# Week 1 Day 1

## • Warmup

Strength Ratio Flow Warm-up 1

Strength Ratio Flow Warm-up (Part 1)

# A Banded Step Over + Revese Lunge

3x10/10

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

\*Getting the legs warm for day 1 of 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



\*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

# 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

\*Fluhing 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

# 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

# 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

# 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

# Week 2 Day 1

## **O** Warmup

Strength Ratio Flow Warm-up 2

Strength Ratio Flow Warm-up (Part 2)

# A Banded Step Over + Revese 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

# 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

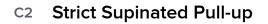
\*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

# 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



2xME

\*Rest 2:00 between sets

# 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

# Week 2 Day 3

## **O** 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

# Week 2 Day 4

## **o** 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 conservativiely - 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

# Week 3 Day 1

## **O** Warmup

2-3 X Dynamic Flow Warm-up

Dynamic Flow Warm-up

# A Banded Step Over + Revese 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

	1x10
	2x8
	2x6
	*Rest 2:00 between movements
	*Goal is to start at or just below last weeks top weight and build to heavy
_	Plank + Banded Side Bend
D	Platik + Ballued Side Bellu
	3 Rounds of:
	:45 Plank Hold
	10/10 Banded Side Bends
	*Rest 1:00 between sets
	*Same band as last week
u. <b>∜</b> ts	
*	Cooldown
	Cool-Down and Stretch - 5 Min

Seated Dumbbell Press

Cool Down and Stretch - 5 min

**SUPERSET** 

# 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

# 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

# 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

# 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

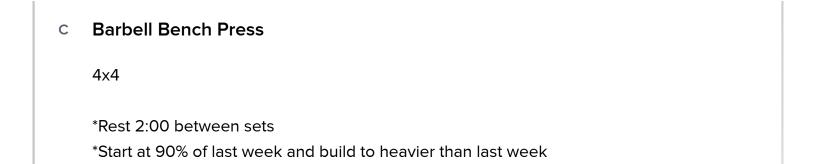
\*Start at last weeks top weight and hold across or build conservativiely - focus on driving vertically and a fast pull under the bar

## **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



# 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

# Week 4 Day 1

## • Warmup

Mobility Flow Warm-up

■ Mobility Flow Warm-Up

# A Banded Step Over + Revese 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

# Week 4 Day 2

## **O** 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

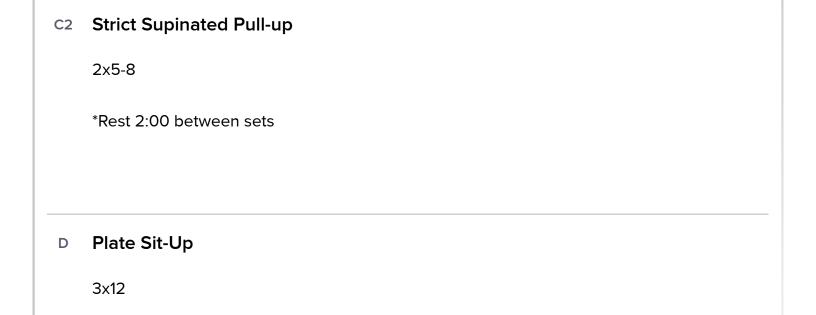
\*Bar at mid-thigh - goal is to work pushing the bar to the pocket and a vertical finish

# 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



## \* Cooldown

Cool-Down and Stretch - 5 Min

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

\*Same weight as last week

# Week 4 Day 3

## **O** 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

# 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