

Q 2 - Cycle 2 - 5 x 5 - 1 longer workout a week - Bodyweight Centric

Cycle		M	T	W	T	F	Notes
1	Wk 13	30	31	1	2	3	April
	Strength	Front Squat	Push up/Pull up	MD Total	DL/PCI	8 - 9 -10	
	Time Domain	6 Min	15 Min	N/A	10 Min GID	ABDomination	
Neutral Spine	Conditioning	3 rds: 200 M run 3 x (wo)man-makers	Big Loop then... 4 rounds: 1 x Monkey Bar 15 x Wall Ball	N/A	Ring/Bar Support Ring/Bar Row Glute Ham Raise	Hollow R&R Manna Prog. Reverse Plank	
	Mobility	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	Wk 14	6	7	8	9	10	
	Strength	Push up/Pull up	Front Squat	DL/PCI	Push up/Pull up	Fabulous 40	
	Time Domain	4 x 2 Min	3 x 5 min	ABDomination	15 Min	12 Min EMOM	
Hip Ext	Conditioning	Monkey Bar Prisoner Lunge	Ring/Bar Support Ring/bar Rows (Wo)man-makers	Hollow R&R Manna Prog. Reverse Plank	5 rds: 400 M Run Wall Ball Monkey Bar	Glute/Ham Raise Ring/Bar Support	
	Mobility	Chest	Straddle/Splits	Chest	Straddle/Splits	Chest	
1	Wk 15	13	14	15	16	17	
	Strength	Front Squat	DL/PCI	Push up/Pull up	Front Squat	Filthy 50	
	Time Domain	ABDomination	8 Min AMRAP	Breath Challenge	10 Min GID	15 Min	
Ext Rot	Conditioning	Hollow R&R Manna Prog. Reverse Plank	200M run Wall Ball Ring/Bar Row	RKBS	Glute/Ham Raise Ring/Bar Support Monkey Bar	2 rds: 400 M Run Prisoner Lunge 400 M Run BW (Wo)Man-maker	
	Mobility	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	Wk 16	20	21	22	23	24	
	April	DL/PCI	Push up/Pull up	Front Squat	DL/PCI	Leftovers	
	Time Domain	4 x 3 Min	15 Min	ABDomination	7 Min AMRAP	3 x 5 min	
Ext Rot	Conditioning	Ring/Bar Support Wall Ball	2 Rds: Big Loop Monkey Bar (Wo)man-makers	Hollow R&R Manna Prog. Reverse Plank	Prisoner Lunges Ring Bar Support	200 M Run Ring/Bar Support Glute/Ham Raises	
	Mobility	Chest	Straddle/Splits	Chest	Straddle/Splits	Chest	

			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	Bar/Ring Support	0	0	0	0
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Monkey Bar	0	0	0	0
Roll Back and shoulders			Pull	Ring/bar Row	0	0	0	0
Test exercises			Hinge	Glute/Ham Raise	0	0	0	0
Squat: Prisoner Sqt	Hinge: D Dawg/Cobra	Push: Hand rows	Squat	Prisoner Lunges	0	0	0	0
Mobility			Combo	(Wo)man-makers	0	0	0	0
Banded ankle mob	Pain Peanut	Lying T Drill	Combo	Wall Ball	0	0	0	0
Warm-up exercises					0	0	0	0
Rot.: Scorpion Plank	Rot.: Scorpion Plank	Rot.: Scorpion Plank			0	0	0	0
Push: Hand rows	Push: Hand rows	Squat: Prisoner Sqt			0	0	0	0
Pull: Ring Rows	Pull: Ring Rows	Pull: Ring Rows			0	0	0	0
Hinge: D Dawg/Cobra	Squat: Prisoner Sqt	Hinge: GM			0	0	0	0
Uni: Airplane Lunge	Uni: Airplane Lunge	Uni: Airplane Lunge	ABDomination					
Strength				Hollow R&R	0	0	0	0
Lower	Upper	Full		Manna Prog.	0	0	0	0
Front Squat	Push-up/Pull-up	DL/Hang Pwr Cl		Reverse Plank	0	0	0	0
Post-Workout Stretch								
Chest	Straddle							