

Q1 - Cycle 2 - Short and/or heavy, 5, 5, 3, 1 Straight Across - KB centric

Cycle		M	T	W	T	F	Notes
2	Wk 5	2	3	4	5	6	February
	Strength	Front Squat	Incline/Press	MD Total	Sn DL/(Hg) Pwr Sn	8 - 9 -10	
	Time Domain	6 Min	3 x 4 Min	N/A	10 Min GID	ABDomination	
Neutral Spine	Conditioning	4 RFT: Pull-ups Crawl RKBS (Med-Hvy)	10 x 2 KB or DB FS * 50 M Farmer Walk 15 - 20% of 1 RM FS	N/A	3 x { 3 x SA RKBS 3 x Plank Walkouts} 300 M Run	6 Rds for technique 3 x Windmills 3 x TGU to elbow	
	Mobility	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 6	9	10	11	12	13	
	Strength	Incline/Press	Front Squat	Sn DL/(Hg) Pwr Sn	Incline/Press	8 - 9 -10	
	Time Domain	4 x 2 Min	3 x 5 min	ABDomination	12 Min EMOM	10 Min GID	
Hip Ext	Conditioning	Crawling Muscle-Up Prog.	KB Clean Combo Box Jump 400 M Run	Windmills/arm TGU to elbow/arm Rack Carry	Odds: KB/DB FS Evens: Run	Double-Unders RKBS Crawling	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	
2	Wk 7	16	17	18	19	20	
	Strength	Closed	Incline/Press	Sn DL/(Hg) Pwr Sn	Front Squat	Leftovers	
	Time Domain	Closed	ABDomination	Breath Challenge	10 Min GID	15 Min	
Ext Rot	Conditioning	Closed	Windmills/arm TGU to elbow/arm Pivot Crawling	RKBS	KB Clean Combo Rack Carry Box Jump	Big Loop Crawling Muscle-Up Prog.	
	Mobility	Closed	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 8	23	24	25	26	27	
	Strength	Sn DL/(Hg) Pwr Sn	Incline/Press	Front Squat	Sn DL/(Hg) Pwr Sn	Leftovers	
	Time Domain	15 Min	4 x 3 Min	ABDomination	7 Min AMRAP	3 x 5 min	
Ext Rot	Conditioning	400 M Run DB/KB FS Muscle-Up Prog.	Muscle-Up Prog Rack Carry	Windmills/arm TGU to elbow/arm Pivot Crawling	SA KB Clean Combo Box Jump 200 M Run	RKBS Crawling Double-Unders	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	

			Conditioning Exercise Pool		Week			
Notes:			Type	Movement	1	2	3	4
			Endur	200 Run	0	0	0	0
			Endur	400 Run	0	0	0	0
			Endur	Big Loop	0	0	0	0
			Endur	Double-Unders	0	0	0	0
Warm-up			Endur	Row	0	0	0	0
Lower	Full	Upper	Push	Crawling	0	0	0	0
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Muscle-Up	0	0	0	0
Roll Back and shoulders			Squat	KB/DB Front Squat	0	0	0	0
Test exercises			Plyo	Box Jump	0	0	0	0
Squat: Ape	Hinge: Prisoner Hing	Push: Hindu Push-up	Hinge	RKBS	0	0	0	0
Mobility			Combo	KB Clean	0	0	0	0
Banded Figure 4	Lower Seg. Roll	Upper Seg. Roll	Carry	Rack Carry	0	0	0	0
Warm-up exercises								
Rot.: TGU Leg Pass	Rot.: TGU Leg Pass	Rot.: TGU Leg Pass						
Push: Hindu Push-up	Push: Hindu Push-up	Squat: Ape						
Pull: Pull-ups	Pull: Pull-ups	Pull: Pull-ups						
Hinge: Prisoner Hing	Squat: Ape	Hinge: Prisoner Hinge						
Uni: Prisoner side lun	Uni: Prisoner side lun	Uni: Prisoner side lun	ABDomination					
Strength			Rotate	Windmill	0	0	0	0
Lower	Upper	Full	Rotate	1/2 Get-up	0	0	0	0
Front Squat	Incline or Press	(Hang) Power Sn						
Post-Workout Stretch								
T-Spine	Wrist							