

Q2 - Cycle 2 (KB; One 15+ min workout every week)

Cycle	Week	M	T	W	T	F	Notes
2	16	21	22	23	24	25	April
	WTP	Neutral Spine w/hip ext	Neutral Spine w/hip ext	Neutral Spine	Neutral Spine	Neutral Spine OH	Work sets: 5 reps
	Strength	Front Squat	Push Press	Deadlift	Front Squat	Push Press	
	Time Domain	6 Min	3 x 4 Min	8 Min	15 Min	ABDomination	
Neutral Spine	Conditioning	4 RFT: 200 M Run 4 x (C2B) Pull-ups 8 x RKBS (heavy-ish)	8 x KB Combo * 80 M Rack Carry * 15 - 20% of 1 RM, can sub with clean	4 RFT 4 x (Jump.) Lunges 4 x Plank Rows * 10/20/40 DUs * 10 - 15%/arm	1 Mile Run/Row 4 RFT 1 Rope climb 4 x SA KB PP/arm * 8 x SA RKBS/arm * * 15 - 20% 1 RM PP	3 Rds for technique 6 x TGU to hand/side 6 x KB Chops/side 12 x Candlesticks	
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	
2	17	28	29	30	1	2	May
	WTP	hip ext -> scap stability	hip ext -> scap stability	Scap stab. -> hip ext	knee ext -> hip ext	organize abs -> hip ext	Work sets: 3 reps
	Strength	Push Press	Front Squat	Deadlift	Push Press	Front Squat	
	Time Domain	2 x 4 Min	15 Min	ABDomination	7 Min AMRAP	10 x 1 min	
Hip Ext	Conditioning	10 x FS w/final PP weight 5 x Plank rows * * 15 - 20% FS weight	5 rounds for time: Rope Climb 400 M Run/Row 10 x SA RKBS/arm	4 Rds for technique :30 x TGU to hand/side :30 x KB Chops/side 1:00 x Candlesticks 1:00 Rest	3 x KB Combo* 3 x (Jump.) Lunges 6 x Pull-ups * 15 - 20% of 1 RM PP, can sub with clean	Odds: 50 M SA Rack Carry, use ~50% of FS below Evens: 5 x FS* * 50% of FS lifted today. Go for speed	
	Mobility	Splits	T-Spine	Splits	T-Spine	Splits	
2	18	5	6	7	8	9	
	WTP	hip ext -> hip rot.	hip rot -> hip ext	Scaps back to rot.	Head back to rot.	hip rot <-> shoulder rot	Work sets: 1 rep
	Strength	Front Squat	Deadlift	Push Press	Deadlift	Leftovers	
	Time Domain	ABDomination	10 Min GID	4 x 4 Min	8 min	15 Min	
Ext Rot	Conditioning	6 Rds for technique 3 x TGU to hand/side 3 x KB Chops/side 6 x Candlesticks	3 Rounds: 7 x (Jump.) Lunges 7/35/70 x DUs 7 x (C2B) Pull-ups	200M Run/Row * Rope Climb 20 x RKBS * Negative splits ** order not import.	Down ladder from 8: SA KB/DB PP or Floor Press * Plank Rows ** * 20 - 30% 1 RM PP ** ~10% DL/arm	3 x 200 M w/partner: 3 or 5 x KB Combo Rack Carry as far as possible * 15 - 20% of 1 RM PP, sub with clean	
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	

			Conditioning Exercise Pool					Week		
Notes:			Type	Lvl 1	Lvl 2	Lvl 3	Lvl 4	1	2	3
			Endur	200 Run	200 Run	200 Run	200 Run	0	0	0
			Endur	400 Run	400 Run	400 Run	400 Run	0	0	0
			Endur	Big Loop	Big Loop	Big Loop	Big Loop	0	0	0
			Endur	Double-Unders	Double-Unders	Double-Unders	Double-Unders	0	0	0
Warm-up			Endur	Row	Row	Row	Row	0	0	0
Lower	Full	Upper	Push	Floor Press	Shoulder Press	Push Press	Push Press	0	0	0
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Ring rows	Pull-ups	Pull-ups	C2B Pull-ups	0	0	0
Roll Back and shoulders			Pull	Plank	No Weight Row	DB Plank Row	DB Plank Row	0	0	0
Test exercises			Squat	DB or KB FS	DB or KB FS	DB or KB FS	DB or KB FS	0	0	0
Squat: :30 squat	Hinge: HAT	Push: Hand rows	Hinge	Goat Bag swings	RKBS	RKBS	RKBS	0	0	0
Mobility			Plyo	90/90 Lunges	Lunges	Jumping Lunges	Jumping Lunges	0	0	0
Banded Figure 4	HS Rainbow	Lying T Drill	Carry	Farmer Carry	Rack Carry	Rack Carry	Rack Carry	0	0	0
Warm-up exercises			Climb	Rope Neg.	Ladder Climb	Rope Climb	Rope Climb	0	0	0
Rot.: TGU Leg Pass	Rot.: TGU Leg Pass	Rot.: TGU Leg Pass								
Push: Hand rows	Push: Hand rows	Squat: :30 Squat								
Pull: Hang. Leg Raise	Pull: Hang. Leg Raise	Pull: Hang. Leg Raise								
Hinge: HAT	Squat: :30 squat	Hinge: HAT								
Uni: Side lunge	Uni: Side lunge	Uni: Side lunge	Skill Builders (GID)							
Strength			Abs	Candlestick Roll-ups				0	0	0
Lower	Upper	Full	Abs	TGU to Hand				0	0	0
Front Squat	Push Press	Deadlift	Abs	KB Chops				0	0	0
Post-Workout Stretch			Combination							
T-Spine	Splits		KB Combo: 3 KB Cleans, 2 KB FS, 1 KB Press					0	0	0