

Q3 - Cycle 1 (Body Weight; One 15+ min workout each week, every other week 2 15+ min workout)							
Cycle	Week	M	T	W	T	F	Notes
1	25	23	24	25	26	27	June
	WTP	Neutral Spine w/hip ext	Neutral Spine w/hip ext	Neutral Spine press	Neutral Spine press	Neutral Spine pull	Work sets
	Strength	(Hang) Power Clean	Bench Press	Mad Dawg Total	Box Squat	8-9-10	5 reps
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	Increasing
Neutral Spine	Conditioning	Up/Down Ladder from 7 HS Push-up prog. Ice Cream Maker Prog.	3 x Skin the cat 10 x SA RKBS/arm 20/40/60 DUs	N/A	5 rounds for time: 400 M Run/Row 3 x (planche) P-ups 2 x HeSPU Prog. 1 x length monkey bar or rings	5 rounds 5 x Good Mornings 4 x Dragon Flags 3 x Windmills	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
1	26	30	1	2	3	4	
	WTP	Hip ext -> scap stability	Hip ext -> scap stability	Scap stab. -> hip ext	knee ext -> hip ext	Closed	Work sets
	Strength	Bench Press	Box Squat	(Hang) Power Clean	Bench Press	Closed	3 reps
	Time Domain	2 x 4 Min	20 Min AMRAP	ABDomination	7 x 5 Min	Closed	Increasing
Hip Ext	Conditioning	Partner workout: 4 x Glute Ham raise (per person) 16 x (Heavy) RKBS	Big Loop then AMRAP 10/25/50 DUs 3 x (planche) P-ups 1 x length monkey bar or rings	5 rounds 1:00 each Good Mornings Dragon Flags Windmills	3 x Bench Press 3 x Ice Cream Maker Prog. 3 x HSPU Prog. 3 x Skin the cat	Closed	
	Mobility	Chest	Straddle	Chest	Straddle	Closed	
1	27	7	8	9	10	11	
	WTP	hip ext -> hip rot.	hip rot -> hip ext	Scaps back to rot.	Head back to rot.	hip rot <-> shoulder ro	Work sets
	Strength	Box Squat	(Hang) Power Clean	Bench Press	(Hang) Power Clean	Leftovers	Find 1 RM
	Time Domain	ABDomination	7 x 5 Min	15 Min	10 Min GID	8 Min	if appropriate
Ext Rot	Conditioning	3 rounds 9 x Good Mornings 6 x Dragon Flags 3 x Windmills	3 x DL/ HP Clean 3 x Ice Cream Maker Prog. 3 x (planche) Push-ups 300M run	Big Loop then... 4 RFT 4 x Skin the cat 8 x DB Front Squat 8 x SA RKBS/arm	6 rounds: 3 x HSPU prog. 6 x Glute Ham Raise	5 Rounds 10/15/20/25 Suicide 1 Lap Monkey bar or rings 10/20/30 DUs	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	

			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	1
			Endur	400 Run	400 Run	400 Run	400 Run	0	0	1
			Endur	Big Loop	Big Loop	Big Loop	Big Loop	0	1	1
			Endur	Double-Unders	Double-Unders	Double-Unders	Double-Unders	1	1	1
Warm-up			Endur	Row	Row	Row	Row	0	0	0
Lower	Full	Upper	Push	Donkey Kick	HS Kick-up	Headstand Neg	Headstand PU	2	1	1
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Ring/Bar hang	Assisted Pull-up	Hold at top of PU	Ice Cream Maker	1	1	1
Roll Back and shoulders			Pull	Ring/Bar hang	Hand Switch Hang	Monkey bar	Monkey bar	1	1	1
Test exercises			Hinge	Assisted Glute/Ham Raise			No Assist	0	1	1
Squat: 5 x 15" BOS	Hinge: Lunge Lever	Push: Push-up	Pull	Ring/Bar hang	Knee to Elbow	Inversion	Skin the cat	1	1	1
Mobility			Hinge	Goat Bags	RKBS	RKBS	RKBS	1	1	1
Banded ankle mob	Roll hips and quads	Lying T Drill	Push	Plank	Push-up	Assist. Planche P.U.	Planche Push-up	1	1	1
Warm-up exercises										
Rot.: Scorpion Plank	Rot.: Scorpion Plank	Rot.: Scorpion Plank								
Push: Push-up	Push: Hand rows	Squat: 5 x 15" BOS								
Pull: Ring Rows	Pull: Ring Rows	Pull: Ring Rows								
Hinge: Lunge Lever	Squat: 5 x 15" BOS	Hinge: Lunge Lever								
Uni: Airplane Lunge	Uni: Airplane Lunge	Uni: Airplane Lunge	ABDomination							
Strength			Abs	Good Mornings				1	1	1
Lower	Upper	Full	Abs	Dragon Flags				1	1	1
Box Squat	Bench Press	(Hang) Power Clean	Abs	Windmills				1	1	1
Post-Workout Stretch			Combination							
Straddle	Chest		N/A					0	0	0