

**Cycle 1 - Short and/or heavy - 5, 5, 3, 1 - Straight Across**

Cycle		M	T	W	T	F	Notes
1	<b>Wk 1</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	January
	<b>Strength</b>	Box Squat	Bench Press	MD Total	DL/(hang) Pwr Cl	8 - 9 -10	
	<b>Time Domain</b>	6 Min	3 x 4 Min	N/A	10 Min GID	ABDomination	Bodyweight
	<b>Mobility</b>	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	<b>Wk 2</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	
	<b>Strength</b>	Bench Press	Box Squat	DL/(hang) Pwr Cl	Bench Press	8 - 9 -10	
	<b>Time Domain</b>	4 x 2 Min	3 x 5 min	ABDomination	12 Min EMOM	10 Min GID	Bodyweight
	<b>Mobility</b>	Chest	Straddle/Splits	Chest	Straddle/Splits	Chest	
1	<b>Wk 3</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	
	<b>Strength</b>	Box Squat	Bench Press	DL/(hang) Pwr Cl	Box Squat	8 - 9 -10	
	<b>Time Domain</b>	ABDomination	10 Min GID	Breath Challenge	10 Min GID	15 Min	Bodyweight
	<b>Mobility</b>	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	<b>Wk 4</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
	<b>Strength</b>	DL/(hang) Pwr Cl	Bench Press	Box Squat	DL/(hang) Pwr Cl	Leftovers	
	<b>Time Domain</b>	15 Min	4 x 3 Min	ABDomination	7 Min AMRAP	3 x 5 min	Bodyweight
	<b>Mobility</b>	Chest	Straddle/Splits	Chest	Straddle/Splits	Chest	
2	<b>Wk 5</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	Feb
	<b>Strength</b>	Front Squat	Press	MD Total	DL/(hang) Pwr Sn	8 - 9 -10	
	<b>Time Domain</b>	6 Min	3 x 4 Min	N/A	10 Min GID	ABDomination	KBs
	<b>Mobility</b>	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	<b>Wk 6</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
	<b>Strength</b>	Press	Front Squat	DL/(hang) Pwr Sn	Press	8 - 9 -10	
	<b>Time Domain</b>	4 x 2 Min	3 x 5 min	ABDomination	12 Min EMOM	10 Min GID	KBs
	<b>Mobility</b>	Wrist	T-Spine	Wrist	T-Spine	Wrist	
2	<b>Wk 7</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
	<b>Strength</b>	Closed	DL/(hang) Pwr Sn	Press	Front Squat	8 - 9 -10	
	<b>Time Domain</b>	Closed	10 Min GID	Breath Challenge	10 Min GID	15 Min	KBs
	<b>Mobility</b>	Closed	Wrist	T-Spine	Wrist	T-Spine	
2	<b>Wk 8</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
	<b>Strength</b>	DL/(hang) Pwr Sn	Press	Front Squat	DL/(hang) Pwr Sn	Leftovers	
	<b>Time Domain</b>	15 Min	4 x 3 Min	ABDomination	7 Min AMRAP	3 x 5 min	KBs
	<b>Mobility</b>	Wrist	T-Spine	Wrist	T-Spine	Wrist	
3	<b>Wk 9</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	March
	<b>Strength</b>	Box Squat	Bench Press	MD Total	Sumo DL	8 - 9 -10	
	<b>Time Domain</b>	6 Min	3 x 4 Min	N/A	10 Min GID	ABDomination	Strong (Wo)man
	<b>Mobility</b>	Bottom of Squat	Ankle	Bottom of Squat	Ankle	Bottom of Squat	
3	<b>Wk 10</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
	<b>Strength</b>	Bench Press	Box Squat	Sumo DL	Bench Press	Fabulous 40	
	<b>Time Domain</b>	4 x 2 Min	3 x 5 min	ABDomination	12 Min EMOM	10 Min GID	Strong (Wo)man
	<b>Mobility</b>	Ankle	Bottom of Squat	Ankle	Bottom of Squat	Ankle	
3	<b>Wk 11</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
	<b>Strength</b>	Box Squat	Sumo DL	Bench Press	Box Squat	Filthy 50	
	<b>Time Domain</b>	ABDomination	10 Min GID	Breath Challenge	10 Min GID	15 Min	Strong (Wo)man
	<b>Mobility</b>	Bottom of Squat	Ankle	Bottom of Squat	Ankle	Bottom of Squat	
3	<b>Wk 12</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
	<b>Strength</b>	Sumo DI	Bench Press	Box Squat	Sumo DL	Leftovers	
	<b>Time Domain</b>	15 Min	4 x 3 Min	ABDomination	7 Min AMRAP	3 x 5 min	Strong (Wo)man
	<b>Mobility</b>	Ankle	Bottom of Squat	Ankle	Bottom of Squat	Ankle	