

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Front Squat

4x8@65-80%

*Rest 2:00-3:00 between sets

*Start first set at 65% and try not to exceed RPE 8 throughout the 4 sets

B Hang Power Snatch

5x2

*Rest 1:30-2:00 between sets

*Above Knee - Warm-up to RPE 6 and build through the 5 sets - goal is to focus on a powerful finish each rep with tired legs from the FS

C1 Cossack Squat

SUPERSET

3x16

*Rest 1:00 between movements

*More about ROM and control than weight so start unweighted or even holding something for assistance that allows you to settle at the bottom of each rep with knee over toe - if adding weight keep to RPE 6

C2 Shoot Through

SUPERSET

3x8

*Rest 1:00 between sets

*These can be done on paralletes or Kettlebell's just make sure the KB's are heavy enough to not tip - if needed use benches or boxes so legs don't drag. forward + back = 1

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 Kettlebell Half Kneeling Halo

2x20

*Rest 1:00-2:00 between sets

*Do these at RPE 6 but slow and controlled - Each rep around is one - Switch leg forward each set

B1 Inverted Row

SUPERSET

4x10-15

*No Rest between movements - go immediately into Pull-Downs

*Set up at an angle that allows 15 reps on set one at RPE 8-9 - Aim for 15 each set but adjust if needed to stay within rep range on later sets

B2 Banded Straight Arm Pull-Down

SUPERSET

4x15

*Rest 2:00 between sets

*Find RPE 6-7 and hold that across as RPE will increase with volume

C Power Jerk + Split Jerk

Every 1:30 for 15:00 (10 sets) complete:

1+1@70-80% (of Jerk)

*Goal is to really work on consistency of dip and drive through both Jerks

D Reaching Sit-up

3x15

*Rest 2:00 between sets

*Choose a weight at RPE 7-8 for set one

*** 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 Sled Pull Backward

5x100M

*Rest 1:00 between sets

*These should be relatively light (RPE 6-7) and ideally done with a belt around the hips - rest is also short and progressing to heavy pushes after so don't overdo the weight

B Sled Push

4x100M

*Rest 2:00 between sets

*Start at weight from pull and add weight each set working to RPE 8-9

C Hang Power Clean + Hang Clean

Every 2:00 for 12:00 (6 rounds) complete:


1+1@65-75%

*These are purposely lighter so take time with warm-up and really hit good reps - legs might take a bit to get going after sleds



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 Banded Rotation with Pallof Squat

2x8/8

*Rest 1:00 between sets

*RPE 6

B Heaving Snatch Balance

4x2

4x1

*Rest 1:30-2:00 between movements

*Start at ~50% of Snatch and work to RPE 8 for both doubles and singles - Heaving Snatch Balance means no feet movement so start with feet in squat position

C Dumbbell Incline Bench Press

2x10

2x8

2x6

*Rest 1:30-2:00 between sets

*Warm up to first set of 10 and build as reps go down trying to hold RPE 8 through all sets

D1 Push-Up

SUPERSET

3x10-20

*Rest :30 between movements

*Goal is to go until push-ups slow down then stop each set - if below rep range then add something under the chest to shorten ROM

D2 Side Plank Rotations

SUPERSET

3x10/10

*Rest 1:00 between sets



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 Front Squat

2x8@70%+

2x6

*Rest 2:00-3:00 between sets

*Start first set at 70% and build - try not to exceed RPE 8 throughout the four sets

B Hang Power Snatch

5x2

*Rest 1:30-2:00 between sets

*Above Knee - Start at 80% of last weeks top weight and build through the five sets to RPE 8-9

C1 Cossack Squat

SUPERSET

3x20

*Rest 1:00 between movements

*Same as last week this is more about mobility and control - add weight as long as you stay at RPE 7

C2 Shoot Through

SUPERSET

3x10

*Rest 1:00 between sets

*Same set up as last week for additional reps



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 Kettlebell Half Kneeling Halo

2x20

*Rest 1:00-2:00 between sets

*Same weight as last week or slightly heavier

B1 Inverted Row

SUPERSET

4x12-18

*No Rest between movements - go immediately into Pull-Downs

*Set up the same as last week with the goal of pushing for more reps on each set

B2 Banded Straight Arm Pull-Down

SUPERSET

4x15

*Rest 2:00 between sets

*Same band/set-up as last week

C Power Jerk + Split Jerk

Every 1:30 for 15:00 (10 sets) complete:

1+1@73%+ (of Jerk)

*Goal is still to work on consistency of dip and drive through both Jerks - Start at 73% and build trying to not exceed RPE 8 this week

D Reaching Sit-up

3x18

*Rest 2:00 between sets

*Same weight as last week for increased rep

*** 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 Sled Pull Backward

4x100M

*Rest 1:00 between sets

*Start at last weeks top weight and add as needed to hit RPE 8

B Sled Push

4x100M

*Rest 2:00 between sets

*Start at weight from pull and add weight each set working to heavier than last week

C Hang Power Clean + Hang Clean

Every 2:00 for 12:00 (6 rounds) complete:

1+1@68-78%

*Slightly heavier than last week, still take your time with warm-up and really hit good reps

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 Banded Rotation with Pallof Squat

2x8/8

*Rest 1:00 between sets

*Same as last week or slightly heavier band

B Heaving Snatch Balance

3x2

4x1

*Rest 1:30-2:00 between movements

*Start at ~55% of Snatch and work to RPE 8-9 for both doubles and singles - Heaving Snatch Balance means no feet movement so start with feet in squat position

C Dumbbell Incline Bench Press

2x11

2x9

2x7

*Rest 1:30-2:00 between sets

*Goal this week is to use the same weights as last week for an increase in reps

D1 Push-Up

SUPERSET

3x10-25

*Rest :30 between movements

*Goal is to go until push-ups slow down then stop each set - if below rep range then add something under the chest to shorten ROM

D2 Side Plank Rotations

SUPERSET


3x10/10

*Rest 1:00 between sets



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 Front Squat

4x6@75%+

*Rest 2:00-3:00 between sets

*Start first set at 75% and build to heavy

B Hang Power Snatch

5x2

*Rest 1:30-2:00 between sets

*Above Knee - Start at 80% of last weeks top weight and build through the five sets to heavy

C1 Cossack Squat

SUPERSET

3x20

*Rest 1:00 between movements

*Same as last week this is more about mobility and control - add weight as long as you stay at RPE 8

C2 Shoot Through

SUPERSET

3x12

*Rest 1:00 between sets

*Same set up as last week for additional reps

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 Kettlebell Half Kneeling Halo

2x20

*Rest 1:00-2:00 between sets

*Same weight as last week or slightly heavier

B1 Inverted Row

SUPERSET

4x15-20

*No Rest between movements - go immediately into Pull-Downs

*Set up the same as last week with the goal of pushing for more reps on each set

B2 Banded Straight Arm Pull-Down

SUPERSET

4x15

*Rest 2:00 between sets

*Same band/set-up as last week

C Power Jerk + Split Jerk

Every 1:30 for 15:00 (10 sets) complete:

1+1@75%+ (of Jerk)

*Goal is still to work on consistency of dip and drive through both Jerks - Start at 75% and build to heavy

D Reaching Sit-up

3x20

*Rest 2:00 between sets

*Same weight as last week for increased rep

*** 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 Sled Pull Backward

4x100M

*Rest 1:00 between sets

*Start at last weeks top weight and work to heavier than last week

B Sled Push

4x100M

*Rest 2:00 between sets

*Start at weight from pull and add weight each set working to heavier than last week

C Hang Power Clean + Hang Clean

Every 2:00 for 12:00 (6 rounds) complete:

1+1@70-80%

*Slightly heavier than last week, still take your time with warm-up

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 Banded Rotation with Pallof Squat

2x8/8

*Rest 1:00 between sets

*Same as last week or slightly heavier band

B Heaving Snatch Balance

3x2

4x1

*Rest 1:30-2:00 between movements

*Start at ~60% of Snatch and work to heavy for both doubles and singles - Heaving Snatch Balance means no feet movement so start with feet in squat position

C Dumbbell Incline Bench Press

2x10

2x8

2x6

*Rest 1:30-2:00 between sets

*Back to week 1 rep scheme so goal this week is heavier on all sets

D1 Push-Up

SUPERSET

3x10-30

*Rest :30 between movements

*Goal is to go until push-ups slow down then stop each set - if below rep range then add something under the chest to shorten ROM

D2 Side Plank Rotations

SUPERSET


3x10/10

*Rest 1:00 between sets



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 Front Squat

4x6@75%

*Rest 2:00-3:00 between sets

B Hang Power Snatch

5x2

*Rest 1:30-2:00 between sets

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

C1 Cossack Squat

SUPERSET

3x20

*Rest 1:00 between movements

*unweighted - focus on slow controlled movement

C2 Shoot Through

SUPERSET

3x8

*Rest 1:00 between sets

*Same set up as last week



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 Kettlebell Half Kneeling Halo

2x20

*Rest 1:00-2:00 between sets

*Same weight as last week

B1 Inverted Row

SUPERSET

4x10-15

*No Rest between movements - go immediately into Pull-Downs

*Set up the same as last week with the goal of RPE 7 for each set

B2 Banded Straight Arm Pull-Down

SUPERSET

4x12

*Rest 2:00 between sets

*Same band/set-up as last week

C Power Jerk + Split Jerk

Every 1:30 for 15:00 (10 sets) complete:

1+1@75% (of Jerk)

D Reaching Sit-up

3x15

*Rest 2:00 between sets

*Same weight as last week

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 Sled Pull Backward

4x100M

*Rest 1:00 between sets

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

B Sled Push

4x100M

*Rest 2:00 between sets

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

C Hang Power Clean + Hang Clean


Every 2:00 for 12:00 (6 rounds) complete:

1+1@60-70%



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 Banded Rotation with Pallof Squat

2x8/8

*Rest 1:00 between sets

*Same as last week

B Heaving Snatch Balance

3x2

4x1

*Rest 1:30-2:00 between movements

*All sets at 80% of last weeks doubles and singles

C Dumbbell Incline Bench Press

2x8

2x6

2x4

*Rest 1:30-2:00 between sets

*Use the same weights as last week for two less reps each set

D1 Push-Up

SUPERSET

2x10-30

*Rest :30 between movements

*Goal is again to go until the pace slows but only for 2 sets

D2 Side Plank Rotations

SUPERSET

2x10/10

*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