

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Drop Snatch

3x3

*Rest as needed between sets

*Keep this lighter and really work on speed under the bar

B Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 70-80%

*Focus on good positions so you are feeling strong headed into the heavier Snatches

C Snatch

5x1@80%+

*Rest 2:00 between sets

*Goal is 5 solid singles above 80% - If feeling good push to heavy

D1 Kettlebell Gorilla Row

SUPERSET

3x20

*Rest :30 between movements

*Goal is to find RPE 7-8 and use the same weight throughout the 3 sets - ideally slower on the eccentric portion of each rep

D2 Toes to Bar

SUPERSET


3x10-15

*Rest 1:00 between sets

*Goal is consistency here so aim for between 10 and 15 reps each set - scale to knee tucks as need to stay in rep range

* 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 Power Clean + Clean

2x1+1@60-70%

4x1+1@70-80%

4x1+1@80-90%

*Rest 2:00-2:30 between sets

*Take your time warming up

B Front Squat

Every 3:00 for 15:00 (5 round) complete

3 Front Squats, 75-85%

*Coming off of tempo work last cycle try to really focus on positions and control - Try to stay around RPE 8, we will build weights over the next weeks

C1 Banded Straight Arm Pull-Down

SUPERSET

3x15

*Rest :30 between movements

*RPE 7-8 for all sets

C2 Handstand Hold

SUPERSET

3x:30

*Rest :30 between sets

*If possible spend time progressing off the wall really focusing on pressing up through the floor - Accumulate :30 each set, doesnt have to be unbroken

* 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 Seated Box Jump

3x5

*Rest as needed between sets

*Getting the legs prepped for today's Powers - goal is to focus on driving through the floor for max height - set a box height that allows you to land fully extended

B Power Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 65-75%

*Goal for today is power development and speed - drive vertically and pull aggressively under the bar

C Power Snatch

5x1@75%+

*Rest 2:00 between sets

*Goal is 5 heavy singles with the same focus as part B

D1 Standing Dumbbell Press

SUPERSET

4x8

*No Rest between movements - Immediately begin Curls

*Starting Heavy in week 1 - try to find RPE 8 to start and hold across

D2 Alternating Dumbbell Curl

SUPERSET

4xME

*Rest 1:00 between sets

*Goal is to complete as many reps as possible with the weights you choose from press - go until pace slows down (modify the weight if you are below 6 reps or over 20)

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 Jerk Balance

4x3

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - Start light and build really focusing on driving through the finish each rep

B Clean & Jerk

4x1@73-83%

4x1@83-93%

*Rest 2:00-2:30 between sets

C Clean Pull

5x3@100-110% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

D **Banded Crunch**


SUPERSET

4x15

*Rest 1:00 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 Drop Snatch

3x3

*Rest as needed between sets

*Work a little heavier than last week but continue to focus on speed under the bar

B Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 73-83%

*Focus on good positions so you are feeling strong headed into the heavier Snatches

C Snatch

5x1@85%+

*Rest 2:00 between sets

*Goal is 5 solid singles above 85% - If feeling good push to heavy

D1 Kettlebell Gorilla Row

SUPERSET

3x20

*Rest :30 between movements

*Goal is heavier than last week for all sets, still trying for slower on the eccentric portion of each rep

D2 Toes to Bar

SUPERSET


3x12-18

*Rest 1:00 between sets

*Goal is consistency here so aim for between 12 and 18 reps each set - Try to build on last week but scale to knee tucks again as need to stay in rep range

* 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 Power Clean + Clean

2x1+1@63-73%

4x1+1@73-83%

4x1+1@83-93%

*Rest 2:00-2:30 between sets

*Take your time warming up

B Front Squat

Every 3:00 for 15:00 (5 round) complete

3 Front Squats, 78-88%

*Goal is to start at 78% and build through the 5 sets

C1 Banded Straight Arm Pull-Down

SUPERSET

3x18

*Rest :30 between movements

*Same as last week

C2 Handstand Hold

SUPERSET

3x:30

*Rest :30 between sets

*If possible spend time progressing off the wall really focusing on pressing up through the floor - Accumulate :30 each set, doesnt have to be unbroken

* 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 Seated Box Jump

3x5

*Rest as needed between sets

*Focus on driving through the floor for max height - set a box height that allows you to land fully extended

B Power Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 68-78%

*Drive vertically and pull aggressively under the bar

C Power Snatch

5x1@78%+

*Rest 2:00 between sets

*Goal is 5 heavy singles

D1 Standing Dumbbell Press

SUPERSET

4x10

*No Rest between movements - Immediately begin Curls

*Same weight as last week for increased reps

D2 Alternating Dumbbell Curl

SUPERSET


4xME

*Rest 1:00 between sets

*Goal is to complete as many reps as possible with the weights you choose from press - go until pace slows down (modify the weight if you are below 6 reps or over 20)

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 Jerk Balance

4x3

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - All sets at last weeks top weight

B Clean & Jerk

4x1@75-85%

4x1@85-98%

*Rest 2:00-2:30 between sets

C Clean Pull

5x3@105-115% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

D **Banded Crunch**

SUPERSET


4x18

*Rest 1:00 between sets

*Same band as 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 Drop Snatch

3x3

*Rest as needed between sets

*Work a little heavier than last week but continue to focus on speed under the bar

B Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 75-85%

*Focus on good positions so you are feeling strong headed into the heavier Snatches

C Snatch

5x1@88%+

*Rest 2:00 between sets

*Goal is 5 solid singles above 88% - If feeling good push to heavy

D1 Kettlebell Gorilla Row

SUPERSET

3x24

*Rest :30 between movements

*Same weight as last week

D2 Toes to Bar

SUPERSET


3x14-20

*Rest 1:00 between sets

*Goal is consistency here so aim for between 14 and 20 reps each set - Try to build on last week but scale to knee tucks again as need to stay in rep range

* **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 Power Clean + Clean

2x1+1@65-75%

4x1+1@75-85%

4x1+1@85-95%

*Rest 2:00-2:30 between sets

*Take your time warming up

B Front Squat

Every 3:00 for 15:00 (5 round) complete

3 Front Squats, 80-90%

*Goal is to start at 80% and build through the 5 sets

C1 Banded Straight Arm Pull-Down

SUPERSET

3x20

*Rest :30 between movements

*Same as last week

C2 Handstand Hold

SUPERSET


3x:30

*Rest :30 between sets

*If possible spend time progressing off the wall really focusing on pressing up through the floor - Accumulate :30 each set, doesnt have to be unbroken

* 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 Seated Box Jump

3x5

*Rest as needed between sets

*Focus on driving through the floor for max height - set a box height that allows you to land fully extended

B Power Snatch

Every 1:30 for 12:00 complete:

1 Snatch, 70-80%

*Drive vertically and pull aggressively under the bar

C Power Snatch

5x1@80%+

*Rest 2:00 between sets

*Goal is 5 heavy singles

D1 Standing Dumbbell Press

SUPERSET

4x8

*No Rest between movements - Immediately begin Curls

*Start at last weeks top weight and build to heavy

D2 Alternating Dumbbell Curl

SUPERSET


4xME

*Rest 1:00 between sets

*Goal is to complete as many reps as possible with the weights you choose from press - go until pace slows down (modify the weight if you are below 6 reps or over 20)

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 Jerk Balance

4x3

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - All sets at or slightly heavier than last weeks top weight

B Clean & Jerk

4x1@78-88%

4x1@88-101%

*Rest 2:00-2:30 between sets

C Clean Pull

5x3@105-120% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

D **Banded Crunch**

SUPERSET

4x20

*Rest 1:00 between sets

*Same band as 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 Drop Snatch

3x3

*Rest as needed between sets

*Work a little heavier than last week but continue to focus on speed under the bar

B Snatch

Every 1:30 for 18:00 complete:

1 Snatch, 65-75%

*Focus on good positions so you are feeling strong headed into the heavier Snatches

C1 Kettlebell Gorilla Row

SUPERSET

3x16

*Rest :30 between movements

*Same weight as last week

C2 Toes to Bar


SUPERSET

3x8-12

*Rest 1:00 between sets

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 Power Clean + Clean

8x1+1@65-80%

*Rest 2:00-2:30 between sets

*Take your time warming up

B Front Squat

Every 3:00 for 15:00 (5 round) complete

3 Front Squats, 70-80%

*Goal is to stay at RPE 7

C1 Banded Straight Arm Pull-Down

SUPERSET

3x15

*Rest :30 between movements

*Same as last week

C2 Handstand Hold

SUPERSET


3x:30

*Rest :30 between sets

*If possible spend time progressing off the wall really focusing on pressing up through the floor - Accumulate :30 each set, doesnt have to be unbroken

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 Seated Box Jump

3x5

*Rest as needed between sets

*Focus on driving through the floor for max height - set a box height that allows you to land fully extended

B Power Snatch

Every 1:30 for 18:00 complete:

1 Snatch, 60-70%

*Drive vertically and pull aggressively under the bar

C1 **Standing Dumbbell Press**

SUPERSET

4x8

*No Rest between movements - Immediately begin Curls

*All sets at 80% of last weeks top weight

C2 **Alternating Dumbbell Curl**

SUPERSET

4x12

*Rest 1:00 between sets

*Use same weight at press - Should be 7 so adjust as needed

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 Jerk Balance

4x3

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - All sets at a light weight

B Clean & Jerk

8x1@65-80%

*Rest 2:00-2:30 between sets

C Clean Pull

5x3@90-100% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them

D **Banded Crunch**

SUPERSET


4x15

*Rest 1:00 between sets

*Same band as last week

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day