

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A1 Cuban Press

SUPERSET

3x10

*No Rest between movements

*Keep this light and controlled

A2 Elevated Pigeon Good Morning

SUPERSET

3x10/10

*Rest 1:00 between sets

Try to progress depth in these through the 3 sets

B Snatch Pull + Snatch

8x1+1.1@70-85%

*Rest 2:00-2:30 between sets

*Sets done as Snatch Pull plus Snatch double with 10-15 seconds between reps

C Hip Snatch High Pull

3x3

*Rest 2:00 between sets

*RPE 7-8 for all sets - focus on vertical dip and drive and keeping the bar close

D1 Dumbbell Narrow Grip Bench Press

SUPERSET

3x10

*Rest 1:00 between movements

*RPE 7-8 for all sets

D2 Strict Dips

SUPERSET

3x8-12

*Rest 1:00 between sets

*Add resistance/assistance as needed to stay within the rep range

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

THEN

Row 2:00

 Row Erg

 Strength Ratio Flow Warm-up (Part 1)

A Safety Bar or Cambered Bar Squat

4x8

*Rest 2:00-3:00 between sets

*Warm up to RPE 7 and hold across - goal is controlled squats through full ROM

B Earthquake Bar or Cambered Bar Press

4x8

*Rest 1:30-2:30 between sets

*Same as above - find RPE 7 and hold across

C1 Reverse Hyper

SUPERSET

3x15

*Rest :30 between movements

*RPE 7 across

C2 Dumbbell Pullover

SUPERSET

3x15

*Rest 1:00 between sets

*RPE 7 across

D Seated Knee Tucks

100 Total Reps for time:

*Goal is to complete the 100 reps as fast as possible - track your time/sets as a barometer for next week

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)

A1 Box Jump

SUPERSET

4x6

*No Rest between movements

*Choose a moderate box height and work on getting maximum height on each jump - landing tall as possible

A2 Prone Swimmer

SUPERSET

4x6

*Rest :30 between sets

B Pause Jerk

8x2@70-85%

*Rest 1:30-2:00 between sets

*Working on driving through the floor after a 1-2 second pause in the dip - try to not let the bar pull you forward

C Mixed Grip Pull-up

Every 1:00 for 10:00 complete:

3-5 Strict Pull-ups

*Switch Grip Each Minute - Goal is to stay within the rep range so add assistance as needed

D1 Dumbbell Rack Supported Seated Press

SUPERSET

3x12

*Rest :30 between sets

*Keep this lighter (RPE 7) and focus on keeping the shoulders back as you press

D2 Uneven Barbell Side Bend

SUPERSET

3x8/8

*Rest 1:00 between sets

*RPE 7 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

THEN

Row 2:00

 Strength Ratio Flow Warm-up (Part 1)

 Row Erg

A Muscle Clean

4x3

*Rest 2:00 between sets

*Warm-up to RPE 7-8 and hold across

B Clean Pull + Clean

8x1+1.1@70-85%

*Rest 2:00-3:00 between sets

*Sets done as Clean Pull plus Clean double with 10-15 seconds between reps

C1 Elevated KOT Lunge

SUPERSET

3x20

*Rest 1:00 between movements

*Focus here is mainly on control and driving the knee over the toe on each rep - Start light and depending on flexibility/control you can build to RPE 8

C2 Split Stance Row

SUPERSET

3x15/15

*Rest 1:00 between sets

*Higher rep sets so aim for RPE 7 on your first set and hold across

D Toes to Bar

3xME


*Rest 1:30 between sets

*Goal is to go to just shy of failure each set - If less than 10 reps on first set, shorten ROM to keep reps higher



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)

A1 Cuban Press

SUPERSET

3x10

*No Rest between movements

*Same as last week - Keep this light and controlled

A2 Elevated Pigeon Good Morning

SUPERSET

3x10/10

*Rest 1:00 between sets

*Try to progress depth in these through the 3 sets

B Snatch Pull + Snatch

8x1+1.1@73-88%

*Rest 2:00-2:30 between sets

*Sets done as Snatch Pull plus Snatch double with 10-15 seconds between reps

C Hip Snatch High Pull

3x3

*Rest 2:00 between sets

*All sets heavier than last week - focus on vertical dip and drive and keeping the bar close

D1 Dumbbell Narrow Grip Bench Press

SUPERSET

3x10

*Rest 1:00 between movements

*Heavier than last week for all sets

D2 Strict Dips

SUPERSET

3x10-15

*Rest 1:00 between sets

*Same set up as last week making sure to stay within the rep range

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

THEN

Row 2:00

 Row Erg

 Strength Ratio Flow Warm-up (Part 2)

A Safety Bar or Cambered Bar Squat

4x8

*Rest 2:00-3:00 between sets

*Start at last weeks weight and build to RPE 8

B Earthquake Bar or Cambered Bar Press

4x8

*Rest 1:30-2:30 between sets

*Start at last weeks weight and build to RPE 8

C1 Reverse Hyper

SUPERSET

3x15

*Rest :30 between movements

*Heavier than last week for all sets

C2 Dumbbell Pullover

SUPERSET

3x15

*Rest 1:00 between sets

*Heavier than last week for all sets

D Seated Knee Tucks

100 Total Reps for time:

*Goal is to complete the 100 reps faster and in less sets than last week

*** 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)

A1 **Box Jump**

SUPERSET

4x6

*No Rest between movements

*Same as last week - work on getting maximum height on each jump, landing tall as possible

A2 **Prone Swimmer**

SUPERSET

4x6

*Rest :30 between sets

B Pause Jerk

8x2@73-88%

*Rest 1:30-2:00 between sets

*Working on driving through the floor after a 1-2 second pause in the dip - try to not let the bar pull you forward

C Mixed Grip Pull-up

Every 1:00 for 10:00 complete:

3-6 Strict Pull-ups

*Switch Grip Each Minute - Goal this week is more total reps than last week

D1 Dumbbell Rack Supported Seated Press

SUPERSET

3x12

*Rest :30 between sets

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

D2 Uneven Barbell Side Bend

SUPERSET

3x8/8

*Rest 1:00 between sets

*Use a weight a bit heavier than last week and hold across

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

THEN

Row 2:00

 Row Erg

 Strength Ratio Flow Warm-up (Part 2)

A Muscle Clean

4x3

*Rest 2:00 between sets

*Start at last weeks top weight and hold across or build to RPE 8

B Clean Pull + Clean

8x1+1.1@73-88%

*Rest 2:00-3:00 between sets

*Sets done as Clean Pull plus Clean double with 10-15 seconds between reps

C1 Elevated KOT Lunge

SUPERSET

3x20

*Rest 1:00 between movements

*Goal for this week it to progress on last week - Start at last weeks top weight and build to RPE 8-9

C2 Split Stance Row

SUPERSET

3x12/12

*Rest 1:00 between sets

*Start Heavier than last week and hold across or build to RPE 8-9

D Toes to Bar

3xME

*Rest 1:30 between sets

*Goal is to progress on last weeks total reps

*** 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

A1 Cuban Press

SUPERSET

3x10

*No Rest between movements

*Same as last week - Keep this light and controlled

A2 Elevated Pigeon Good Morning

SUPERSET

3x10/10

*Rest 1:00 between sets

*Try to progress depth in these through the 3 sets

B Snatch Pull + Snatch

8x1+1.1@75-90%

*Rest 2:00-2:30 between sets

*Sets done as Snatch Pull plus Snatch double with 10-15 seconds between reps

C Hip Snatch High Pull

3x3

*Rest 2:00 between sets

*All sets heavier than last week - focus on vertical dip and drive and keeping the bar close

D1 Dumbbell Narrow Grip Bench Press

SUPERSET

3x8-10

*Rest 1:00 between movements

*Heavier than last week for all sets - goal is 10 reps but make sure you get atleast 8 reps each set

D2 Strict Dips

SUPERSET

3x12-18

*Rest 1:00 between sets

*Same set up as last week making sure to stay within the rep range

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

THEN

Row 2:00

 Row Erg

 Dynamic Flow Warm-up

A Safety Bar or Cambered Bar Squat

4x8

*Rest 2:00-3:00 between sets

*Start at last weeks weight and build to Heavy

B Earthquake Bar or Cambered Bar Press

4x8

*Rest 1:30-2:30 between sets

*Start at last weeks weight and build to Heavy

C1 Reverse Hyper

SUPERSET

3x15

*Rest :30 between movements

*Heavier than last week for all sets

C2 Dumbbell Pullover

SUPERSET

3x15

*Rest 1:00 between sets

*Heavier than last week for all sets

D Seated Knee Tucks

110 Total Reps for time:

*Adding 10 reps but goal is same time/sets as last week

*** 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

A1 **Box Jump**

SUPERSET

4x6

*No Rest between movements

*Same as last week - work on getting maximum height on each jump, landing tall as possible

A2 **Prone Swimmer**

SUPERSET

4x6

*Rest :30 between sets

B Pause Jerk

8x2@75-90%

*Rest 1:30-2:00 between sets

*Working on driving through the floor after a 1-2 second pause in the dip - try to not let the bar pull you forward

C Mixed Grip Pull-up

Every 1:00 for 10:00 complete:

4-7 Strict Pull-ups

*Switch Grip Each Minute - Goal this week is more total reps than last week

D1 Dumbbell Rack Supported Seated Press

SUPERSET

3x12

*Rest :30 between sets

*Start at last weeks top weight and build to heavy

D2 Uneven Barbell Side Bend

SUPERSET

3x8/8

*Rest 1:00 between sets

*Use a weight a bit heavier than last week and hold across

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

THEN

Row 2:00

 Row Erg

 Dynamic Flow Warm-up

A Muscle Clean

4x3

*Rest 2:00 between sets

*Start at last weeks top weight and hold across or build to RPE 9

B Clean Pull + Clean

8x1+1.1@75-90%

*Rest 2:00-3:00 between sets

*Sets done as Clean Pull plus Clean double with 10-15 seconds between reps

C1 Elevated KOT Lunge

SUPERSET

3x16

*Rest 1:00 between movements

*Lowering rep total so start heavier than last week and build to heavy

C2 Split Stance Row

SUPERSET

3x10/10

*Rest 1:00 between sets

*Lowering reps so Start Heavier than last week and build ot heavy

D Toes to Bar

3xME

*Rest 1:30 between sets

*Goal is to progress on last weeks total reps

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

A1 Cuban Press

SUPERSET

3x10

*No Rest between movements

*Same as last week - Keep this light and controlled

A2 Elevated Pigeon Good Morning

SUPERSET

3x10/10

*Rest 1:00 between sets

*Try to progress depth in these through the 3 sets

B Snatch Pull + Snatch

8x1+1.1@60-75%

*Rest 2:00-2:30 between sets

*Sets done as Snatch Pull plus Snatch double with 10-15 seconds between reps

C Hip Snatch High Pull

3x3

*Rest 2:00 between sets

*All sets at 80% of last week - focus on vertical dip and drive and keeping the bar close

D1 Dumbbell Narrow Grip Bench Press

SUPERSET

3x8

*Rest 1:00 between movements

*all sets at 80% of last week

D2 Strict Dips

SUPERSET


3x5-10

*Rest 1:00 between sets

*Goal is RPE 7 for each set

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 23

Week 4 Day 2

Warmup

Mobility Flow Warm-up

THEN

Row 2:00

 Row Erg

 Mobility Flow Warm-Up

A Safety Bar or Cambered Bar Squat

4x8

*Rest 2:00-3:00 between sets

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

B Earthquake Bar or Cambered Bar Press

4x8

*Rest 1:30-2:30 between sets

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

C1 Reverse Hyper

SUPERSET

3x12

*Rest :30 between movements

*All sets at 90% of last week

C2 Dumbbell Pullover

SUPERSET

3x12

*Rest 1:00 between sets

*All sets of 90% of last week

D Seated Knee Tucks

80 Total Reps for time

*** 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

A1 **Box Jump**

SUPERSET

3x6

*No Rest between movements

*Same as last week - work on getting maximum height on each jump, landing tall as possible

A2 **Prone Swimmer**

SUPERSET

3x6

*Rest :30 between sets

B Pause Jerk

8x2@60-75%

*Rest 1:30-2:00 between sets

*Working on driving through the floor after a 1-2 second pause in the dip - try to not let the bar pull you forward

C Mixed Grip Pull-up

Every 1:00 for 8:00 complete:

3-5 Strict Pull-ups

*Switch Grip Each Minute - Goal this week is to still stay within the rep range but for less sets

D1 Dumbbell Rack Supported Seated Press

SUPERSET

3x8

*Rest :30 between sets

*All sets of 90% of last week

D2 Uneven Barbell Side Bend

SUPERSET

3x8/8

*Rest 1:00 between sets

*Use weight form week 1

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 26

Week 4 Day 4

Warmup

Mobility Flow Warm-up

THEN

Row 2:00

 Row Erg

 Mobility Flow Warm-Up

A Muscle Clean

4x3

*Rest 2:00 between sets

*All sets at 80% of last week

B Clean Pull + Clean

8x1+1.1@60-75%

*Rest 2:00-3:00 between sets

*Sets done as Clean Pull plus Clean double with 10-15 seconds between reps

C1 Elevated KOT Lunge

SUPERSET

3x16

*Rest 1:00 between movements

*All sets at 80% of last week

C2 Split Stance Row

SUPERSET

3x10/10

*Rest 1:00 between sets

*All sets at 80% of last week

D Toes to Bar

3xME

*Rest 1:30 between sets

*Goal is to progress on last weeks total reps again

Cooldown

Cool-Down and Stretch - 5 Min

 Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day