

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Banded Step Over + Reverse Lunge

3x10/10

*Rest 1:00-2:00 between sets

*Getting the legs warm for day 1 of the squat cycle - add additional mobility if needed between sets

B Back Squat

1x10@60%

1x8@65%

1x8@70%

1x6@75%

*Rest 3:00-4:00 between sets

*Start of a 12 week Back Squat Cycle - Stick to the rest periods! The goal is to feel "fresh" for each set

C Seated Dumbbell Press

SUPERSET

5x8

*Rest 2:00 between movements

*RPE 7-8 for all sets

D Plank + Banded Side Bend

3 Rounds of:

:30 Plank Hold


10/10 Banded Side Bends

*Rest 1:00 between sets

*Band should add good resistance but still allow full ROM

* 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 **Plank to Down Dog + Spiderman**

2 Rounds of:

10 Plank to Down Dog

20 Alternating Spidermans

*Fluhen the legs and working to open the shoulders

B **Block Snatch**

8x2@55-70%

*Rest 2:00 between sets

*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

C1 Strict Pronated Pull-up

2xME

*Rest 2:00 between sets

*You will do two attempts for max reps of pronated pull-ups followed by two attempts at supinated. Track reps as we will try to progress each week. Use assistance if unable to do atleast 5 reps to start

C2 Strict Supinated Pull-up

2xME

*Rest 2:00 between sets

D Plate Sit-Up

3x15

*Rest 1:00-2:00 between sets

*Weight should be RPE 7 to start - try to control the down on each rep

* 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 Squat Jerk

3x3

*Rest 1:00-2:00 between sets

*This is just to warm up the shoulder and upper back so use an empty bar or light weight
- if unable to fully squat just work on increasing the depth of your power jerks

B Clean

Every 1:00 for 10:00 Complete:

1 Clean, 60-70% (of C&J)

*Mostly this is to get the legs moving but we will be progressing from squat to power so make sure you are focused on leg drive

C Power Clean + Jerk

8x1+1@70-85%

*Rest 2:00 between sets

D1 **Glute Ham Raise**

SUPERSET

4x5

*Rest :30 between movements

*Set-up so these reps can be controlled as much as possible on the way down - use assistance or shorten ROM as needed

D2 **Banded Oblique Rotations**

SUPERSET


4x10/10

*Rest 1:00 between sets

*Goal is a band that is challenging but allows full ROM - slow on the eccentric and faster on the concentric

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 Hip Snatch

5x2

*Rest 1:00-2:00 between sets

*Keep this lighter RPE 7 and focus on driving vertically and a fast pull under the bar

B Snatch

Every 2:00 for 20:00 complete:

1 Snatch, 75-90%

*Goal here is 10 moderately heavy reps with good technique - if feeling great you can push the weights a bit above 90%

C Barbell Bench Press

4x4

*Rest 2:00 between sets

*Start at ~70% of max and build to a Heavy 4 for the day

D Seated Leg Raise Overs

100 Total Reps

*Rest :30 each time you break

*Complete in as few sets as possible - each time over counts as a rep

* 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 Step Over + Reverse Lunge**

3x10/10

*Rest 1:00-2:00 between sets

*Getting the legs warm - add additional mobility if needed between sets

B **Back Squat**

1x9@63%

1x7@68%

1x7@73%

1x5@78%

*Rest 3:00-4:00 between sets

C Seated Dumbbell Press

SUPERSET

5x8

*Rest 2:00 between movements

*Goal is to start at last weeks top weight and build to heavy

D Plank + Banded Side Bend

3 Rounds of:

:40 Plank Hold


10/10 Banded Side Bends

*Rest 1:00 between sets

*Same band as 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 Plank to Down Dog + Spiderman

2 Rounds of:

10 Plank to Down Dog

20 Alternating Spidermans

B Block Snatch

8x2@58-73%

*Rest 2:00 between sets

*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

C1 Strict Pronated Pull-up

2xME

*Rest 2:00 between sets

*Same as last week - You will do two attempts for max reps of pronated pull-ups followed by two attempts at supinated. Goal is to beat reps on each set - use same assistance as last week if applicable

c2 Strict Supinated Pull-up

2xME

*Rest 2:00 between sets

D Plate Sit-Up


3x15

*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 Squat Jerk

3x3

*Rest 1:00-2:00 between sets

*Still mostly to warm up the shoulder and upper back but try to build off last week - if unable to fully squat just work on increasing the depth of your power jerks

B Clean

Every 1:00 for 10:00 Complete:

1 Clean, 63-73% (of C&J)

*Mostly this is to get the legs moving but we will be progressing from squat to power so make sure you are focused on leg drive

C Power Clean + Jerk

8x1+1@73-88%

*Rest 2:00 between sets

D1 Glute Ham Raise

SUPERSET

4x6

*Rest :30 between movements

*Same set up as last week

D2 Banded Oblique Rotations

SUPERSET

4x12/12

*Rest 1:00 between sets

*Same band as last week- slow on the eccentric and faster on the concentric

*** 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 Hip Snatch

5x2

*Rest 1:00-2:00 between sets

*Start at last weeks top weight and hold across or build conservatively - focus on driving vertically and a fast pull under the bar

B Snatch

Every 2:00 for 20:00 complete:

1 Snatch, 78-93%

*Goal here is 10 moderately heavy reps with good technique - if feeling great you can push the weights a bit above 93%

C Barbell Bench Press

4x4

*Rest 2:00 between sets

*Start at 90% of last week and build to heavy

D Seated Leg Raise Overs


110 Total Reps

*Rest :30 each time you break

*Complete in as few sets as possible - each time over counts as a rep

* 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 **Banded Step Over + Reverse Lunge**

3x10/10

*Rest 1:00-2:00 between sets

*Getting the legs warm - do additional mobility if needed between sets

B **Back Squat**

1x9@65%

1x7@70%

1x6@75%

1x5@80%

*Rest 3:00-4:00 between sets

C Seated Dumbbell Press

SUPERSET

1x10

2x8

2x6

*Rest 2:00 between movements

*Goal is to start at or just below last weeks top weight and build to heavy

D Plank + Banded Side Bend

3 Rounds of:

:45 Plank Hold


10/10 Banded Side Bends

*Rest 1:00 between sets

*Same band as 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 Plank to Down Dog + Spiderman

2 Rounds of:

10 Plank to Down Dog

20 Alternating Spidermans

B Block Snatch

5x2@60-75%

3x1@70-85%

*Rest 2:00 between sets

*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

C1 Strict Pronated Pull-up

2xME

*Rest 2:00 between sets

*Same as last week - You will do two attempts for max reps of pronated pull-ups followed by two attempts at supinated. Goal is to beat reps on each set - use same assistance as last week if applicable

C2 Strict Supinated Pull-up

2xME

*Rest 2:00 between sets

D Plate Sit-Up


3x18

*Rest 1:00-2:00 between sets

*Same weight as last week for more reps

*** 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 Squat Jerk

3x3

*Rest 1:00-2:00 between sets

*Still mostly to warm up the shoulder and upper back but try to build off last week - if unable to fully squat just work on increasing the depth of your power jerks

B Clean

Every 1:00 for 10:00 Complete:

1 Clean, 65-75% (of C&J)

*Mostly this is to get the legs moving but we will be progressing from squat to power so make sure you are focused on leg drive

C Power Clean + Jerk

8x1+1@75-90%

*Rest 2:00 between sets

D1 **Glute Ham Raise**

SUPERSET

4x6

*Rest :30 between movements

*Same set up as last week - no change in reps so really try to control the reps

D2 **Banded Oblique Rotations**

SUPERSET

4x12/12

*Rest 1:00 between sets

*Same band as last week- slow on the eccentric and faster on the concentric

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 Hip Snatch

3x2

3x1

*Rest 1:00-2:00 between sets

*Start at last weeks top weight and hold across or build conservatively - focus on driving vertically and a fast pull under the bar

B Snatch

Every 2:00 for 16:00 complete:

1 Snatch, 80-95%

*Goal here is 8 heavy reps with good technique - if feeling great you can push the weights and work to heavy

C **Barbell Bench Press**

4x4

*Rest 2:00 between sets

*Start at 90% of last week and build to heavier than last week

D **Seated Leg Raise Overs**

120 Total Reps

*Rest :30 each time you break

*Complete in as few sets as possible - each time over counts as a rep

* **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 **Banded Step Over + Reverse Lunge**

3x10/10

*Rest 1:00-2:00 between sets

*Getting the legs warm - do additional mobility if needed between sets

B **Back Squat**

1x8@68%

1x6@73%

1x6@78%

1x4@83%

*Rest 3:00-4:00 between sets

C Seated Dumbbell Press

SUPERSET

5x8

*Rest 2:00 between movements

*All sets at 70-80% of last weeks top weight

D Plank + Banded Side Bend

3 Rounds of:

:30 Plank Hold


10/10 Banded Side Bends

*Rest 1:00 between sets

*Same band as last week

* 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 Plank to Down Dog + Spiderman

2 Rounds of:

10 Plank to Down Dog

20 Alternating Spidermans

B Block Snatch

7x2@55-65%

*Rest 2:00 between sets

*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

C1 Strict Pronated Pull-up

2x5-8

*Rest 2:00 between sets

*Goal for this week is sets at RPE 8 leaving 2-3 reps on the table

C2 Strict Supinated Pull-up

2x5-8

*Rest 2:00 between sets

D Plate Sit-Up


3x12

*Rest 1:00-2:00 between sets

*Same weight as last week

*** 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 Squat Jerk

3x3

*Rest 1:00-2:00 between sets

*Same as last week warming up the shoulders and upper back - if unable to fully squat just work on increasing the depth of your power jerks

B Clean

Every 1:00 for 10:00 Complete:

1 Clean, 55-65% (of C&J)

*Mostly this is to get the legs moving but we will be progressing from squat to power so make sure you are focused on leg drive

C Power Clean + Jerk

8x1+1@65-80%

*Rest 2:00 between sets

D1 **Glute Ham Raise**

SUPERSET

4x4

*Rest :30 between movements

*Same set up as last week - no change in reps so really try to control the reps

D2 **Banded Oblique Rotations**

SUPERSET

4x8/8

*Rest 1:00 between sets

*Same band as last week- slow on the eccentric and faster on the concentric

* **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 Hip Snatch

6x1

*Rest 1:00-2:00 between sets

*All sets at 80% of last weeks top single

B Snatch

Every 2:00 for 16:00 complete:

1 Snatch, 70-85%

C Barbell Bench Press

4x4

*Rest 2:00 between sets

*All sets at 80% of last week

D Seated Leg Raise Overs

80 Total Reps

*Rest :30 each time you break

*Complete in as few sets as possible - each time over counts as a rep

* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day