

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A1 Barbell Cuban Rotation

SUPERSET

3x8

*No Rest between movements

*Keep this light and controlled - If barbell is too heavy use dumbbells

A2 Press in Snatch (Sots Press)

SUPERSET

3x8

*Rest 1:00 between sets

*Ideally same weight as Cuban Rotations - this is more for mobility then strength

B Snatch Pull + Snatch

8x1+1@80-95%

*Rest 2:00-2:30 between sets

C Snatch High Pull

3x3

*Rest 2:00 between sets

*Goal would be for these sets to be heavy allowing good positions and a vertical finish and pull on each rep

D1 Diamond Push-Up

SUPERSET

3x10-20

*Rest 1:00 between movements

*Goal is RPE 7-8 for all sets - track reps as we will try to progress total over the cycle

D2 Dumbbell Fly

SUPERSET

3x10

*Rest 1:00 between sets

*Hold RPE 7 across - goal is controlled focus on max 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

THEN

Row 2:00

 Row Erg

 Strength Ratio Flow Warm-up (Part 1)

A Belt Squat, Leg Press or Trap Bar Deadlift

1x15

2x12

2x10

2x8

*Rest 2:00 between sets

*Stay between RPE 6-8 throughout all sets - Goal is non spine loaded leg volume - Ideally done with Belt Squat or Leg Press but can also be trap bar

B Strict Press

2x8@65-75%

2x6@75-85%

*Rest 1:30-2:30 between sets

C1 Banded Good Morning

SUPERSET

3x15

*Rest :30 between movements

*RPE 7 across

C2 Dumbbell Overhead Triceps Extension

SUPERSET

3x15

*Rest 1:00 between sets

*RPE 7 across


D Feet Elevated Side Plank Hip Tap

3x10/10

Rest 1:00-2:00 between sets

*** 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 **Pause Vertical Jump**

SUPERSET

3x8

*No Rest between movmenets

*Work on getting maximum height on each jump

A2 **Arch Hold Rotations**

SUPERSET

3x12

*Rest :30 between sets

B Pause Jerk

8x1@80-95%

*Rest 1:30-2:00 between sets

*Working to Singles - continue to focus on driving through the floor after a 1-2 second pause in the dip - We will drill pause for two weeks before removing to test jerk in week three.

C Mixed Grip Chest to Bar Pull-up

Every 1:00 for 10:00 complete:

1-3 Strict Chest to Bar Pull-ups

*Switch Grip Each Minute - Goal is to stay within the rep range so add assistance as needed that allows chest to make contact with the bar every rep

D1 Dumbbell Powell Raise

SUPERSET

3x8/8

*Rest :30 between sets

*Keep this lighter (RPE 7) and focus on control through the full ROM

D2 Dumbbell Side Bend

SUPERSET

3x12/12

*Rest 1:00 between sets

*RPE 7-8 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

THEN

Row 2:00

 Strength Ratio Flow Warm-up (Part 1)

 Row Erg

A Power Clean + Clean

4x2+1@65-75%

*Rest 2:00 between sets

*Goal is to really push for height on each clean building from 65 to 75% so you can transition into first rep at 80% for part B - can be TNG or quick drop between reps

B Clean Pull + Clean

7x1+1@80-95%

*Rest 2:00-3:00 between sets

C Dumbbell Bulgarian Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*RPE 7-8 for all sets

D Dumbbell Incline Prone Row

SUPERSET

3x10

*Rest 1:00 between sets

*RPE 7-8 for all sets

E Hollow Rock

3x15-25

*Rest 1:00 between sets

*Goal is to go to just shy of failure each set

*** 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 Barbell Cuban Rotation

SUPERSET

3x8

*No Rest between movements

*Same as last week - more about control then weight

A2 Press in Snatch (Sots Press)

SUPERSET

3x8

*Rest 1:00 between sets

*Start light and progress weight if possible

B Snatch Pull + Snatch

8x1+1@83-98%

*Rest 2:00-2:30 between sets

C Snatch High Pull

3x3

*Rest 2:00 between sets

*Start at last weeks top weight and build to RPE 8-9

D1 Diamond Push-Up

SUPERSET

3x12-25

*Rest 1:00 between movements

*Goal is RPE 8-9 - Goal is to progress reps from last week on all sets

D2 Dumbbell Fly

SUPERSET

3x10


*Rest 1:00 between sets

*Start at last weeks weight and build to RPE 8-9



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 Belt Squat, Leg Press or Trap Bar Deadlift

2x12

2x10

3x8

*Rest 2:00 between sets

*Start at or above last weeks sets of 12 and build throughout ideally finishing the last set of 3x8 at RPE 9

B Strict Press

2x7@68-78%

2x5@78-88%

*Rest 1:30-2:30 between sets

C1 Banded Good Morning

SUPERSET

3x15

*Rest :30 between movements

*Heavier band this week for all sets across

C2 Dumbbell Overhead Triceps Extension

SUPERSET

3x15

*Rest 1:00 between sets

*Heavier than last week for all sets across


D Feet Elevated Side Plank Hip Tap

3x12/12

Rest 1:00-2:00 between 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)

A1 **Pause Vertical Jump**

SUPERSET

3x8

*No Rest between movmenets

*Work on getting maximum height on each jump

A2 **Arch Hold Rotations**

SUPERSET

3x12

*Rest :30 between sets

B Pause Jerk

8x1@83-98%

*Rest 1:30-2:00 between sets

*Continue to focus on driving through the floor after a 1-2 second pause in the dip - We will drill pause for this week then removing to test jerk in week three.

C Mixed Grip Chest to Bar Pull-up

Every 1:00 for 10:00 complete:

2-4 Strict Chest to Bar Pull-ups

*Switch Grip Each Minute - Goal is to build on last weeks total

D1 Dumbbell Powell Raise

SUPERSET

3x8/8

*Rest :30 between sets

*Slightley heavier than last week for all sets across

D2 Dumbbell Side Bend

SUPERSET

3x12/12

*Rest 1:00 between sets

*Heavier than last week for all sets 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 Power Clean + Clean

4x2+1@68-78%

*Rest 2:00 between sets

*Building from 68 to 78% so you can transition into first rep at 83% for part B - can be TNG or quick drop between reps

B Clean Pull + Clean

7x1+1@83-98%

*Rest 2:00-3:00 between sets

C Dumbbell Bulgarian Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*Heavier than last week for all sets across

D Dumbbell Incline Prone Row

SUPERSET

3x10

*Rest 1:00 between sets

*Heavier than last week for all sets across

E Hollow Rock

3x15-28

*Rest 1:00 between sets

*Goal is to go to just shy of failure each set - aiming to surpass last weeks total

*** 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 Barbell Cuban Rotation

SUPERSET

3x8

*No Rest between movements

*Same as last week or slightly heavier - more about control then weight

A2 Press in Snatch (Sots Press)

SUPERSET

3x8

*Rest 1:00 between sets

*Start light and progress weight again if possible

B Snatch Pull + Snatch

8x1+1@85-101%

*Rest 2:00-2:30 between sets

C Snatch High Pull

3x3

*Rest 2:00 between sets

*Start at 90% of last weeks top weight and build to RPE 9-10

D1 Diamond Push-Up

SUPERSET

3x15-25

*Rest 1:00 between movements

*Goal is RPE 8-9 - Goal is to progress reps from last week on all sets

D2 Dumbbell Fly

SUPERSET

3x8


*Rest 1:00 between sets

*Start at last weeks weight and build to RPE 9-10



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 Belt Squat, Leg Press or Trap Bar Deadlift

3x10

4x8

*Rest 2:00 between sets

*Start at last weeks last set of 10 and build throughout ideally finishing the last set at a max

B Strict Press

2x8@68-78%

2x6@78-88%

*Rest 1:30-2:30 between sets

*Ideally aiming for the same weights as last week for an additional rep each set

C1 Banded Good Morning

SUPERSET

3x15

*Rest :30 between movements

*Same band as last week for all sets across

C2 Dumbbell Overhead Triceps Extension

SUPERSET

3x15

*Rest 1:00 between sets

*Heavier than last week for all sets across


D Feet Elevated Side Plank Hip Tap

3x15/15

Rest 1:00-2:00 between 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

A1 **Pause Vertical Jump**

SUPERSET

3x8

*No Rest between movmenets

*Work on getting maximum height on each jump

A2 **Arch Hold Rotations**

SUPERSET

3x12

*Rest :30 between sets

B Jerk

8x1@85%+

*Rest 1:30-2:00 between sets

*Removing the pause this week so start at 85% and build to heavy

C Mixed Grip Chest to Bar Pull-up

Every 1:00 for 10:00 complete:

2-5 Strict Chest to Bar Pull-ups

*Switch Grip Each Minute - Goal is to build on last weeks total

D1 Dumbbell Powell Raise

SUPERSET

3x10/10

*Rest :30 between sets

*Same weight as last week

D2 Dumbbell Side Bend

SUPERSET

3x10/10

*Rest 1:00 between sets

*Heavier than last week for all sets 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 Power Clean + Clean

4x1+1@70-80%

*Rest 2:00 between sets

*Building from 70 to 80% so you can transition into first rep at 85% for part B - Only a single power clean this week

B Clean Pull + Clean

7x1+1@85-101%

*Rest 2:00-3:00 between sets

C Dumbbell Bulgarian Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*Heavier than last week for all sets across

D Dumbbell Incline Prone Row

SUPERSET

3x10

*Rest 1:00 between sets

*Heavier than last week for all sets across

E Hollow Rock

3x18-30

*Rest 1:00 between sets

*Goal is to go to just shy of failure each set - aiming to surpass last weeks total

*** 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 Barbell Cuban Rotation

SUPERSET

3x8

*No Rest between movements

*Same as last week

A2 Press in Snatch (Sots Press)

SUPERSET

3x8

*Rest 1:00 between sets

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

B Snatch Pull + Snatch

8x1+1@70-80%

*Rest 2:00-2:30 between sets

C Snatch High Pull

3x3

*Rest 2:00 between sets

*All sets at 80% of last weeks top weight

D1 Diamond Push-Up

SUPERSET

3x8-15

*Rest 1:00 between movements

*Goal is RPE 6-7

D2 Dumbbell Fly

SUPERSET

3x8


*Rest 1:00 between sets

*All sets at 80% of last weeks top weight



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 Belt Squat, Leg Press or Trap Bar Deadlift

6x10

*Rest 2:00 between sets

*All sets at 70% of last weeks top set of 8

B Strict Press

2x5@68-78%

2x3@78-88%

*Rest 1:30-2:30 between sets

*Same weight ranges as last week for decreased reps/set

C1 Banded Good Morning

SUPERSET

3x12

*Rest :30 between movements

*Lighter band as last week for all sets across

C2 Dumbbell Overhead Triceps Extension

SUPERSET

3x12

*Rest 1:00 between sets

*Use weight from week 1

D Feet Elevated Side Plank Hip Tap

3x10/10

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

A1 **Pause Vertical Jump**

SUPERSET

3x8

*No Rest between movmenets

*Work on getting maximum height on each jump

A2 **Arch Hold Rotations**

SUPERSET

3x12

*Rest :30 between sets

B **Jerk**

8x1@70-80%

*Rest 1:30-2:00 between sets

C Mixed Grip Chest to Bar Pull-up

Every 1:00 for 10:00 complete:

1-3 Strict Chest to Bar Pull-ups

*Switch Grip Each Minute - Goal for this week is ~1-2 less reps per set

D1 Dumbbell Powell Raise

SUPERSET

3x10/10

*Rest :30 between sets

*Weight should be ~80% of last week

D2 Dumbbell Side Bend

SUPERSET

3x10/10


*Rest 1:00 between sets

*Weight should be ~80% of last week



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 Power Clean + Clean

4x1+1@60-70%

*Rest 2:00 between sets

B Clean Pull + Clean

6x1+1@70-80%

*Rest 2:00-3:00 between sets

C Dumbbell Bulgarian Split Squat

SUPERSET

3x12/12

*Rest 1:00 between movements

*Added reps but less weight - use ~80% of last weeks top weight

D Dumbbell Incline Prone Row

SUPERSET

3x12

*Rest 1:00 between sets

*Added reps but less weight - use ~80% of last weeks top weight



E Hollow Rock

3x15

*Rest 1:00 between sets

Cooldown

Cool-Down and Stretch - 5 Min

  Cool Down and Stretch - 5 min

Day 27

Rest day

Day 28

Rest day