

Q2 - One 15+ min workout every week							
Cycle		M	T	W	T	F	Notes
1	Wk 13	31	1	2	3	4	April
	Strength	(Hang) P. Clean	Bench Press	Mad Dawg Total	Box Squat	8-9-10	5-3-1, Straight ac
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	BW workouts
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
1	Wk 14	7	8	9	10	11	
	Strength	Bench Press	Box Squat	(Hang) P. Clean	Bench Press	8-9-10	
	Time Domain	2 x 4 Min	15 Min	ABDomination	7 Min AMRAP	10 x 1 min	BW workouts
	Mobility	Chest	Straddle	Chest	Straddle	Chest	
1	Wk 15	14	15	16	17	18	
	Strength	Box Squat	(Hang) P. Clean	Bench Press	Box Squat	Leftovers	
	Time Domain	ABDomination	10 Min GID	4 x 4 Min	8 Min	15 Min	BW workouts
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
2	Wk 16	21	22	23	24	25	
	Strength	Front Squat	Push Press	Deadlift	Front Squat	8-9-10	
	Time Domain	6 Min	3 x 4 Min	8 Min	15 Min	ABDomination	KB Workouts
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	
2	Wk 17	28	29	30	1	2	May
	Strength	Push Press	Front Squat	Deadlift	Push Press	8-9-10	
	Time Domain	2 x 4 Min	15 Min	ABDomination	7 Min AMRAP	10 x 1 min	KB Workouts
	Mobility	Splits	T-Spine	Splits	T-Spine	Splits	
2	Wk 18	5	6	7	8	9	
	Strength	Front Squat	Deadlift	Push Press	Deadlift	Leftovers	
	Time Domain	ABDomination	10 Min GID	4 x 4 Min	8 min	15 Min	KB Workouts
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	
3	Wk 19	12	13	14	15	16	
	Strength	(Hang) P. Snatch	Shoulder Press	Mad Dawg Total	Back Squat	8-9-10	
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	MM Workouts
	Mobility	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	
3	Wk 20	19	20	21	22	23	
	Strength	Shoulder Press	Back Squat	(Hang) P. Snatch	Shoulder Press	8-9-10	
	Time Domain	2 x 4 Min	15 Min	ABDomination	7 Min AMRAP	10 x 1 min	MM Workouts
	Mobility	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	
3	Wk 21	26	27	28	29	30	
	Strength	CLOSED	(Hang) P. Snatch	Shoulder Press	Back Squat	Leftovers	
	Time Domain	CLOSED	10 Min GID	4 x 4 Min	8 Min	15 Min	MM Workouts
	Mobility	CLOSED	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	
4	Wk 22	2	3	4	5	6	June
	Strength	Sumo DL	Jerk	Bulgarian SS	Sumo DL	8-9-10	
	Time Domain	6 Min	3 x 4 Min	8 Min	15 Min	ABDomination	Strong (Wo)Man
	Mobility	Lower Leg	Hand & Wrist	Lower Leg	Hand & Wrist	Lower Leg	
4	Wk 23	9	10	11	12	13	
	Strength	Jerk	Bulgarian SS	Sumo DL	Jerk	8-9-10	
	Time Domain	4 x 2 Min	15 Min	ABDomination	7 Min AMRAP	10 x 1 min	Strong (Wo)Man
	Mobility	Hand & Wrist	Lower Leg	Hand & Wrist	Lower Leg	Hand & Wrist	
4	Wk 24	16	17	18	19	20	
	Strength	Bulgarian SS	Sumo DL	Jerk	Sumo DL	Leftovers	
	Time Domain	ABDomination	10 Min GID	4 x 4 Min	8 Min	15 Min	Strong (Wo)Man
	Mobility	Lower Leg	Hand & Wrist	Lower Leg	Hand & Wrist	Lower Leg	