**

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 70-80%

*Pause will be immediately off the floor - lift the bar 2" off the floor and pause for 2 sec before completing the lift - goal is to work on balance and position at the start positions

*Immediately go into part C

C Snatch

3x1@80%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 heavy-ish singles

D Single Arm Dumbbell Row

5x10/10

*Rest 2:00 between sets

*Goal is to find RPE 8 and use the same weight throughout the 5 sets

E V-Up

"Tabata"

8 Rounds of :20 Work / :10 Rest

*Track total reps across the 8 rounds

* 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 **Med Ball Knee Raises + KB Sumo Deadlift High Pull**

3 Rounds of:

10 Hanging Med Ball Knee Raises

10 Kettlebell Sumo Deadlift High Pulls

*Rest as needed between sets

*Should be a moderate weight for both - focus on tension of the ball between the knees and control up and down

B **Knee Banded Back Squat**

Every 2:30 for 10:00 (4 round) complete

5 Knee Banded Back Squats, 50-65%

*Rest 2:00-2:30 between sets

*Band below knee - Goal is to keep tension on the band throughout the squats, try not to go too deep where hips shift forward or knees want to come in - Keeping this relatively light to maximize Cleans

C Clean

4x1@75-85%

4x1@85-95%

*Rest 2:00-2:30 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

* 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 **Ski Erg + Hip Extension**

2 Rounds of:

200M Ski

15 Hip Extensions

*Rest as needed between sets

*Hip Ext can be GHD or Incline

B **Segment (Pause) Snatch**

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 70-80%

*Pause for this workout will be at the knee - pause for 2 sec before completing the lift - goal is to work on continuous pushing through the legs and not letting your weight shift forward early

*Immediately go into part C

C Snatch

3x1@80%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 heavy-ish singles

D Eccentric Snatch Pull

5x3@90-110%

*Rest 2:00 between sets

*Use Straps if you have them! - Goal would be towards the top end of this range for all sets but must be able to keep good position on both the full and the controlled eccentric of all reps

E Alternating Dumbbell Curl

50 Total Reps

*Goal is to chose a heavy weight that still allows you to complete in 4 sets of less - Rest 1:00 each time you break

* 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 Clean High Pull + Push Press

3x5+5

*Rest 1:00-2:00 between sets

*Keep this light - focus is good movement and warm-up for C&J

B Power Clean + Jerk

3x1+2@65-75% (of C&J)

5x1+1@75-85%

*Rest 2:00-2:30 between sets

*Goal is to get in some really good Jerk reps so focus on nailing your footwork

C Deficit Push-Up

4xME

*Rest 2:00 between sets

*Goal is max reps every set, to get the most out of this you need to push close to failure each set - if unable to get 5 full ROM reps then scale back to regular push-ups or incline as needed

D1 Leg Extensions

SUPERSET

4x12

*Rest 1:00 between movements

*Set this up to be challenging but allow a slight pause at the top of each rep with quads flexed

D2 Weighted Sit-up

SUPERSET

4x12

*Rest 1:00 between sets

*You can choose how to weight these but goal is AHAP so should be RPE 8-9 in set 1

❄️ **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 Band Pull Apart + Overhead Squats

3 Rounds of:

16 Band Pull Apart

8 Overhead Squats

*Same Band as last week for pull apart - empty bar again for OHS

B Segment (Pause) Snatch

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 73-85%

*Pause will be immediately off the floor - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@85%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D Single Arm Dumbbell Row

5x8/8

*Rest 2:00 between sets

*Start at last weeks top weight and build if able to RPE 9

E V-Up

"Tabata"

8 Rounds of :20 Work / :10 Rest

*Track total reps across the 8 rounds - Goal is to beat last weeks total

* 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 **Med Ball Knee Raises + KB Sumo Deadlift High Pull**

3 Rounds of:

10 Hanging Med Ball Knee Raises

10 Kettlebell Sumo Deadlift High Pulls

*Rest as needed between sets

*Same weights as last week or slightly heavier

B **Knee Banded Back Squat**

Every 2:30 for 10:00 (4 round) complete

5 Knee Banded Back Squats, 55-70%

*Rest 2:00-2:30 between sets

*Band below knee - Goal again is to keep tension on the band throughout the squats -

Reminder that this is relatively light to maximize Cleans

C Clean

4x1@78-88%

4x1@88-98%

*Rest 2:00-2:30 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

* 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 **Ski Erg + Hip Extension**

2 Rounds of:

200M Ski

15 Hip Extensions

*Rest as needed between sets

*Hip Ext can be GHD or Incline

B **Segment (Pause) Snatch**

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 73-85%

*Pause for this workout will be at the knee - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@85%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D Eccentric Snatch Pull

5x3@95-115%

*Rest 2:00 between sets

*Use Straps if you have them! - Goal is heavier than last week but must be able to keep good position on both the full and the controlled eccentric of all reps

E Alternating Dumbbell Curl

50 Total Reps

*Same weight - goal for this week is bigger and less total sets - Rest 1:00 each time you break

* 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 Clean High Pull + Push Press

3x5+5

*Rest 1:00-2:00 between sets

*Keep this light again - focus is good movement and warm-up for C&J

B Power Clean + Jerk

3x1+2@68-78% (of C&J)

5x1+1@78-90%

*Rest 2:00-2:30 between sets

*Focus still on good Jerk reps so nail your footwork

C Deficit Push-Up

4xME

*Rest 2:00 between sets

*Goal is progress in reps each set from last week

D1 Leg Extensions

SUPERSET

4x12

*Rest 1:00 between movements

*Heavier than last week for all sets

D2 Weighted Sit-up

SUPERSET

4x12

*Rest 1:00 between sets

*A little heavier than last week

* 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 Band Pull Apart + Overhead Squats

3 Rounds of:

16 Band Pull Apart

8 Overhead Squats

*Same Band as last week for pull apart - empty bar or light weight for OHS

B Segment (Pause) Snatch

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 75-90%

*Pause will be immediately off the floor - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@90%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D **Single Arm Dumbbell Row**

5x10/10

*Rest 2:00 between sets

*Use last weeks top weight for all sets

E **V-Up**

"Tabata"

8 Rounds of :20 Work / :10 Rest

*Track total reps across the 8 rounds - Goal is to beat last weeks total

* **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 **Med Ball Knee Raises + KB Sumo Deadlift High Pull**

3 Rounds of:

10 Hanging Med Ball Knee Raises

10 Kettlebell Sumo Deadlift High Pulls

*Rest as needed between sets

*Same weights as last week or slightly heavier

B **Knee Banded Back Squat**

Every 2:30 for 10:00 (4 round) complete

5 Knee Banded Back Squats, 60-75%

*Rest 2:00-2:30 between sets

*Band below knee - Goal again is to keep tension on the band throughout the squats -

Reminder that this is relatively light to maximize Cleans

C Clean

4x1@80-90%

4x1@90-101%

*Rest 2:00-2:30 between sets

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

* 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 **Ski Erg + Hip Extension**

2 Rounds of:

200M Ski

15 Hip Extensions

*Rest as needed between sets

*Hip Ext can be GHD or Incline

B **Segment (Pause) Snatch**

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 75-90%

*Pause for this workout will be at the knee - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@90%+

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D Eccentric Snatch Pull

5x3@100-120%

*Rest 2:00 between sets

*Use Straps if you have them! - Goal is heavier than last week but must be able to keep good position on both the full and the controlled eccentric of all reps

E Alternating Dumbbell Curl

60 Total Reps

*Same weight but 10 extra reps - Rest 1:00 each time you break

* 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 Clean High Pull + Push Press

3x5+5

*Rest 1:00-2:00 between sets

*Keep this light again - focus is good movement and warm-up for C&J

B Power Clean + Jerk

3x1+2@70-80% (of C&J)

5x1+1@80-95%

*Rest 2:00-2:30 between sets

*Focus still on good Jerk reps so nail your footwork

C Deficit Push-Up

4xME

*Rest 2:00 between sets

*Goal is progress in reps each set from last week

D1 Leg Extensions

SUPERSET

4x12

*Rest 1:00 between movements

*Heavier than last week for all sets

D2 Weighted Sit-up

SUPERSET


4x12

*Rest 1:00 between sets

*A little heavier than last week

*** 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 Band Pull Apart + Overhead Squats

3 Rounds of:

16 Band Pull Apart

8 Overhead Squats

*Same Band as last week for pull apart - empty bar for OHS

B Segment (Pause) Snatch

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 65-75%

*Pause will be immediately off the floor - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@80%

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D **Single Arm Dumbbell Row**

4x10/10

*Rest 2:00 between sets

*All sets at 80% of last week

E **V-Up**

"Tabata"

8 Rounds of :20 Work / :10 Rest

*Track total reps across the 8 rounds - Goal is to beat last weeks total again

* **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 **Med Ball Knee Raises + KB Sumo Deadlift High Pull**

3 Rounds of:

10 Hanging Med Ball Knee Raises

10 Kettlebell Sumo Deadlift High Pulls

*Rest as needed between sets

*Same weights as last week

B **Knee Banded Back Squat**

Every 2:30 for 10:00 (4 round) complete

5 Knee Banded Back Squats, 50-60%

*Rest 2:00-2:30 between sets

*Band below knee - Goal again is to keep tension on the band throughout the squats

C Clean

8x1@70-90%

*Rest 2:00-2:30 between sets

*Big range here - go by feel and focus on good technique

D Handstand Walk


5:00 Practice

*Recommended progression is

- 1) Wall Facing Handstand
- 2) Handstand Back to Wall
- 3) Handstand Shoulder Taps
- 4) Free Standing Kick-ups
- 5) Handstand Walking

* 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 **Ski Erg + Hip Extension**

2 Rounds of:

200M Ski

15 Hip Extensions

*Rest as needed between sets

*Hip Ext can be GHD or Incline

B **Segment (Pause) Snatch**

Every 1:00 for 10:00 (10 rounds) complete:

1 Pause Snatch, 65-75%

*Pause for this workout will be at the knee - pause for 2 sec before completing the lift

*Immediately go into part C

C Snatch

3x1@80%

*Rest 2:00 between sets

*Continuing to build off the EMOM - remove the pause and go for 3 singles

D Eccentric Snatch Pull

4x3@100%

*Rest 2:00 between sets

*Use Straps if you have them! - Goal is heavier than last week but must be able to keep good position on both the full and the controlled eccentric of all reps

E Alternating Dumbbell Curl

40 Total Reps

*Same weight w/ less reps so try to go big on the sets - Rest 1:00 each time you break

* 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 Clean High Pull + Push Press

3x5+5

*Rest 1:00-2:00 between sets

*Keep this light again - focus is good movement and warm-up for C&J

B Power Clean + Jerk

8x1+2@65-80% (of C&J)

*Rest 2:00-2:30 between sets

C Push-Up

3xME

*Rest 2:00 between sets

*Removing Deficit but keeping at "Max Effort" over 3 sets

D1 Leg Extensions

SUPERSET

4x12

*Rest 1:00 between movements

*80% of last week for all sets

D2 Weighted Sit-up

SUPERSET


4x12

*Rest 1:00 between sets

*80% of last week for all sets

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day