

Q3 - One 15+ min workout each week, every other week 2 15+ workout							
Cycle	Week	M	T	W	T	F	Notes
1	25	23	24	25	26	27	June
	Strength	(Hang) Power Clean	Bench Press	Mad Dawg Total	(Hang) Power Clean	8-9-10	5-3-1, reps increasing
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
1	26	30	1	2	3	4	
	Strength	Bench Press	Box Squat	(Hang) Power Clean	Bench Press	Closed	
	Time Domain	2 x 4 Min	20 Min AMRAP	ABDomination	7 x 5 Min	Closed	
	Mobility	Chest	Straddle	Chest	Straddle	Closed	
1	27	7	8	9	10	11	July
	Strength	Box Squat	(Hang) Power Clean	Bench Press	Box Squat	Leftovers	
	Time Domain	ABDomination	7 x 5 Min	15 Min	10 Min GID	8 Min	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
2	28	14	15	16	17	18	
	Strength	Front Squat	Push Press	Clean Pull	Front Squat	8-9-10	
	Time Domain	6 Min	3 x 4 Min	8 Min	15 Min	ABDomination	
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	
2	29	21	22	23	24	25	
	Strength	Push Press	Front Squat	Clean Pull	Push Press	8-9-10	
	Time Domain	2 x 4 Min	20 Min AMRAP	ABDomination	7 x 5 Min	10 x 1 Min	
	Mobility	Splits	T-Spine	Splits	T-Spine	Splits	
2	30	28	29	30	31	1	
	Strength	Front Squat	Clean Pull	Push Press	Clean Pull	Leftovers	
	Time Domain	ABDomination	7 x 5 Min	15 Min	10 Min GID	8 Min	
	Mobility	T-Spine	Splits	T-Spine	Splits	T-Spine	
3	31	4	5	6	7	8	August
	Strength	(Hang) Power Sn.	Shoulder Press	Mad Dawg Total	Back Squat	8-9-10	
	Time Domain	6 Min	3 x 4 Min	N/A	15 Min	ABDomination	
	Mobility	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	
3	32	11	12	13	14	15	
	Strength	Shoulder Press	Back Squat	(Hang) Power Sn.	Shoulder Press	8-9-10	
	Time Domain	2 x 4 Min	15 Min	ABDomination	20 Min AMRAP	10 x 1 Min	
	Mobility	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	
3	33	18	19	20	21	22	
	Strength	Back Squat	(Hang) Power Sn.	Shoulder Press	Back Squat	Leftovers	
	Time Domain	ABDomination	7 x 5 Min	15 Min	10 Min GID	8 Min	
	Mobility	Shoulder	Bottom of Squat	Shoulder	Bottom of Squat	Shoulder	
4	34	25	26	27	28	29	
	Strength	Sumo DL	Jerk	Single Leg Squat	Sumo DL	8-9-10	
	Time Domain	6 Min	8 Min	7 x 5 Min	15 Min	ABDomination	
	Mobility	Hand & wrist	Lower leg	Hand & wrist	Lower leg	Hand & wrist	
4	35	29	30	31	1	2	September
	Strength	Jerk	Single Leg Squat	Sumo DL	Jerk	8-9-10	
	Time Domain	2 x 4 Min	7 x 5 Min	ABDomination	20 Min AMRAP	10 x 1 Min	
	Mobility	Lower leg	Hand & wrist	Lower leg	Hand & wrist	Lower leg	
4	36	1	2	3	4	5	
	Strength	Closed	Sumo DL	Jerk	Single Leg Squat	Leftovers	
	Time Domain	Closed	ABDomination	15 Min	7 x 5 Min	8 Min	
	Mobility	Closed	Lower leg	Hand & wrist	Lower leg	Hand & wrist	