

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x8@70%

1x6@75%

1x5@80%

1x4@85%

*Rest 3:00-4:00 between sets

C Z Press

4x8

*Rest 1:00-2:00 between movements

*Barbell - RPE 7-8 for all sets

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*These should be VERY LIGHT - As slow as possible rolling the spine down with a slight pause at the bottom

* 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 **Banded Face Pulls + Spiderman**

2 Rounds of:

16 Banded Face Pulls

8/8 Alternating Spidermans w/ Reach

*Flushing the legs and working to open the shoulders

B **Block Snatch**

8x2@60-75%

*Rest 2:00 between sets

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

C **Strict Pull-ups + Push-ups**

As Many Reps As Possible in 8:00 of:

2 Strict Pronated Pull-ups

4 Push-ups

D Weighted Sit-up


3x15

*Rest 1:00-2:00 between sets

*Weight should be RPE 7 to start

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 Power Clean + Jerk

Every 1:30 for 15:00 (10 Rounds) Complete:

1 Power Clean + Jerk, 65-80% (of C&J)

*Not starting very heavy but still take your time warming up to 65% and build throughout
- we will progress to full clean & Jerks so also warm-up your squat

B Clean & Jerk

5x1@80-95%

*Rest 2:00 between sets

C1 Hip Extension

SUPERSET

3x15

*Rest :30 between movements

*Slow these down a bit if possible to keep at RPE 8

C2 Landmine Twist

SUPERSET

3x20

*Rest 1:00 between sets

*RPE 8 for all sets

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 + Hang Snatch

6x1+1

*Rest 1:00-2:00 between sets

*Hang Snatch from mid-thigh, working to hit the pocket and extend vertically - Start at RPE 7 and build to heavy with PERFECT form

B Snatch

Every 2:00 for 16:00 (8 sets) complete:

1 Snatch, 75-90%

*Goal here is 8 moderately heavy reps with good technique - if feeling great you can push the weights a bit above 90%

C Barbell Bench Press

5x3

*Rest 2:00 between sets

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

D Hollow Rock


50 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x7@73%

1x5@78%

1x5@83%

1x3@88%

*Rest 3:00-4:00 between sets

C Z Press

2x8

2x6

*Rest 1:00-2:00 between movements

*Start at last weeks top weight and build to heavy

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*Same as last week, keep these light - As slow as possible rolling the spine down with a slight pause at the bottom

*** 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 **Banded Face Pulls + Spiderman**

2 Rounds of:

16 Banded Face Pulls

8/8 Alternating Spidermans w/ Reach

*Flushing the legs and working to open the shoulders

B **Block Snatch**

8x2@63-78%

*Rest 2:00 between sets

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

C **Strict Pull-ups + Push-ups**

As Many Reps As Possible in 8:00 of:

2 Strict Pronated Pull-ups

4 Push-ups

*Goal is to beat last weeks total

D Weighted 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 Power Clean + Jerk

Every 1:30 for 15:00 (10 Rounds) Complete:

1 Power Clean + Jerk, 68-83% (of C&J)

*Take your time warming up to 68% and build throughout - we will progress to full clean & Jerks so also warm-up your squat

B Clean & Jerk

5x1@83-98%

*Rest 2:00 between sets

C1 Hip Extension

SUPERSET

3x15

*Rest :30 between movements

*Same as last week - Slow these down to increase difficulty

C2 Landmine Twist

SUPERSET


3x20

*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 Hip Snatch + Hang Snatch

6x1+1

*Rest 1:00-2:00 between sets

*Hang Snatch from mid-thigh, working to hit the pocket and extend vertically - Start at 80% of last week and build to heavy

B Snatch

Every 2:00 for 16:00 (8 sets) complete:

1 Snatch, 78-93%

*Goal here is 8 moderately heavy reps with good technique - if feeling great you can push the weights a bit above 93%

C Barbell Bench Press

5x3

*Rest 2:00 between sets

*Start at 80% of last week and build to RPE 9

D Hollow Rock


60 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x7@75%

1x5@80%

1x4@85%

1x3@90%

*Rest 3:00-4:00 between sets

C Z Press

2x6

2x5

*Rest 1:00-2:00 between movements

*Start at last weeks top weight and build to heavy

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*Same as last week, keep these light - As slow as possible rolling the spine down with a slight pause at the bottom

*** 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 **Banded Face Pulls + Spiderman**

2 Rounds of:

16 Banded Face Pulls

8/8 Alternating Spidermans w/ Reach

*Flushing the legs and working to open the shoulders

B **Block Snatch**

8x2@65-80%

*Rest 2:00 between sets

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

C **Strict Pull-ups + Push-ups**

As Many Reps As Possible in 8:00 of:

2 Strict Pronated Pull-ups

4 Push-ups

*Goal is to beat last weeks total

D Weighted 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 17

Rest day

Day 18

Week 3 Day 3

🔥 Warmup

2-3 X Dynamic Flow Warm-up

👉 Dynamic Flow Warm-up

A Power Clean + Jerk

Every 1:30 for 15:00 (10 Rounds) Complete:

1 Power Clean + Jerk, 70-85% (of C&J)

*Take your time warming up to 70% and build throughout - we will progress to full clean & Jerks so also warm-up your squat

B Clean & Jerk

5x1@85-101%

*Rest 2:00 between sets

C1 Hip Extension

SUPERSET

3x15

*Rest :30 between movements

*Same as last week - Slow these down to increase difficulty

C2 Landmine Twist

SUPERSET


3x20

*Rest 1:00 between sets

*You can continue to build from last week as long as you can maintain control

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 + Hang Snatch

6x1+1

*Rest 1:00-2:00 between sets

*Hang Snatch from mid-thigh, working to hit the pocket and extend vertically - Start at 80% of last week and build to heavy

B Snatch

Every 2:00 for 16:00 (8 sets) complete:

1 Snatch, 80-95%

*Goal here is 8 moderately heavy reps with good technique - if feeling great you can push the weights a bit above 95%

C Barbell Bench Press

5x3

*Rest 2:00 between sets

*Start at 80% of last week and build to heavy

D Hollow Rock


70 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 **90/90 Switch + Sumo Back Squat**

2 Rounds of:

20 90/90 Switch

10 Sumo Back Squats

*Empty Bar for Sumo Back Squats - try to go slow and focus on opening the hips

B **Back Squat**

1x6@78%

1x4@83%

1x4@88%

1x2@93%

*Rest 3:00-4:00 between sets

C Z Press

3x5

*Rest 1:00-2:00 between movements

*All sets at 80% of last weeks top weight

D Dumbbell Jefferson Curl


2x5-8

*Rest 1:00 between sets

*Same as last week, keep these light - As slow as possible rolling the spine down with a slight pause at the bottom

* 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 **Banded Face Pulls + Spiderman**

2 Rounds of:

16 Banded Face Pulls

8/8 Alternating Spidermans w/ Reach

*Flushing the legs and working to open the shoulders

B **Block Snatch**

8x2@55-70%

*Rest 2:00 between sets

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

C **Strict Pull-ups + Push-ups**

8 Rounds of:

2 Strict Pronated Pull-ups

4 Push-ups

*Goal for this week is quality of movement while keeping rest minimal


D Abmat Sit-Up

3x25

*Rest 1:00-2:00 between sets

*** 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 Power Clean + Jerk

Every 1:30 for 15:00 (10 Rounds) Complete:

1 Power Clean + Jerk, 60-75% (of C&J)

*Same as previous weeks, we will progress to full clean & Jerks so also warm-up your squat

B Clean & Jerk

5x1@75-85%

*Rest 2:00 between sets

C1 Hip Extension

SUPERSET

3x12

*Rest :30 between movements

C2 Landmine Twist

SUPERSET

3x16

*Rest 1:00 between sets

*Same weight as last week for less reps

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 + Hang Snatch

6x1+1@60-70%

*Rest 1:00-2:00 between sets

*Hang Snatch from mid-thigh, working to hit the pocket and extend vertically

B Snatch

Every 2:00 for 16:00 (8 sets) complete:

1 Snatch, 70-85%

C Barbell Bench Press

4x3

*Rest 2:00 between sets

*All sets at 80% of last week

D Hollow Rock


50 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