

Day 1

## Week 1 Day 1

### Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

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### A **Banded Step Overs + Good Morning Reach**

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B **Back Squat**

1x6@80%

1x4@85%

1x3@90%

1x2@95%

\*Rest 3:00-4:00 between sets

## C1 Turkish Get-Up

SUPERSET

4x2/2

\*Rest :30 between movements

\*Aim for RPE 7-8

## C2 Banded Side Bend

SUPERSET

3x10/10

\*Rest 1:00 between sets

\*These will be done between TGU so one fewer set

\*RPE 6-7 on these - focus more on extending ROM then difficulty of resistance

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## \* 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)

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### A Split Stance Row

SUPERSET

4x8/8

\*No rest between movements

\*RPE 6-7 - focus on control

### B Wall Ball

SUPERSET

4x12

\*Rest 1:00 between sets

\*Ball can be light but throw to a relatively high target - this will serve to both flush the legs after yesterdays squats and get us moving dynamically before Snatches

## **C Block Snatch**

8x2@65-80%

\*Rest 2:00 between sets

\*Bar below the knees - be patient off the blocks working on keeping leg tension through extension

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## **D1 Lat Pull Down**

SUPERSET

5x8-12

\*Rest :30 between movements

\*Aim for resistance you can get 12 reps on first set then stay across as long as you can stay in the rep range

## **D2 GHD Sit-Up**

SUPERSET

5x12

\*Rest 1:00 between sets

\*Adjust ROM to allow you to keep from breaking the sets of 12

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❄️ **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)

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### A RDL + Split Press

Every 1:30 for 6:00 4 Rounds) Complete:

10 RDL + 5 Split Press

\*Start with an empty bar and add each set up to RPE 7 switching foot forward on the press each round - This is mostly to warm-up your hips/shoulders but we will progress through the cycle

### B Jerk

8x3@60-75%

\*Rest 2:00 between sets

\*Working triples in the Jerk is all about consistency of movement and lockout overhead - Use Jerk Blocks if you have them and drop between reps as these get heavier.

## **C1 Death March**

SUPERSET

3x20

\*Rest 1:00 between movements

\*RPE 6-7 for the first week - focus on keeping a flat back and pushing the hips back on each step, you do not have to touch the DB's to the ground - these will really target the hamstrings

## **C2 Active Bar Hang**

SUPERSET

3x:15-:30

\*Rest 1:00 between sets

\*Goal is straight arms, active last and core - try to hold for :30 each set, if less than :15 use assistance

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## **D Farmers Walk**

1x200M


\*Choose a heavy (RPE 8) weight - goal would be no more than 2-3 breaks during this carry

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 **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)

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### A Power Snatch

Every 1:00 for 10:00 (10 sets) complete:

1 Power Snatch, 65-80%

\*Start at 65% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### B Power Clean

Every 1:15 for 10:00 (8 sets) complete:

1 Power Clean, 70-85%

\*Start at 70% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### C Barbell Bench Press

6x2

\*Rest 2:00 between sets

\*Start at ~75% of max and build to a Heavy 2 for the day

## D Knee to Elbow Mountain Climber

100 Total Reps


\*Rest :30 each time you break

\*Complete in as few sets as possible

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## \* 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)

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### A **Banded Step Overs + Good Morning Reach**

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B **Back Squat**

1x5@83%

1x3@88%

1x3@93%

1x1@98%

\*Rest 3:00-4:00 between sets

### C **Bottoms Up Kettlebell Turkish Get Up**

3x2/2

\*Rest 2:00 between movements

\*Start at last weeks weight and add if stability and control is good

## D **Banded Side Bend**

2x12/12


\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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## **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)

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### A Split Stance Row

SUPERSET

4x8/8

\*No rest between movements

\*Start at last weeks top weight and build to RPE 8

### B Wall Ball

SUPERSET

4x12

\*Rest 1:00 between sets

\*Same as last week - this will serve to both flush the legs after yesterdays squats and get us moving dynamically before Snatches



## **C Block Snatch**

8x2@68-83%

\*Rest 2:00 between sets

\*Bar below the knees - be patient off the blocks working on keeping leg tension through extension

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## **D1 Lat Pull Down**

SUPERSET

5x8-12

\*Rest :30 between movements

\*Start at last weeks top weight as long as you can get 12 reps and build if able as long as you stay within rep range

## **D2 GHD Sit-Up**

SUPERSET

5x14


\*Rest 1:00 between sets

\*Use same ROM as last week

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 **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)

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### A **RDL + Split Press**

Every 1:30 for 6:00 4 Rounds) Complete:

10 RDL + 5 Split Press

\*Start at last weeks top weight and build to RPE 8

### B **Jerk**

8x3@65-80%

\*Rest 2:00 between sets

\*Use Jerk Blocks if you have them and drop between reps as these get heavier.

## C1 Death March

SUPERSET

3x20

\*Rest 1:00 between movements

\*All sets 5-10% heavier than last week - continue to focus on push the hips back and getting a good stretch in the hamstrings each rep

## C2 Active Bar Hang

SUPERSET

3x:20-:35

\*Rest 1:00 between sets

\*Use same set-up as last week

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## D Farmers Walk

1x200M

\*Use weights a little heavier than last week

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## \* 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)

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### A Power Snatch

Every 1:00 for 10:00 (10 sets) complete:

1 Power Snatch, 68-83%

\*Start at 68% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### B Power Clean

Every 1:15 for 10:00 (8 sets) complete:

1 Power Clean, 73-88%

\*Start at 73% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### C Barbell Bench Press

6x2

\*Rest 2:00 between sets

\*Start at 80% of last week and build to a Heavy 2 for the day

## D Knee to Elbow Mountain Climber

110 Total Reps


\*Rest :30 each time you break

\*Complete in as few sets as possible

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## \* 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

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### A Banded Step Overs + Good Morning Reach

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B Back Squat

1x5@85%

1x3@90%

1x2@95%

1x1@101%

\*Rest 3:00-4:00 between sets

\*If 101% is a "smoke show" you can go to 103% for another single

### C Bottoms Up Kettlebell Turkish Get Up

3x2/2

\*Rest 2:00 between movements

\*Start at last weeks weight and add if stability and control is good

## D **Banded Side Bend**

2x12/12


\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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## \* **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

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### A **Split Stance Row**

SUPERSET

4x8/8

\*No rest between movements

\*Start at last weeks top weight and build to Heavy

### B **Wall Ball**

SUPERSET

4x12

\*Rest 1:00 between sets

\*Same as last week

## **C Block Snatch**

8x2@70-85%

\*Rest 2:00 between sets

\*Bar below the knees - be patient off the blocks working on keeping leg tension through extension

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## **D1 Lat Pull Down**

SUPERSET

5x8-12

\*Rest :30 between movements

\*Start at last weeks top weight as long as you can get 12 reps and build if able as long as you stay within rep range

## **D2 GHD Sit-Up**

SUPERSET

5x16

\*Rest 1:00 between sets

\*Use same ROM as last week

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❄️ **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

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### A **RDL + Split Press**

Every 1:30 for 6:00 4 Rounds) Complete:

10 RDL + 5 Split Press

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

### B **Jerk**

8x3@70-85%

\*Rest 2:00 between sets

\*Use Jerk Blocks if you have them and drop between reps as these get heavier.



## C1 Death March

SUPERSET

3x20

\*Rest 1:00 between movements

\*All sets 5-10% heavier than last week - continue to focus on push the hips back and getting a good stretch in the hamstrings each rep

## C2 Active Bar Hang

SUPERSET

3x:25-:40

\*Rest 1:00 between sets

\*Use same set-up as last week

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## D Farmers Walk

1x200M

\*Use weights a little heavier than last week

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## \* 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

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### A Power Snatch

Every 1:00 for 10:00 (10 sets) complete:

1 Power Snatch, 70-85%

\*Start at 70% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### B Power Clean

Every 1:15 for 10:00 (8 sets) complete:

1 Power Clean, 75-90%

\*Start at 75% and build - goal is to focus on pushing through your legs through extension and fast hips/turnover

### C Barbell Bench Press

6x2

\*Rest 2:00 between sets

\*Start at 80% of last week and build to a Heavy 2 for the day

## D Knee to Elbow Mountain Climber

120 Total Reps


\*Rest :30 each time you break

\*Complete in as few sets as possible

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## \* 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 Overs + Good Morning Reach

2 Rounds of:

10/10 Banded Step Over + Reverse Lunge

10 Good Morning w/ Forward Reach

### B Back Squat

DELOAD OR RE-TEST

Deload

4x5@70%

Re-test

1x3@85%

1x2@93%

1x1@101%

1x1@103%+

\*Rest 3:00-4:00 between sets

\*Depending on how your body is feeling and results from last week you are in choice of how to approach today. If re-testing, make sure the body is warm and you have done enough warm-up sets before your first set of 3 as the initial jumps are bigger than the rest of the cycle.

**C Turkish Get-Up**

3x2/2

\*Rest 2:00 between movements

\*Same weight as last week - No bottoms up

**D Banded Side Bend**

2x12/12

\*Rest 1:00 between sets

\*Same band - focus again on extending ROM

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**\* 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

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### A Split Stance Row

SUPERSET

4x8/8

\*No rest between movements

\*All sets at 80% of last week

### B Wall Ball

SUPERSET

4x12

\*Rest 1:00 between sets

\*Same as last week



## C **Block Snatch**

8x2@60-75%

\*Rest 2:00 between sets

\*Bar below the knees - be patient off the blocks working on keeping leg tension through extension

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## D1 **Lat Pull Down**

SUPERSET

5x10

\*Rest :30 between movements

\*All sets at 80% of last week

## D2 **GHD Sit-Up**

SUPERSET

5x12

\*Rest 1:00 between sets

\*Use same ROM as last week

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## \* **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

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### A **RDL + Split Press**

Every 1:30 for 6:00 4 Rounds) Complete:  
10 RDL + 5 Split Press

\*All sets at 80% of last weeks top weight

### B **Jerk**

8x2@65-75%

\*Rest 2:00 between sets

\*Down to doubles - Use Jerk Blocks if you have them and drop between reps as these get heavier.

## C1 Death March

SUPERSET

3x20

\*Rest 1:00 between movements

\*All sets at 80% of last weeks top weight

## C2 Active Bar Hang

SUPERSET

3x:15-:30

\*Rest 1:00 between sets

\*Use same set-up as last week

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## D Farmers Walk


1x200M

\*Complete at 80% of last weeks weight

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## \* 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

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### A Power Snatch

Every 1:00 for 10:00 (10 sets) complete:

1 Power Snatch, 60-70%

\*Start at 65% and build to no heavier than 70% - goal is to focus on pushing through your legs through extension and fast hips/turnover

### B Power Clean

Every 1:15 for 10:00 (8 sets) complete:

1 Power Clean, 65-75%

\*Start at 65% and build to no heavier than 75% - goal is to focus on pushing through your legs through extension and fast hips/turnover

### C Barbell Bench Press

5x2

\*Rest 2:00 between sets

\*All sets at 80% of last weeks top weight

## D Knee to Elbow Mountain Climber

80 Total Reps


\*Rest :30 each time you break

\*Complete in as few sets as possible

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## \* Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

**Rest day**



Day 28

**Rest day**