



## Week 1 - Day One

### WARMUP

3 Sets  
12 Bent Over Band Pull Aparts  
(pause 1sec with hands wide on each rep)  
10 Drop Lunge to Knee Lift/leg - 1-3"  
30sec Quadruped Shoulder Taps

### MUSCLE ENDURANCE

**C)** 5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Renegade Rows 50/35lbs  
\*5 Cal Row between each set

rest 2mins

5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Strict Knees to Elbows  
\*5 Cal Bike between each set

rest 2mins

5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Alternating DB Thrusters 50/35lbs  
\*30 Double Unders between each set

## Squat + Upper Pull

### STRENGTH SUPERSETS

**A1)** Back Rack Split Squat: 2110; 8-10/leg;  
rest 75sec x 3 Sets  
\*rear foot on 4-6" plates

**A2)** Pronated Strict Pull Up: 2011; 8-10reps;  
rest 75sec x 3 Sets

\* Finish 3 sets of A1/A2 before moving on to B1/B2

**B1)** Cyclist Front Squat: 31X0; 8-10 reps; rest  
75sec x 3 Sets

**B2)** Chainsaw Row: 20X2; 8-10/arm; rest  
75sec x 3 Sets

### NOTES



## Week 1 - Day Two

### WARMUP

3 Sets  
5 Dumbbell Deadlifts  
5 Dumbbell Hang Power Clean  
5 Dumbbell Strict Press  
10 Yoga Push Ups  
50 Jump Rope Single Unders  
rest as needed between sets

### FOR TIME

**C)** @ 85% Effort:  
27-21-15  
Row Cals  
21-15-9  
Strict Handstand Push Up  
\* Scale to Pike Strict HSPU

rest 3mins

21-15-9  
Bike Cals  
27-21-15  
GHD Sit Ups

## Hinge + Vertical Push

### STRENGTH SUPERSETS

**A1)** Segmented Clean Deadlift: 3131 (with straps); 6-8reps; rest 75sec x 3 Sets

**A2)** Half Kneeling Barbell Press\*: 20X2;  
4-5reps/knee; rest 75sec x 3 Sets

\*Perform repetitions on each knee for every set. Total 8-10reps per set.

**B1)** Deficit Landmine Single Leg RDL: 3010;  
8-10/leg; rest 75sec x 3 Sets

**B2)** Single Arm Dumbbell Push Press\*: 30X1;  
8-10/arm; rest 75sec x 3 Sets

\*Explosive tempo on the way UP - slow controlled lowering to the shoulder in 3sec before initiating next repetition.

### NOTES



## Week 1 - Day Three

### WARMUP

3 Sets  
Single Arm Bottoms Up KB Carry x 10m/arm  
Scapular Push Ups x 10  
Passive Ring Hang x 30sec  
Band Pull Aparts x 15 reps

### CONSISTENT EFFORT

**C)** 15min:  
20sec L Sit on Rings  
15m Quadruped Crawl Forwards  
15m Quadruped Crawl Backwards  
10 Dual KB Clean and Push Press 44/26lbs  
5 Strict Chest to Bar Pull Ups

### NOTES

## Horizontal Push + Pull

### STRENGTH SUPERSETS

- A1)** Wide Grip Bench Press: 31X0; 10-12reps; rest 75sec x 3 Sets
- A2)** Pendlay Row: 30X1; 10-12reps; rest 75sec x 3 Sets
- B1)** Strict Bar Dips: 2020; 10-12reps; rest 75sec x 3 Sets
- B2)** Supinated Grip Body Row: 30X0; 12-14reps; rest 75sec x 3 Sets



## Week 1 - Day Four

### WARMUP

3 Sets  
15 Banded Hip Thrust + 20sec Isometric Hold at Top  
-rest 30sec-  
8-10 KB Loaded Jefferson Curl Light  
-rest 30sec-  
30sec High Knees Jump Rope  
-rest as needed-

### REPEATABLE PACE

**C)** Every 5mins x 4 sets:  
45sec Continuous DB Farmers Carry TOUGH Weight  
15/12 Cal Assault Bike  
12 Supine Toes to Bar 3sec lowering  
9 Box Jump Step Down 30/24"

Same Pace Every Set

### NOTES

## Hinge + Squat

### STRENGTH SUPERSETS

- A1)** Snatch Grip Romanian Deadlift: 3110;  
8-10reps; rest 75sec x 3 Sets
- A2)** Suitcase Long Step Walking Lunge: 30X0;  
14-16 Steps; rest 75sec x 3 Sets
- B1)** Barbell Hip Thrust: 20X2; 8-10reps; rest  
75sec x 3 Sets
- B2)** Goblet 1-1/4 Squat: 2111; 8-10 reps; rest  
75sec x 3 Sets

\*Tempo - 2sec lowering, 1sec pause at bottom,  
perform the 1/4 squat and back down and  
immediately rebound up, 1sec pause at top.



## Week 1 - Day Five

### WARMUP

3 Sets  
Yoga Push Up x 8  
Prone Snow Angels x 8  
Scapular Pull Ups x 8  
Side Plank Rotations x 8/side  
\*move slow and deliberately

### GYMNASTICS INTERVALS

**B)** 3 Sets  
10 Kipping Toes to Bar  
20 Anchored Feet Sit Ups  
Assault Bike 750/650m @ 90% effort  
rest walk 2-3mins between sets

### NOT FOR TIME

**C)** 3 Sets  
20 Banded Tricep Push Downs  
20 Banded Bicep Curls  
20 Banded Face Pulls  
-rest as needed between movements-

## Shoulders + Arms

### STRENGTH SUPERSET

**A1)** Tall Kneeling Filly Press: 2111; 8-10/arm;  
rest 75sec x 3 Sets

**A2)** Close Grip Parallette Tricep Push Up: 3011;  
8-10reps; rest 75sec x 3 Sets

**A3)** Incline Bench Dumbbell Bicep Curl: 40X1;  
8-10reps; rest 75sec x 3 Sets

### NOTES



## Week 2 - Day One

### Squat + Upper Pull

#### WARMUP

10m Skater Band Walk  
10 Theraband Goblet Squats  
10 Scap Pull Up

#### STRENGTH SUPERSETS

**A1)** Front Rack Drop Lunge: 30X0; 16-20reps  
alternating legs; rest 75sec x 3 Sets

**A2)** Supinated Strict Pull Up: 2011; 8-10reps; rest  
75sec x 3 sets

**B1)** Dual KB Rack Squat: 2111; 8-10reps; rest 75sec x  
3 sets

**B2)** Incline Bench DB Prone Row: 30X1; 8-12reps;  
rest 75sec x 3 sets

#### MUSCLE ENDURANCE TRIPLETS

**C)** 7min AMRAP  
5 Lunges/leg  
7 Box Jump Step Down  
9 Ring Rows

rest 3mins

7mins AMRAP  
5 Burpees  
7 Toes to Rings  
9 Air Squats

#### NOTES



## Week 2 - Day Two

### Hinge + Vertical Push

#### WARMUP

3 Sets  
5 Dumbbell RDL 3030  
5 Single Arm Cuban Press/arm slow  
5 Burpee High Jump  
15sec Row Acceleration (increase pace every 5sec)  
rest as needed

#### STRENGTH SUPERSETS

**A1)** Segmented Snatch Grip Deadlift - 3 Pauses:  
3131; 6-8reps; rest 75sec x 3 (use lifting straps)

**A2)** Barbell Z Press: 3021; 8-10reps; rest 75sec  
x 3 sets

**B1)** Split Stance Dumbbell Romanian Deadlift:  
3110; 6-8/leg; rest 75sec x 3 sets

**B2)** Seated Alternating Dumbbell Arnold Press:  
2111; 8-10/arm; rest 75sec x 3 sets

#### CONDITIONING

**C)** 5min AMRAP: 1-2-3-4-5-6....  
DB Bench Press 65/45lbs  
\*5 Cal Row between each set

rest 2mins

5min AMRAP: 1-2-3-4-5-6....  
Wall Walks  
\*20 Double Unders between each set

rest 2mins

5min AMRAP: 1-2-3-4-5-6....  
Strict Toes to Bar  
\*5 Cal Assault Bike between each set

#### NOTES

## Week 2 - Day Three

### Horizontal Push + Pull

#### WARMUP

3 Sets  
5 Single Arm Turkish Sit Ups R  
1 Turkish Get Up R  
50' Single Arm KB Overhead Carry R  
5 Single Arm Turkish Sit Ups L  
1 Turkish Get Up L  
50' Single Arm KB Overhead Carry L  
3-5 Strict Pull ups  
rest as needed between sets

#### STRENGTH SUPERSETS

**A1)** Incline Close Grip Bench Press: 31X0;  
10-12reps; rest 75sec x 3 Sets

**A2)** Single Arm DB Tripod Row: 20X2; 8-10/arm;  
rest 75sec x 3 Sets

**B1)** Single Arm Dumbbell Bench Press: 31X0;  
8-10/arm; rest 75sec x 3 Sets

**B2)** Lean Away Strict Ring Pull Up: 40X0;  
8-10reps; rest 75sec x 3 Sets

#### NOTES

#### NOT FOR TIME

**C)** 4 Rounds  
20 Elbow to Tall Plank  
30sec KB Farmers Walk 70/53  
10 Alternating KB Gorilla Rows 70/53  
10 Hand Release Push Ups





## Week 2 - Day Four

### Hinge + Squat

#### WARMUP

3 Sets

20 Frog Pump + 20sec Isometric Contraction at top of last rep

-rest 30sec-

8-10 Goblet Curtsy Step Down/leg (box height below knee)

-rest as needed-

#### STRENGTH SUPERSETS

**A1)** Frog Stance Deadlift: 31X1; 10-12reps; rest 75sec x 3 Sets

**A2)** KB Rack Deficit Split Squat: 2110; 8-10/leg; rest 75sec x 3 Sets

**B1)** GHD Hip Extension: 3021; 8-10reps; rest 75sec x 3 Sets

**B2)** Goblet Cossack Squat : 30X0; 16-20reps alternating legs; rest 75sec x 3 Sets

#### REPEATABLE PACE

**C)** Every 10mins x 2 sets:

50 Double Unders

500m Assault Bike

40 Air Squats

20 Alt DB Power Snatch 50/35lbs

10 Burpee Box Jump Over 24/20"

Same Pace Every Set

#### NOTES





## Week 2 - Day Five

### Shoulders + Arms

#### WARMUP

3 Sets

Tall Plank Theraband Lateral Walk 20'/side

Single Arm Trap 3 Raise w/ DB Isometric x 10/arm

Light Slow

Scapular Ring Rows x 10 (pause 1sec at top)

#### STRENGTH SUPERSETS

**A1)** Farmers Press: 20X1; 8-10/arm; rest 75sec  
x 3 Sets

**A2)** Decline Narrow Grip Bench Press: 20X20;  
10-12reps; rest 75sec x 3 Sets

**A3)** Alternating Dumbbell Curls: 30X1; 8-10/  
arm; rest 75sec x 3 Sets

#### INTERVAL WEIGHT TRAINING

**B)** 3 Sets

10 Renegade Rows 50/35lbs

Row 300/275m @ 90% effort

rest walk 2-3mins between sets

#### NOT FOR TIME

**C)** 3 Sets

10-12 DB Upright Row @ 2121

10-12 Ring Body Saw @ 3010

10-12 Lying DB Tricep Extensions @ 30X1

-rest as needed between sets-

#### NOTES



## Week 3 - Day One

### WARMUP

12 Standing Band Pull Aparts  
(pause 1sec with hands wide on each rep)  
10 Russian Step Up/leg  
30sec Tall Plank Shoulder Taps

### MUSCLE ENDURANCE

**C)** 5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Alternating KB Gorilla Rows 70/53lbs  
\*5 Cal Bike between each round

rest 2mins

5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Kipping Toes to Rings  
\*5 Burpees between each round

rest 2mins

5min AMRAP  
2-4-6-8-10-12...keep adding 2 reps per round  
Dual KB Hang Squat Cleans 53/35  
\*5 Cal Row between each round

## Squat + Upper Pull

### STRENGTH SUPERSETS

**A1)** Back Rack Split Squat: 2110; 8-10/leg; rest 60sec x 3 Sets  
\*rear foot on 4-6" plates

**A2)** Pronated Strict Pull Up: 2011; 8-10reps; rest 60sec x 3 Sets

**B1)** Cyclist Front Squat: 31X0; 8-10reps; rest 60sec x 3 Sets

**B2)** Chainsaw Row: 20X2; 8-10/arm; rest 60sec x 3 Sets

### NOTES

**COACH TIP:** THIS IS THE FIRST WEEK THAT YOU ARE GOING TO SEE A REPETITION OF THE CORE LIFTING SUPERSETS. THIS IS INTENTIONAL. EVERYTHING ABOUT THESE SETS IS THE SAME EXCEPT THE REST PERIODS HAVE SHORTENED FROM 75 TO 60 SECONDS. KEEP UP WITH THE SHORTER BREAKS AND AIM TO HIT THE SAME LOADS AS 2 WEEKS AGO OR SLIGHTLY HIGHER. THIS WILL BE THE CASE FOR THE NEXT 2 WEEKS.



## Week 3 - Day Two

### WARMUP

3 Sets  
7 Barbell Deadlifts  
7 Barbell Hang Power Clean  
7 Barbell Strict Press  
10 Push Ups  
20 Jump Jacks  
rest as needed between sets

\* Load your barbell very light and even consider starting with just the empty bar for this complex

### FOR TIME

**C)** 85% Effort:  
15-21-27  
Bike Cals  
27-21-15  
Strict Bar Dips  
\*Scale to Hand Release Push Ups

rest 3mins

21-15-9  
Row Cals  
40-30-20  
Anchored Feet Sit Ups

## Hinge + Vertical Push

### STRENGTH SUPERSETS

**A1)** Segmented Clean Deadlift: 3131 (with straps); 6-8reps; rest 60sec x 3 Sets

**A2)** Half Kneeling Barbell Press: 20X2; 4-5reps/knee; rest 60sec x 3 Sets

\*Perform repetitions on each knee for every set. Total 8-10reps per set.

**B1)** Deficit Landmine Single Leg RDL: 3010; 8-10/leg; rest 60sec x 3 Sets

**B2)** Single Arm Dumbbell Push Press: 30X1; 8-10/arm; rest 60sec x 3 Sets

\*Explosive tempo on the way UP - slow controlled lowering to the shoulder in 3sec before initiating next repetition.

### NOTES



## Week 3 - Day Three

## Horizontal Push + Pull

### WARMUP

3 Sets  
Dual Bottoms Up KB Rack Carry x 20m  
Scapular Push Ups on Elbows x 10  
Active Bar Hang x 30sec  
Banded Face Pull x 12reps

### CONSISTENT EFFORT

**C)** 15min  
30sec Bent Hollow Hold  
3 Wall Walks  
6 Strict Pull Ups  
9 Ring Push Ups  
30sec Dual KB Rack Carry

### STRENGTH SUPERSETS

**A1)** Wide Grip Bench Press: 31X0; 10-12reps;  
rest 60sec x 3 Sets

**A2)** Pendlay Row: 30X1; 10-12reps; rest 60sec x  
3 Sets

**B1)** Strict Bar Dips: 2020; 10-12reps; rest 60sec  
x 3 Sets

**B2)** Body Row: 30X0; 12-14reps; rest 60sec x 3  
Sets

### NOTES



## Week 3 - Day Four

### WARMUP

3 Sets  
20 Bodyweight Hip Thrust + 10sec Single Leg  
Hip Thrust Isometric Hold at Top/leg  
-rest 30sec-  
10 GHD Back Extensions  
-rest 30sec-  
30sec Hollow Body Hold  
-rest as needed before next set-

### CONSISTENT PACE

**C)** Every 5mins x 4 sets:  
30sec Side Plank  
18/15 Cal Row  
12 KBS 70/53lbs  
6 Burpee Box Jumps 24/20"  
30sec Side Plank (opposite side)

\*Switch sides that you begin with on the side plank each round.

\*Same Pace Every Set

## Hinge + Squat

### STRENGTH SUPERSETS

**A1)** Snatch Grip Romanian Deadlift: 3110;  
8-10reps; rest 60sec x 3 Sets

**A2)** Suitcase Long Step Walking Lunge: 30X0;  
14-16 Steps; rest 60sec x 3 Sets

**B1)** Barbell Hip Thrust: 20X2; 8-10reps; rest  
60sec x 3

**B2)** Goblet 1-1/4 Squat: 2111; 8-10 reps; rest  
60sec x 3

\*Tempo - 2sec lowering, 1sec pause at bottom,  
perform the 1/4 squat and back down and  
immediately rebound up, 1sec pause at top.

### NOTES



## Week 3 - Day Five

### WARMUP

3 Sets  
Yoga Push Up x 12  
Scapular Ring Row x 12  
Dumbbell Side Plank Rotations x 8-10/side  
\*move slow and deliberately

### GYMNASTICS INTERVALS

**B)** 3 Sets  
Row 200/150m @ 85%  
12-15 Toes to Rings (unbroken reps)  
15-18 Tuck Ups  
Row 200/150m @ 95%  
(Faster on back end of set)  
rest walk 2-3mins between sets

### FOR QUALITY

**C)** 3 Sets  
20 Banded Push Ups  
10 Dumbbell Preacher Curl/arm  
20 Banded Upright Rows  
-rest as needed between movements and sets-

## Shoulders + Arms

### STRENGTH SUPERSET

**A1)** Tall Kneeling Filly Press: 2111; 8-10/arm;  
rest 60sec x 3

**A2)** Close Grip Parallette Tricep Push Up: 3011;  
8-10reps; rest 60sec x 3

**A3)** Incline Bench Dumbbell Bicep Curl: 40X1;  
8-10reps; rest 60sec x 3

### NOTES

# Week 4 - Day One

## Squat and Upper Pull

### WARMUP

3 Sets  
10m Monster Band Walk  
forward and backwards  
12 Banded Goblet Squats  
12 Supine Band Lat Pull Over

### STRENGTH SUPERSETS

**A1)** Front Rack Drop Lunge: 30X0; 16-20reps  
alternating legs; rest 60sec x 3 Sets

**A2)** Supinated Strict Pull Up: 2011; 8-10reps;  
rest 60sec x 3 Sets

**B1)** Dual KB Rack Squat: 2111; 8-10reps; rest  
60sec x 3 Sets

**B2)** Incline Bench Prone Row: 30X1; 8-12reps;  
rest 60sec x 3 Sets

### MUSCLE ENDURANCE TRIPLETS

**C)** 7min AMRAP  
15 Double Unders  
10 Walking Lunges  
5 Renegade Rows 50/35lbs

rest 3mins

7min AMRAP  
4 Burpee Pull Ups  
8 Wall balls  
12 Sit Ups



### NOTES



# Week 4 - Day Two

## Hinge + Vertical Push

### WARMUP

3 Sets  
5 Split Stance Dumbbell RDL  
10 Dual DB Bent Over Row to External Rotation  
5 Broad Jumps  
15sec Bike Acceleration  
(increase pace every 5sec)  
rest as needed

### STRENGTH SUPERSETS

**A1)** Segmented Snatch Grip Deadlift - 3 Pauses:  
3131; 6-8reps; rest 60sec x 3 Sets (use lifting straps)

**A2)** Barbell Z Press: 3021; 8-10reps; rest 60sec  
x 3 Sets

**B1)** Split Stance Dumbbell Romanian Deadlift:  
3110; 6-8/leg; rest 60sec x 3 Sets

**B2)** Seated Alternating Dumbbell Arnold Press:  
2111; 8-10/arm; rest 60sec x 3 Sets

### NOTES



### CONDITIONING

**C)** 5min AMRAP: 1-2-3-4-5-6...  
Single Arm Incline DB Bench Press 60/40lbs R  
Single Arm Incline DB Bench Press 60/40lbs L  
\*1 Turkish Get Up/arm between each set 60/40lbs

rest 2mins

5min AMRAP  
1-2-3-4-5-6...  
Wtd Strict Bar Dips  
(25/10lb Dumbbell between legs)  
\*5 Cal Row between each set

rest 2 minutes

5min AMRAP  
1-2-3-4-5-6...  
L-Sit Lift Overs (tap feet on each side = 1 rep)  
\*5 Cal Bike between each set

# Week 4 - Day Three

## Horizontal Push + Pull

### WARMUP

3 Sets  
5 Bottom Up Single Arm KB Press R  
20m Bottom up KB OH Carry R  
5 Bottom Up Single Arm KB Press L  
20m Bottom up KB OH Carry L  
8 Single Arm Ring Row/arm

### STRENGTH SUPERSETS

**A1)** Incline Close Grip Bench Press: 31X0;  
10-12reps; rest 60sec x 3 Sets

**A2)** Single Arm DB Tripod Row: 20X2; 8-10/arm;  
rest 60sec x 3 Sets

**B1)** Single Arm Dumbbell Bench Press: 31X0;  
8-10/arm; rest 60sec x 3 Sets

**B2)** Lean Away Strict Ring Pull Up: 40X0;  
8-10reps; rest 60sec x 3 Sets

### NOTES



### NOT FOR TIME

**C)** 5 Rounds:  
20sec Single Arm Plank R  
20sec Single Arm Plank L  
12 Body Rows  
12 Diamond Push Ups

## Week 4 - Day Four

### Hinge + Squat

#### WARMUP

3 Sets  
10 Single Leg Glute Bridge +  
15sec Single Leg Glute Bride Isometric hold at  
top of last rep R  
10 Single Leg Glute Bridge +  
15sec Single Leg Glute Bride Isometric hold at  
top of last rep L  
-rest 30sec-  
8 Bodyweight Drop Lunge to Knee Lift/side  
-rest as needed-

#### STRENGTH SUPERSETS

**A1)** Frog Stance Deadlift: 31X1; 10-12reps;  
rest 60sec x 3 sets

**A2)** KB Rack Deficit Split Squat: 2110; 8-10/leg;  
rest 60sec x 3 sets

**B1)** GHD Hip Extension: 3021; 8-10reps; rest  
60sec x 3 sets

**B2)** Goblet Cossack Squat: 30X0; 16-20reps  
alternating legs; rest 60sec x 3 sets

#### NOTES



#### CONSISTENT PACE

**C)** Every 10mins x 2 sets:  
250/225m Row  
12 DB Front Squats 50/30lbs  
10 Devils Press 50/30lbs  
12 DB Front Squats 50/30lbs  
250/225m Row

Same Pace Every Set

# Week 4 - Day Five

## Shoulders + Arms

### WARMUP

3 Ses  
20 Alternating Tall Plank Shoulder Taps  
12 Bent Over Reverse DB Fly light weight  
30sec Ring Row Hold

### STRENGTH SUPERSET

**A1)** Farmers Press: 20X1; 8-10/arm; rest 60sec  
x 3 Sets

**A2)** Decline Narrow Grip Bench Press: 20X20;  
10-12reps; rest 60sec x 3 Sets

**A3)** Alternating Dumbbell Curls: 30X1; 8-10/  
arm; rest 60sec x 3 Sets

### INTERVAL WEIGHT TRAINING

**B)** 3 Sets @ tough effort  
Assault Bike 14/12 Cals  
10 Alternating KB Gorilla Rows 70/53  
10 Dual KB Sumo Deadlifts 70/53  
Assault Bike 14/12 Cals  
rest walk 2-3mins between sets

### NOTES



### NOT FOR TIME

**C)** 3 Sets:  
10/arm Single Arm DB Upright Row 20X10  
10-12 Banded Reverse Crunch 30X0  
10/arm Single Arm DB Tricep Kickback 20X0  
-rest as needed between sets-



## Week 5 - Day One

### WARMUP

3 Sets  
8 Half Kneeling Band Pull Aparts/knee  
12 Lateral Box Step Over  
30sec Quadruped Shoulder Taps

### MUSCLE ENDURANCE

**C)** 3 Sets - Pre-Fatigue:  
3mins AMRAP  
Row 20/17 cal  
-in time left over complete as many rounds as you  
can of the following-  
2 Alternating KB Gorilla Rows 53/35  
2 Dual KB Hang Squat Cleans 53/35  
2 Alternating KB Thrusters 53/35  
rest walk 2mins after each set

### NOTES

## Squat + Upper Pull

### STRENGTH SUPERSETS

**A1)** Back Rack Split Squat: 2110;  
8-10/leg; rest 60sec x 4 Sets  
\*rear foot on 4-6" plates

**A2)** Pronated Strict Pull Up: 2011;  
8-10reps; rest 60sec x 4 Sets

**B1)** Cyclist Front Squat: 31X0;  
8-10reps; rest 60sec x 4 Sets

**B2)** Chainsaw Row: 20X2; 8-10/arm;  
rest 60sec x 4 Sets

**COACH TIP:** THIS WEEK WE RETURN  
BACK TO THE START OF OUR CORE  
LIFTING SUPERSETS REPETITIONS. THE  
VARIABLE THAT HAS CHANGED FOR THE  
NEXT TWO WEEKS IS AN INCREASE OF  
SETS FROM 3 TO 4 PER SUPERSET. WITH  
THE ADDED VOLUME AIM TO PUSH  
YOURSELF ON THE LAST SET OF EACH  
EXERCISE MORE THAN YOU HAVE IN THE  
PAST 4 WEEKS.



## Week 5 - Day Two

### WARMUP

3 Sets  
7 Dumbbell Deadlifts  
7 Dumbbell Hang Power Cleans  
7 Dumbbell Push Press  
Run 100m Acceleration (get a little quicker with each 25m - NO FULL SPRINTS)  
rest as needed between sets

### FOR TIME @ 85% EFFORT

**C)** 10-9-8-7-6-5-4-3-2-1  
Toes to Rings  
\*100m Row between sets (only 9 sets of this)

rest 2mins between

10-9-8-7-6-5-4-3-2-1  
Tuck Ups  
\*100m Run between sets (only 9 sets of this)

### NOTES

## Hinge + Vertical Push

### STRENGTH SUPERSETS

**A1)** Segmented Clean Deadlift: 3131 (with straps); 6-8reps; rest 60sec x 4 Sets

**A2)** Half Kneeling Barbell Press: 20X2; 4-5reps/knee; rest 60sec x 4 Sets

\*Perform repetitions on each knee for every set. Total 8-10reps per set.

**B1)** Deficit Landmine Single Leg RDL: 3010; 8-10/leg; rest 60sec x 4 Sets

**B2)** Single Arm Dumbbell Push Press: 30X1; 8-10/arm; rest 60sec x 4 Sets

\*Explosive tempo on the way UP - slow controlled lowering to the shoulder in 3sec before initiating next repetition.



## Week 5 - Day Three

### WARMUP

Mixed KB Rack Overhead Carry x 20m/arm  
Scapular Push Ups on Rings x 10  
Single Arm Passive Ring Hang x 15sec/arm  
Ring Face Pull x 10 reps

### CONTINUOUS PACE

**C)** 10mins Continuous:  
20m Single Arm Farmers Walk R (heavy load)  
5 Strict Pull Ups  
20m Single Arm Farmers Walk R (heavy load)  
5 Strict Bar Dips  
10 Leg Tuck Ups holding dip support

### NOTES

## Horizontal Push + Pull

### STRENGTH SUPERSETS

**A1)** Wide Grip Bench Press: 31X0; 10-12reps;  
rest 60sec x 4 Sets

**A2)** Pendlay Row: 30X1; 10-12reps; rest 60sec x  
4 Sets

**B1)** Strict Bar Dips: 2020; 10-12reps; rest 60sec  
x 4 Sets

**B2)** Body Row: 30X0; 12-14reps; rest 60sec x 4  
Sets



## Week 5 - Day Four

### WARMUP

3 Sets

10 Single Leg BW Hip Thrust + 10sec Single Leg Hip Thrust Isometric Hold at Top R

10 Single Leg BW Hip Thrust + 10sec Single Leg Hip Thrust Isometric Hold at Top L

-rest 30sec-

15sec Single Leg Sorenson R

15sec Single Leg Sorenson L

-rest 30sec-

15sec Star Plank R

15sec Star Plank L

-rest as needed before next set-

### EMOM

**C)** EMOM x 12mins:

1st - 15 Russian Kettlebell Swings 70/53lbs

2nd - 6-8 DB Burpee Box Step Ups 50/35lbs  
(box is at knee height)

3rd - 30sec Russian Twist 20/14lbs Med Ball

## Hinge + Squat

### STRENGTH SUPERSETS

**A1)** Snatch Grip Romanian Deadlift: 3110;  
8-10reps; rest 60sec x 4 Sets

**A2)** Suitcase Long Step Walking Lunge: 30X0;  
14-16 Steps; rest 60sec x 4 Sets

**B1)** Barbell Hip Thrust: 20X2; 8-10reps; rest  
60sec x 4 Sets

**B2)** Goblet 1-1/4 Squat: 2111; 8-10 reps; rest  
60sec x 4 Sets

\*Tempo - 2sec lowering, 1sec pause at bottom,  
perform the 1/4 squat and back down and  
immediately rebound up, 1sec pause at top.

### NOTES





## Week 5 - Day Five

### WARMUP

3 Sets  
20 Down Dog Shoulder Taps  
12 Archer Ring Row Switch Holds 2sec/arm  
10 Side Plank Powell Raise/arm  
\*move slow and deliberately

### INTERVAL GYMNASTICS

**B)** 3 Sets  
Row 125/100m  
10 GHD Sit Ups  
Row 125/100m  
10 Sit Ups  
Row 125/100m  
rest walk 2-3mins between sets

### NOTES

## Shoulders + Arms

### STRENGTH SUPERSET

**A1)** Tall Kneeling Filly Press: 2111; 8-10/arm;  
rest 60sec x 4 Sets

**A2)** Close Grip Parallette Tricep Push Up: 3011;  
8-10reps; rest 60sec x 4 Sets

**A3)** Incline Bench Dumbbell Bicep Curl: 40X1;  
8-10reps; rest 60sec x 4 Sets

### FOR QUALITY

**C)** 3 Sets:  
15 Single Arm Banded Tricep Push Down R  
15 Single Arm Banded Tricep Push Down L  
rest 30sec  
15 DB Shoulder Lateral Raise  
15 DB Shoulder Front Raise  
rest 30sec  
10 DB Zottman Curls  
-rest as needed between movements  
and sets-



## Week 6 - Day One

### Squat + Upper Pull

#### WARMUP

3 Sets

20 Lateral Banded Walk Over (Low Plate)

12 Alternating Goblet Curtsy Squats 20X0

8 Plank DB Row/arm

#### STRENGTH SUPERSETS

**A1)** Front Rack Drop Lunge: 30X0; 16-20reps  
Alternating Legs; rest 60sec x 4 Sets

**A2)** Supinated Strict Pull Up: 2011; 8-10reps;  
rest 60sec x 4 Sets

**B1)** Dual KB Rack Squat: 2111; 8-10reps; rest  
60sec x 4 Sets

**B2)** Incline Bench Prone Row: 30X1; 8-12reps;  
rest 60sec x 4 Sets

#### MUSCLE ENDURANCE

**C)** 10 Sets:

2 Burpee Pull Up

4 Air Squats

6 Jump Lunges

20 Double Unders

rest 30sec after set 2,4,6, and 8

\*If you feel really good you can wear a weight vest for this workout

#### NOTES



## Week 6 - Day Two

### Hinge + Vertical Push

#### WARMUP

3 Sets  
10 Steps Death March  
8 Dual Dumbbell Push Press 20X0  
6 Tall Box Jumps  
15sec Bike Acceleration (increase pace every 5sec) rest as needed

#### STRENGTH SUPERSETS

**A1)** Segmented Snatch Grip Deadlift - 3 Pauses: 3131; 6-8reps; rest 60sec x 4 Sets (use lifting straps)

**A2)** Barbell Z Press: 3021; 8-10reps; rest 60sec x 4 Sets

**B1)** Split Stance Dumbbell Romanian Deadlift: 3110; 6-8/leg; rest 60sec x 4 Sets

**B2)** Seated Alternating Dumbbell Arnold Press: 2111; 8-10/arm; rest 60sec x 4 Sets

#### CONDITIONING

**C)** 3mins AMRAP High Effort:  
10/8 Row Cals  
10 Close Grip Bench Press 135/95lbs

rest 2mins

NOT FOR TIME  
20 Alternating Turkish Get Ups 53/35  
\*Quality Position Focused

rest 2mins

3mins AMRAP High Effort  
10/8 Bike Cals  
10 Toes to Rings

#### NOTES



## Week 6 - Day Three

### Horizontal Push + Pull

#### WARMUP

5 Bottom Up Single Arm KB Press R  
20m Bottom up KB OH Carry R  
5 Bottom Up Single Arm KB Press L  
20m Bottom up KB OH Carry L  
8 Single Arm Ring Row/arm

#### STRENGTH SUPERSETS

**A1)** Incline Close Grip Bench Press: 31X0;  
10-12reps; rest 60sec x 4 Sets

**A2)** Single Arm DB Tripod Row: 20X2; 8-10/arm;  
rest 60sec x 4 Sets

**B1)** Single Arm Dumbbell Bench Press: 31X0;  
8-10/arm; rest 60sec x 4 Sets

**B2)** Lean Away Strict Ring Pull Up: 40X0;  
8-10reps; rest 60sec x 4 Sets

#### FOR QUALITY

**C)** 4 Sets:

20sec Adduction Bias Side Plank R

20sec Adduction Bias Side Plank L

8 Archer Ring Row R

8 Archer Ring Row L

8 Roll Out Push Ups R

8 Roll Out Push Ups L

-rest as needed between sets-

#### NOTES



## Week 6 - Day Four

### Hinge + Squat

#### WARMUP

3 Sets

12 Alternating Rower Hamstring Curls  
(2 legs up - 1 Leg down eccentric)

-rest 30sec-

10 Plate Loaded Lateral Box Step Down/leg

-rest as needed-

#### STRENGTH SUPERSETS

**A1)** Frog Stance Deadlift: 31X1; 10-12reps; rest 60sec x 4 sets

**A2)** KB Rack Deficit Split Squat: 2110; 8-10/leg; rest 60sec x 4 sets

**B1)** GHD Hip Extension: 3021; 8-10reps; rest 60sec x 4 sets

**B2)** Goblet Cossack Squat: 30X0; 16-20reps alternating legs; rest 60sec x 4 sets

#### CONDITIONING

**C)** Every 2mins x 6 Sets:

1st - 12/10 Cal Row + 6-8 Devils Press 50/35lbs

2nd - 12 DB Thruster 50/35lbs + 10-12 Box

Jump Step Down 24/20"

\*The aim for each of these 2mins sets is to be done around the 60-75sec mark for each. If you are starting to slow down considerably then cut the reps back

#### NOTES

# Week 6 - Day Five

## Shoulders + Arms

### WARMUP

3 Sets  
20 Alternating Quadruped Limb Lifts  
12 Prone Y on Bench  
30sec Banded Plank

### STRENGTH SUPERSET

**A1)** Farmers Press: 20X1; 8-10/arm; rest 60sec  
x 4 Sets

**A2)** Decline Narrow Grip Bench Press: 2020;  
10-12reps; rest 60sec x 4 Sets

**A3)** Alternating Dumbbell Curls: 30X1; 8-10/  
arm; rest 60sec x 4 Sets

### INTERVAL WEIGHT TRAINING

**B)** 3 Sets @ tough effort:  
Assault Bike 9/7 Cals  
7 Renegade Rows 50/35lbs  
Assault Bike 9/7 Cals  
7 Single Arm Dumbbell Power Clean and Jerk  
50/35lbs R  
7 Single Arm Dumbbell Power Clean and Jerk  
50/35lbs L  
Assault Bike 9/7 Cals  
rest walk 2-3mins between sets

### NOT FOR TIME

**C)** 3 Sets:  
4-6 Dead Hang to Inverted on Rings  
(hold top of 3sec - lower in 3sec)  
8-10 Ring Bicep Curls 3030  
8-10 Parallette Tricep Push Ups 3030  
rest as needed between sets

### NOTES





## Week 7 - Day One

### WARMUP

3 Sets  
12 Tall Kneeling Band Pull Aparts (hold 1sec with arms wide)  
6 Lateral Box Step Downs/leg (3sec lowering)  
30sec Reverse Quadruped Crawl

### STRENGTH SUPERSETS

**A1)** Back Rack Split Squat: 2110; 8-10/leg; rest 45sec x 4 Sets  
\*rear foot on 4-6" plates

**A2)** Pronated Strict Pull Up: 2011; 8-10reps;

**B1)** Cyclist Front Squat: 31X0; 8-10reps; rest 45sec x 4 Sets

**B2)** Chainsaw Row: 20X2; 8-10/arm; rest 45sec x 4 Sets

**COACH TIP:** FOR THE FINAL TWO WEEKS OF THE TRAINING PROGRAM WE ARE RETURNING TO THE BEGINNING OF OUR CORE SUPERSETS YET AGAIN. THINGS ARE ABOUT TO GET EVEN TOUGHER. STILL 4 SETS, BUT THE REST PERIODS HAVE SHORTENED FROM 60 TO 45 SECONDS. KEEP UP WITH THE SHORTER BREAKS AND AIM TO HIT THOSE SLIGHTLY HIGHER LOADS FROM 2 WEEKS AGO. IF YOU ARE AMBITIOUS AND YOUR TEMPO AND REP RANGES ARE GETTING HIT, TRY FOR SLIGHTLY HEAVIER LOADS THESE FINAL TWO WEEKS. HONOR THE TEMPO AND RESTS! THEY ARE CRITICAL.

## Squat + Upper Pull

### MUSCLE ENDURANCE

**C)** 3 Sets - Pre-Fatigue Muscle Endurance:  
3mins AMRAP  
Assault Bike 20/17 cal  
-in time left over complete as many rounds as you can of the following-  
2 KB Split Clean R 53/35lbs  
2 KB Single Arm Rack Lunge R  
2 KB Single Arm Thruster R  
2 KB Split Clean L  
2 KB Single Arm Rack Lunge L  
2 KB Single Arm Thruster L  
rest walk 2mins after each set

### NOTES



## Week 7 - Day Two

### WARMUP

3 Sets  
5 Single Arm Suitcase KB Deadlifts R  
5 Single Arm KB Cleans R  
5 Single Arm KB Push Press  
20m Single Arm KB OH Carry R  
5 Single Arm Suitcase KB Deadlifts L  
5 Single Arm KB Cleans L  
5 Single Arm KB Push Press L  
20m Single Arm KB OH Carry L  
rest as needed between sets

### STRENGTH SUPERSETS

**A1)** Segmented Clean Deadlift: 3131 (with straps); 6-8reps; rest 45sec x 4 Sets

**A2)** Half Kneeling Barbell Press: 20X2; 4-5reps/knee; rest 45sec x 4 Sets

\*perform repetitions on each knee for every set. Total 8-10reps per set.

**B1)** Deficit Landmine Single Leg RDL: 3010; 8-10/leg; rest 45sec x 4 Sets

**B2)** Single Arm Dumbbell Push Press: 30X1; 8-10/arm; rest 45sec x 4 Sets

\*Explosive Tempo on the way UP - slow controlled lowering to the shoulder in 3sec before initiating next repetition.

## Hinge + Vertical Push

### FOR TIME

**C)** For Time @ 85% Effort:  
4-6-8-10-12-14-16  
L-Sit Lift Overs  
\*30 Double Unders between Sets

rest 2mins between

2-4-6-8-10-12-14

Toes to Rings

\*6/5 Calories Assault Bike Between Sets

### NOTES





## Week 7 - Day Three

### WARMUP

3 Sets  
Dual Bottom Up KB Rack Carry x 30sec  
Single Arm Scap Push Up x 8/arm  
Single Arm Wtd Bar Hang x 10sec/arm  
Dual Kettlebell Shrug x 12reps (pause 1sec at top)

### STRENGTH SUPERSETS

**A1)** Wide Grip Bench Press: 31X0; 10-12reps; rest 45sec x 4 Sets

**A2)** Pendlay Row: 30X1; 10-12reps; rest 45sec x 4 Sets

**B1)** Strict Bar Dips: 2020; 10-12reps; rest 45sec x 4 Sets

**B2)** Body Row: 30X0; 12-14reps; rest 45sec x 4 Sets

## Horizontal Push + Pull

### CONTINUOUS PACE

**C)** 12mins Continuous Pace:  
6 Dual KB Clean 53/35  
20m Dual KB Rack Carry  
6 Alternating Single Arm Bias Pull Ups 3/arm  
6 Dual KB Push Press 53/35  
20m Dual KB Rack Carry  
6 Strict Ring Dips

### NOTES



## Week 7 - Day Four

### WARMUP

3 Sets  
20 Banded Hip Thrusts w/ Alternating Single Leg Eccentric 31X0  
-rest 30sec-  
30sec Good Morning Hold  
-rest 30sec-  
15sec KB Star Plank R  
15sec KB Star Plank L  
-rest as needed before next set-

### STRENGTH SUPERSETS

**A1)** Snatch Grip Romanian Deadlift: 3110;  
8-10reps; rest 45sec x 4 Sets

**A2)** Suitcase Long Step Walking Lunge: 30X0;  
14-16 Steps; rest 45sec x 4 Sets

**B1)** Barbell Hip Thrust: 20X2; 8-10reps; rest  
45sec x 4 Sets

**B2)** Goblet 1-1/4 Squat: 2111; 8-10 reps; rest  
45sec x 4 Sets

\*Tempo - 2sec lowering, 1sec pause at bottom,  
perform the 1/4 squat and back down and  
immediately rebound up, 1sec pause at top.

## Hinge + Squat

### EMOM

**C)** EMOM x 12mins:

1st - 12 Dual Russian Kettlebell Swings  
53/35lbs

2nd - 8-10 Alternating KB Rack Reverse Lunge  
to Step Up 20/16" 53/35lbs

3rd - 20-30sec Dual KB Hollow Flutter Kicks

### NOTES



## Week 7 - Day Five

### WARMUP

- 3 Sets
- 12 Side Plank Rotations/side
- 12 Bent Over Alternating DB Row (hold 1sec at top of each rep)
- 12 Pike HS Shoulder Taps
- \*move slow and deliberately

### STRENGTH SUPERSET

- A1)** Tall Kneeling Filly Press: 2111; 8-10/arm; rest 45sec x 4 Sets
- A2)** Close Grip Parallette Tricep Push Up: 3011; 8-10reps; rest 45sec x 4 Sets
- A3)** Incline Bench Dumbbell Bicep Curl: 40X1; 8-10reps; rest 45sec x 4 Sets

### GYMNASTICS INTERVALS

- B)** 3 Sets
- 15/12 Cal Row
- 10 Toes to Bar
- 12/10 Cal Row
- 10 Toes to Rings
- 9/8 Cal Row
- rest walk 2-3mins between sets

## Shoulders + Arms

### FOR QUALITY

- C)** 3 Sets:
- 15 Parallette Tricep Push Ups
- rest 30sec
- 10 DB Shoulder Lateral Raise
- 20m DB Iron Cross Walk
- 10 DB Shoulder Lateral Raise
- rest 30sec
- 15 DB Hammer Curls 20X0
- rest as needed between movements and sets-

### NOTES

# Week 8 - Day One

## Squat + Upper Pull

### WARMUP

3 Sets  
30sec Wall Sit with Band Abductions  
6 KB Rack Curtsy Step Down/side  
10 Alternating KB Gorilla Rows 10X2

### STRENGTH SUPERSETS

**A1)** Front Rack Drop Lunge: 30X0; 16-20reps  
Alternating Legs; rest 45sec x 4 Sets

**A2)** Supinated Strict Pull Up: 2011; 8-10reps;  
rest 45sec x 4 Sets

**B1)** Dual KB Rack Squat: 2111; 8-10reps; rest  
45sec x 4 Sets

**B2)** Incline Bench Prone Row: 30X1; 8-12reps;  
rest 45sec x 4 Sets

### NOTES



### MUSCLE ENDURANCE

**C)** 10 Sets:  
2 Burpee Box Jump 24/20"  
4 Pull ups  
6 Jump Squats  
100m Run  
rest 30sec after set 2, 4, 6, and 8

\*If you feel really good you can wear a weight vest for this workout

# Week 8 - Day Two

## Hinge + Vertical Push

### WARMUP

3 Sets  
10 Alternating DB Single Leg RDL  
6 Cross Body DB Muscle Snatch/arm  
4 Kneeling Jumps  
15sec Row Acceleration  
(increase pace every 5sec)  
rest as needed

### STRENGTH SUPERSETS

**A1)** Segmented Snatch Grip Deadlift - 3 Pauses:  
3131; 6-8reps; rest 45sec x 4 Sets (use lifting straps)

**A2)** Barbell Z Press: 3021; 8-10reps; rest 45sec  
x 4 Sets

**B1)** Split Stance Dumbbell Romanian Deadlift:  
3110; 6-8/leg; rest 45sec x 4 Sets

**B2)** Seated Alternating Dumbbell Arnold Press:  
2111; 8-10/arm; rest 45sec x 4 Sets

### NOTES



### CONDITIONING

**C)** 3mins AMRAP High Effort:  
10/8 Cals Assault Bike  
5 Dumbbell Bench Press 65/45lbs

rest 2mins

NOT FOR TIME  
15 Wall Walks  
\*Quality Position Focused

rest 2mins

3mins AMRAP High Effort  
10/8 Row Cals  
5 Strict Toes to Rings

## Week 8 - Day Three

### Horizontal Push + Pull

#### WARMUP

3 Sets  
5 Bottom Up KB Press  
20sec Bottom Up KB Rack Hold  
5 Bottom Up KB Press  
20sec Ring Row Hold  
(feet elevated for added challenge)

#### STRENGTH SUPERSETS

**A1)** Incline Close Grip Bench Press: 31X0;  
10-12reps; rest 45sec x 4 Sets

**A2)** Single Arm DB Tripod Row: 20X2; 8-10/arm;  
rest 45sec x 4 Sets

**B1)** Single Arm Dumbbell Bench Press: 31X0;  
8-10/arm; rest 45sec x 4 Sets

**B2)** Lean Away Strict Ring Pull Up: 40X0;  
8-10reps; rest 45sec x 4 Sets

#### NOTES



#### FOR QUALITY

**C)** 3-4 Sets:  
20sec KB Adduction Bias Side Plank R  
8 Parallette Plank DB Row R  
8 Archer Ring Push Up R  
8 Parallette Plank DB Row L  
8 Archer Ring Push Up L  
20sec KB Adduction Bias Side Plank L  
-rest as needed between sets-

# Week 8 - Day Four

## Hinge + Squat

### WARMUP

3 Sets

30sec Banded Glute Bridge March

-rest 30sec-

30sec Banded Psoas March

-rest 30sec

15sec Cossack Squat Isometric Hold Bottom R

15sec Cossack Squat Isometric Hold Bottom L

-rest as needed-

### STRENGTH SUPERSETS

**A1)** Frog Stance Deadlift: 31X1; 10-12reps; rest 45sec x 4 sets

**A2)** KB Rack Deficit Split Squat: 2110; 8-10/leg; rest 45sec x 4 sets

**B1)** GHD Hip Extension: 3021; 8-10reps; rest 45sec x 4 sets

**B2)** Goblet Cossack Squat: 30X0; 16-20reps alternating legs; rest 45sec x 4 sets

### NOTES



### CONDITIONING

**C)** Every 2mins x 6 Sets:

1st - 12/10 Cal Assault Bike + DB Burpee Box Step Over 20/16" 50/35lbs

2nd - 4 DB Deadlifts + 4 DB Power Cleans + 4 DB Thruster 50/35lbs + 40 Double Unders

\*The aim for each of these 2min sets is to be done around the 60-75sec mark for each. If you are starting to slow down considerably then cut the reps back

# Week 8 - Day Five

## Shoulders + Arms

### WARMUP

3 Sets  
30sec Quadruped Planche  
12 Prone Y on Floor

### STRENGTH SUPERSET

**A1)** Farmers Press: 20X1; 8-10/arm;  
rest 45sec x 4 Sets

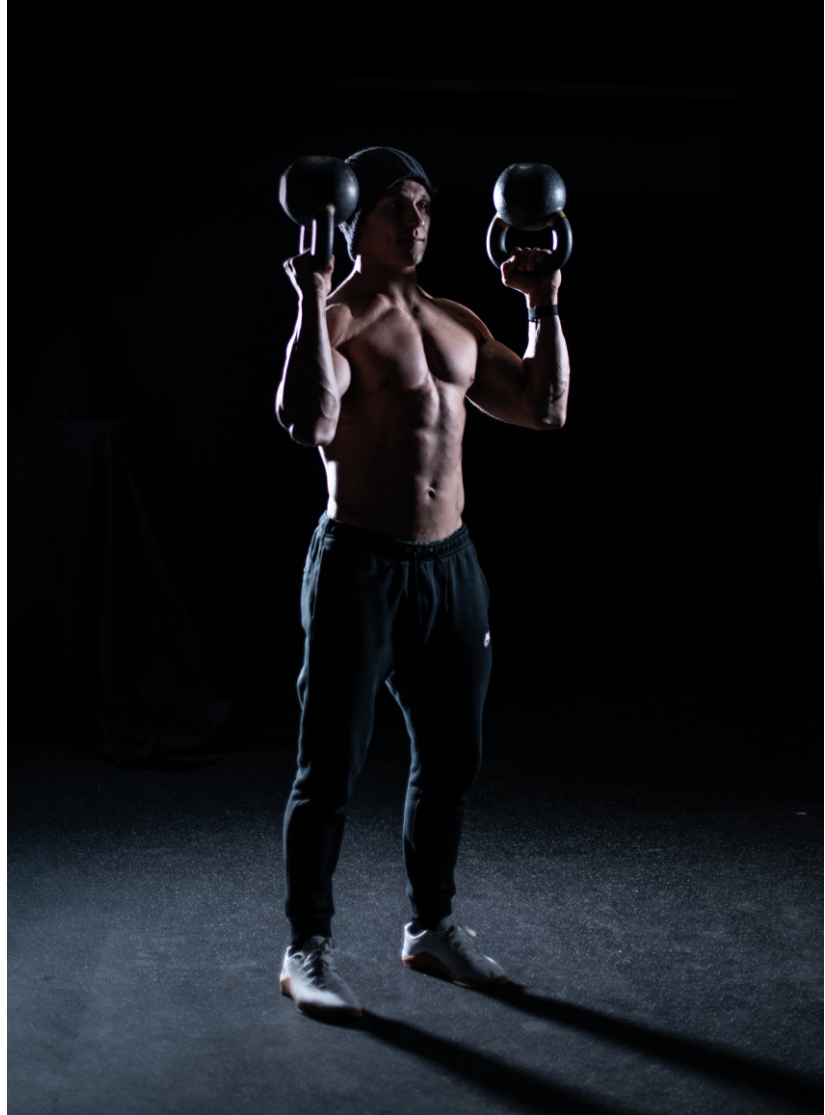
**A2)** Decline Narrow Grip Bench Press:  
2020; 10-12reps; rest 45sec x 4 Sets

**A3)** Alternating Dumbbell Curls: 30X1;  
8-10/arm; rest 45sec x 4 Sets

### INTERVAL WEIGHT TRAINING

**B)** 3 Sets @ tough effort  
15/12 Cal Assault Bike  
8 Dumbbell Burpees 60/40lbs  
12/10 Cal Assault Bike  
8 Burpees  
9/8 Cal Assault Bike  
rest walk 2-3mins between sets

### NOTES



### NOT FOR TIME

**C)** 3 Sets:  
8 Elevator Supine Toes to Bar  
8 Elevator DB Curls  
8 Elevator Bar Dip  
-rest as needed between sets-