

Q1 - Cycle 1 - Short and/or heavy, 5, 5, 3, 1 Straight Across - Bodyweight centric

Cycle		M	T	W	T	F	Notes
1	Wk 1	5	6	7	8	9	January
	Strength	Box Squat	Bench Press	MD Total	DL/(hang) Pwr CI	8 - 9 -10	
	Time Domain	6 Min	3 x 4 Min	N/A	10 Min GID	ABDomination	
Neutral Spine	Conditioning	HS Walk-ups SA DB Lunges Ring Rows	200 M Run Thrusters/FS KTE/TTB/PV	N/A	Pull-ups Sumo SL DL 1/2 Kneeling DB Press	Hollow R&R KTE/TTB/PV	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
1	Wk 2	12	13	14	15	16	
	Strength	Bench Press	Box Squat	DL/(Hang) Pwr CI	Bench Press	8 - 9 -10	
	Time Domain	4 x 2 Min	2 x 5 min	ABDomination	12 Min EMOM	10 Min GID	
Hip Ext	Conditioning	Glute Ham raise Prisoner Lunges	HSPU progression Ring rows Push-ups	Segmental Roll KTE/TTB/PV Prisoner sq.	Wall Ball	Lever Prog. DUs Push-up Prog.	
	Mobility	Chest	Straddle	Chest	Straddle	Chest	
1	Wk 3	19	20	21	22	23	
	Strength	Box Squat	Bench Press	DL/(Hang) Pwr CI	Box Squat	Leftovers	
	Time Domain	ABDomination	10 Min GID	Breath Challenge	10 Min GID	15 Min	
Ext Rot	Conditioning	Egg Rolls Prisoner Squat hold Supine Knee Raise	Lever Prog. 400M run Push-up Prog.	RKBS	HSPU prog. Ring Rows DUs	400 M Run Prisoner Sq. KTE/TTB/PV	
	Mobility	Straddle	Chest	Straddle	Chest	Straddle	
1	Wk 4	26	27	28	29	30	
	Strength	DL/(hang) Pwr CI	Bench Press	Box Squat	DL/(hang) Pwr CI	Leftovers	
	Time Domain	15 Min	4 x 3 Min	ABDomination	7 Min AMRAP	2 x 5 min	
Ext Rot	Conditioning	Bar Hang RKBS 400 M Run	HSPU progression Ring rows Push-ups	Segmental Roll Supine Knee Raises Prisoner sq.	Wall Ball KTE/TTB/PV DUs	200 M Run Lever Prog Glute/Ham Raises	
	Mobility	Chest	Straddle	Chest	Straddle	Chest	

			Conditioning Exercise Pool		Week			
Notes:			Type	Movement	1	2	3	4
			Endur	200 Run	1	0	0	1
			Endur	400 Run	0	0	2	1
			Endur	Big Loop	0	0	0	0
			Endur	Double-Unders	0	1	1	1
Warm-up			Endur	Row	0	0	0	0
Lower	Full	Upper	Push	HSPU Progression	1	1	1	1
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	DB Lunges	1	0	0	0
Roll Back and shoulders			Pull	Ring Row	1	1	1	1
Test exercises			Combo	Thruster/Wall Ball	1	1	0	1
Squat: OHS	Hinge: GM	Push: Hand rows	Pull	KTE/TTB/PV	2	1	1	1
Mobility			Hinge	Lever Progression	1	0	1	2
Banded ankle mob	Roll hips and quads	Lying T Drill	Combo	Sumo SL DL	1	0	0	0
Warm-up exercises				1/2 Kneeling DB Press	1	0	0	0
Rot.: Scorpion Plank	Rot.: Scorpion Plank	Rot.: Scorpion Plank		Glute/Ham Raise	0	1	0	1
Push: Hand rows	Push: Hand rows	Squat: OHS		Prisoner Lunges	0	1	0	0
Pull: Ring Rows	Pull: Ring Rows	Pull: Ring Rows		Push-up Progression	1	2	1	1
Hinge: GM	Squat: OHS	Hinge: GM		RKBS	0	0	1	1
Uni: Airplane Lunge	Uni: Airplane Lunge	Uni: Airplane Lunge	ABDomination					
Strength				Prisoner Squat	0	1	2	1
Lower	Upper	Full		Hollow R&R	1	0	0	0
Box Squat	Bench Press	DL/Hang Pwr Cl		Supine Leg Raise	0	0	1	1
Post-Workout Stretch				Segmental Roll	0	1	0	1
Chest	Straddle			Egg Roll	0	0	1	0