

Day 1

Week 1 Day 1

🔥 Warmup

Strength Ratio Flow Warm-up 1

📄 Strength Ratio Flow Warm-up (Part 1)

A Bike/Row/Ski Erg

3:00 Warm-up

B Slow Pull Snatch

8x1@65-75%

*Rest 1:30-2:00 between sets

*Goal is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Snatch

3x1@80%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Incline Dumbbell Prone Row

SUPERSET

4x10

*Rest :30 between movements

*Goal is to find RPE 7-8 and use the same weight throughout the 4 sets - ideally slow the eccentric portion of each pull

D2 GHD Sit-Up

SUPERSET

4x10-15

*Rest 1:00 between sets

*Goal is consistency here so aim for between 10 and 15 reps each set without pausing

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 Clean + Front Squat

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 Tempo Front Squat

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

3 Tempo Front Squats

*Start at 80-90% of your top Clean + FS from part A - Goal is to really nail tempo of 3 Seconds Down and 1 Second Pause at the bottom - Fast up on all reps

c Overhead Carry


4x50M

*Rest 1:00-2:00 between sets

*Choose Carry Type then select weight at RPE 7 that allows for strong lockout through all sets

* 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 Banded Face Pulls

3x15

*Rest as needed between sets

B Slow Pull Power Snatch

8x1@60-70%

*Rest 1:30-2:00 between sets

*Goal is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Power Snatch

3x1@75%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Weighted Dip

SUPERSET

5x6

*Rest 1:00 between movements

*Goal is RPE 8 to start and hold the same weight across

D2 Barbell Curl

SUPERSET


5x8

*Rest 1:00 between sets

*RPE 8 across

*** 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 Split Press

4x4

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - Start light and build up in weight to RPE 8

B Clean & Jerk

3x1@70-80%

4x1@80-90%

*Rest 2:00-2:30 between sets

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

C Eccentric Clean Pull

5x3@90-110% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them! - Goal is good positions so start at 90% and build

D1 Spanish Squat

SUPERSET

3x10

*Rest 1:00 between movements

*You can weight these with a goblet hold or bear hug but goal is controlled reps throughout keeping the focus on quads

D2 L-Sit

SUPERSET


3x:10-:20

*Rest 1:00 between sets

*Set this up at a height that allows you to keep legs straight (atleast to start) - Goal is to hold :20 in set one and not get less than :10 by set 3

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 Bike/Row/Ski Erg

3:00 Warm-up

B Slow Pull Snatch

8x1@68-80%

*Rest 1:30-2:00 between sets

*Goa again! is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Snatch

3x1@85%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Incline Dumbbell Prone Row

SUPERSET

4x10

*Rest :30 between movements

*Heavier than last week for all sets - continue with a slow eccentric portion of each pull

D2 GHD Sit-Up

SUPERSET

4x12-18

*Rest 1:00 between sets

*Goal this week is more reps each set than last week

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 Clean + Front Squat

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 Tempo Front Squat

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

3 Tempo Front Squats

*Start at 80-90% of your top Clean + FS from part A and build to RPE 8-9- Goal again is to really nail tempo of 3 Seconds Down and 1 Second Pause at the bottom - Fast up on all reps

c Overhead Carry


4x50M

*Rest 1:00-2:00 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 Banded Face Pulls

3x15

*Rest as needed between sets

B Slow Pull Power Snatch

8x1@63-75%

*Rest 1:30-2:00 between sets

*Goal is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Power Snatch

3x1@78%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Weighted Dip

SUPERSET

5x6

*Rest 1:00 between movements

*Goal is heavier than last week for all sets

D2 Barbell Curl

SUPERSET

5x8

*Rest 1:00 between sets

*Heavier than last week for all sets

*** 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 Split Press

4x4

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - Start at 80% of last week and build to RPE 8-9

B Clean & Jerk

3x1@73-83%

4x1@83-93%

*Rest 2:00-2:30 between sets

C Eccentric Clean Pull

5x3@95-115% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them!

D1 Spanish Squat

SUPERSET

3x12

*Rest 1:00 between movements

*Same weight as last week

D2 L-Sit

SUPERSET


3x:10-:25

*Rest 1:00 between sets

*Goal is longer hold each set

*** 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 Bike/Row/Ski Erg

3:00 Warm-up

B Slow Pull Snatch

8x1@70-85%

*Rest 1:30-2:00 between sets

*Goa again! is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Snatch

3x1@88%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Incline Dumbbell Prone Row

SUPERSET

4x8

*Rest :30 between movements

*Heavier than last week for all sets - continue with a slow eccentric portion of each pull

D2 GHD Sit-Up

SUPERSET

4x12-20

*Rest 1:00 between sets

*Goal again this week is more reps each set than last week

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 Clean + Front Squat

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 Tempo Front Squat

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

3 Tempo Front Squats

*Start at 80-90% of your top Clean + FS from part A and build to heavy - Goal again is to really nail tempo of 3 Seconds Down and 1 Second Pause at the bottom - Fast up on all reps

c Overhead Carry


4x50M

*Rest 1:00-2:00 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 Banded Face Pulls

3x15

*Rest as needed between sets

B Slow Pull Power Snatch

8x1@65-80%

*Rest 1:30-2:00 between sets

*Goal is a 3-5 Second Pull where acceleration starts at the mid thigh - be careful not to overextend to get more power - drive vertically and pull aggressively under the bar

C Power Snatch

3x1@80%+

*Rest 2:00 between sets

*Continuing to build off the slow pulls - back to normal pull and go for 3 heavy-ish singles

D1 Weighted Dip

SUPERSET

5x6

*Rest 1:00 between movements

*Goal is heavier than last week for all sets

D2 Barbell Curl

SUPERSET


5x8

*Rest 1:00 between sets

*Heavier than last week for all sets

*** 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 Split Press

4x4

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - Start at 80% of last week and build to RPE 9

B Clean & Jerk

3x1@75-85%

4x1@85-95%

*Rest 2:00-2:30 between sets

C Eccentric Clean Pull

5x3@100-120% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them!

D1 Spanish Squat

SUPERSET

3x15

*Rest 1:00 between movements

*Same weight as last week

D2 L-Sit

SUPERSET


3x:10-:30

*Rest 1:00 between sets

*Goal is longer hold each set

*** 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 Bike/Row/Ski Erg

3:00 Warm-up

B Snatch

Every 2:00 for 20:00 (10 round) complete:

1 Snatch @ 70-80%

*Coming off weeks of slow pulls goal is to focus on a nice consistent push off the floor on each rep

C1 Incline Dumbbell Prone Row

SUPERSET

4x8

*Rest :30 between movements

*All sets at 80% of last weeks top weight

C2 GHD Sit-Up


SUPERSET

4x8-12

*Rest 1:00 between sets

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 23

Week 3 Day 2

🔥 Warmup

2-3 X Dynamic Flow Warm-up

👉 Dynamic Flow Warm-up

A Clean + Front Squat

4x1+1@65-75%

4x1+1@75-85%

*Rest 2:00-2:30 between sets

*Take your time warming up

B Tempo Front Squat

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

3 Tempo Front Squats

*All sets at 80% of last weeks top weight - Goal again is to really nail tempo of 3 Seconds Down and 1 Second Pause at the bottom - Fast up on all reps

C Overhead Carry

4x50M

*Rest 1:00-2:00 between sets

*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 **Banded Face Pulls**

3x15

*Rest as needed between sets

B **Power Snatch**

Every 1:30 for 18:00 (12 round) complete:

1 Snatch @ 65-75%

*Coming off weeks of slow pulls goal is to focus on a nice consistent push off the floor on each rep

C1 **Strict Dip**

SUPERSET

5xME

*Rest 1:00 between movements

*We are going no weight this week but are going to push the reps - goal will be to go until pace slows on each set

C2 **Barbell Curl**

SUPERSET

5x8

*Rest 1:00 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 26

Week 4 Day 4

Warmup

Mobility Flow Warm-up

 Mobility Flow Warm-Up

A Split Press

4x4

*Rest 1:00-2:00 between sets

*C&J to get to your first rep each time - Start at 80% of last week and hold across

B Clean & Jerk

7x1@75-85%

*Rest 2:00-2:30 between sets

C Eccentric Clean Pull

4x3@90-100% (of Clean)

*Rest 2:00 between sets

*Use straps if you have them!

D1 Spanish Squat

SUPERSET

3x10

*Rest 1:00 between movements

*Same weight as last week

D2 L-Sit

SUPERSET


3x:10-:30

*Rest 1:00 between sets

*Goal again is longer hold each set

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day