

Day 1

Week 1 Day 1

Warmup

Strength Ratio Flow Warm-up 1

 Strength Ratio Flow Warm-up (Part 1)

A Front Squat

3x4@75-90%

2x2@90%+

*Rest 2:00-3:00 between sets

*Start first set at 75% and building - adjust as needed but these should not be max effort

B Power Snatch

3x2

3x1

*Rest 1:30-2:00 between sets

*Warm-up to RPE 6-7 and build through the 6 sets - goal is to focus on a powerful finish each rep with tired legs from the FS

C1 Dumbbell Front Foot Elevated Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*These should be light (RPE 6-7) focusing on control and allowing the knee to push over the toe at the bottom of each rep

C2 Kettlebell Deadbug

SUPERSET

3x20

*Rest 1:00 between sets

*If arms are static choose a heavy KB to support keeping the hips off the floor - For extra challenge you can use a lighter KB and bring it overhead as your legs extend on each rep

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 Prone Y's + T's

2 Rounds of:

10 Prone Y's

10 Prone T's

*Rest as needed between rounds

*Unweighted - Try to focus on pulling the shoulder blades together and pause at the top of each rep

B1 Strict Supinated Pull-up

SUPERSET

4x4-8

*No Rest between movements - go immediately into Handstand

*Goal is to stay within the rep range and aim for RPE 7-8 each set - Add assistance as needed

B2 Handstand Hold

SUPERSET

4x:30

*Rest 2:00 between sets

*Focus on active shoulders, pushing through the floor and toes pointed

C Jerk

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

1@80-90%

*This can be Power or Split - goal is to focus on footwork and build through the sets

D Bridge Psoas March

4x:30

*Rest :30 between sets

*Goal is consistent controlled movement for the entirety of each set

*** 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

3x200M

*Rest 2:00-3:00 between sets

*Longer distance pulls (with no push this cycle) - goal is RPE 7-8

B Power Clean

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

2@75-85%

C1 Glute Ham Raise

SUPERSET

3x6

*Rest :30 between movements

C2 Rower Pike Ups

SUPERSET


3x12

*Rest 1:00 between sets

*These can also be done with sliders or controlled on a large Swiss Ball

* 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 Face Pulls

2x15

*Rest as needed between sets

*These should be controlled working on pulling the scaps together on each rep - RPE 5-6

B Overhead Squat

4x8

*Rest 2:00-2:30 between movements

*Higher Rep OHS to focus on overhead stability - Warm-up to RPE 6 for set 1 and build to RPE 8

C Incline Bench Press

5x5

*Rest 1:30-2:00 between sets

*Warm up to RPE 7-8 and hold across

D1 Ring/TRX Push-ups

SUPERSET

3x10-20

*Rest :30 between movements

*Going to Rings (or TRX) adds some challenge from a stability standpoint - Goal is to go until push-ups slow down then stop each set - if below rep range then raise the height of the rings/trx

D2 Copenhagen Bent Knee Raise

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

3x3@80-90%

2x1@93%+

*Rest 2:00-3:00 between sets

*Start first set at 80% and building to a heavy single

B Power Snatch

3x2

3x1

*Rest 1:30-2:00 between sets

*Start at 90% of last weeks top Double and build throughout the 6 sets

C1 Dumbbell Front Foot Elevated Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*Heavier than last week for all sets with same focus or KOT at the bottom of each rep

C2 Kettlebell Deadbug

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 9

Week 2 Day 2

Warmup

Strength Ratio Flow Warm-up 2

 Strength Ratio Flow Warm-up (Part 2)

A Prone Y's + T's

2 Rounds of:

10 Prone Y's

10 Prone T's

*Rest as needed between rounds

*This week you can add light plates - Same focus on pulling the shoulder blades together and pause at the top of each rep

B1 Strict Supinated Pull-up

SUPERSET

4x5-10

*No Rest between movements - go immediately into Handstand

*Goal is to stay within the rep range and aim for RPE 8-9 each set

B2 Handstand Hold

SUPERSET

4x:30

*Rest 2:00 between sets

*Focus on active shoulders, pushing through the floor and toes pointed

C Jerk

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

1@83-95%

*Again this can be Power or Split - goal is to focus on footwork and build through the sets

D Bridge Psoas March

4x:30

*Rest :30 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)

A Sled Pull Backward

3x200M

*Rest 2:00-3:00 between sets

*Start at 90% of last weeks top weight and build

B Power Clean

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

2@78-88%

C1 Glute Ham Raise

SUPERSET

3x7

*Rest :30 between movements

C2 Rower Pike Ups

SUPERSET

3x14

*Rest 1:00 between 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 Banded Face Pulls

2x15

*Rest as needed between sets

*Same as last week - try to get a slight pause at contraction

B Overhead Squat

2x8

2x6

*Rest 2:00-2:30 between movements

*Start at 90% of last weeks top set of 8 and build to RPE 8 again on the set of 6

C Incline Bench Press

5x5

*Rest 1:30-2:00 between sets

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

D1 Ring/TRX Push-ups

SUPERSET

3x10-22

*Rest :30 between movements

*Same goal to go until push-ups slow down then stop each set - ideally aiming to surpass last weeks total reps

D2 Copenhagen Bent Knee Raise

SUPERSET

3x11/11

*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

2x3@83-90%

3x1@93%+

*Rest 2:00-3:00 between sets

*Start first set at 83% and building to a heavy single

B Power Snatch

3x2

3x1

*Rest 1:30-2:00 between sets

*Start at 90% of last weeks top Double and build throughout the 6 sets

C1 Dumbbell Front Foot Elevated Split Squat

SUPERSET

3x10/10

*Rest 1:00 between movements

*Heavier than last week for all sets with same focus or KOT at the bottom of each rep

C2 Kettlebell Deadbug

SUPERSET

3x20

*Rest 1:00 between sets

*Same weight or slightly heavier than last week for all sets

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 Prone Y's + T's

2 Rounds of:

10 Prone Y's

10 Prone T's

*Rest as needed between rounds

*Same as last week - Focus on pulling the shoulder blades together and pause at the top of each rep

B1 Strict Supinated Pull-up

SUPERSET

4x6-12

*No Rest between movements - go immediately into Handstand

*Goal is to stay within the rep range and aim for max each set

B2 Handstand Hold

SUPERSET

4x:30

*Rest 2:00 between sets

*Focus on active shoulders, pushing through the floor and toes pointed

C Jerk

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

1@85%+

*Again this can be Power or Split - goal is to focus on footwork and build through the sets to heavy

D Bridge Psoas March

4x:30

*Rest :30 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

A Sled Pull Backward

3x200M

*Rest 2:00-3:00 between sets

*Start at 90% of last weeks top weight and build

B Power Clean

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

2@80-90%

C1 Glute Ham Raise

SUPERSET

3x8

*Rest :30 between movements

C2 Rower Pike Ups

SUPERSET

3x16

*Rest 1:00 between sets

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 Face Pulls

2x15

*Rest as needed between sets

*Same as last week - try to get a slight pause at contraction

B Overhead Squat

4x6

*Rest 2:00-2:30 between movements

*Start at 90% of last weeks top set of 6 and build to a heavy set of 6

C Incline Bench Press

5x5

*Rest 1:30-2:00 between sets

*Start at 80% of last weeks top weight and build to heavy

D1 Ring/TRX Push-ups

SUPERSET

3x10-25

*Rest :30 between movements

*Same goal to go until push-ups slow down then stop each set - ideally aiming to surpass last weeks total reps

D2 Copenhagen Bent Knee Raise

SUPERSET

3x12/12

*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

4x3@70-80%

*Rest 2:00-3:00 between sets

B Power Snatch

5x2

*Rest 1:30-2:00 between sets

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

C1 Dumbbell Front Foot Elevated Split Squat

SUPERSET

3x8/8

*Rest 1:00 between movements

*All sets at 80% of last weeks top weight

c2 Kettlebell Deadbug

SUPERSET


3x16

*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

 Mobility Flow Warm-Up

A Prone Y's + T's

2 Rounds of:

10 Prone Y's

10 Prone T's

*Rest as needed between rounds

*Same as last week - Focus on pulling the shoulder blades together and pause at the top of each rep

B1 Strict Supinated Pull-up

SUPERSET

4x4-8

*No Rest between movements - go immediately into Handstand

*Goal is to go until you have 3 reps in the tank each set

B2 Handstand Hold

SUPERSET

4x:30

*Rest 2:00 between sets

*Focus on active shoulders, pushing through the floor and toes pointed

C Jerk

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

1@70-75%

*Again this can be Power or Split - goal is to focus on footwork

D Bridge Psoas March

4x:30

*Rest :30 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 Sled Pull Backward

3x200M

*Rest 2:00-3:00 between sets

*All sets at 80% of last weeks top weight

B Power Clean

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

2@70-75%

C1 Glute Ham Raise

SUPERSET

3x5

*Rest :30 between movements

C2 Rower Pike Ups

SUPERSET

3x10

*Rest 1:00 between sets



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 Face Pulls

2x15

*Rest as needed between sets

*Same as last week - try to get a slight pause at contraction

B Overhead Squat

4x5

*Rest 2:00-2:30 between movements

*All sets at 80% of last weeks top weight

C Incline Bench Press

5x4

*Rest 1:30-2:00 between sets

*All sets at 80% of last weeks top weight - try to slow down and control the reps

D1 Ring/TRX Push-ups

SUPERSET

3x10

*Rest :30 between movements

D2 Copenhagen Bent Knee Raise


SUPERSET

3x10/10

*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