

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

Cycle		M	T	W	T	F	Notes
2	Wk 14	27	28	29	30	1	May
	Strength	Back Squat	Incline/Press	MD Total	Sn Gr DL/PSn	8 - 9 -10	
	Time Domain	6 Min	15 Min	N/A	10 Min GID	ABDomination	
Neutral Spine	Conditioning	By-in and Cash-out RKBS (Med) 4 RFT: Pull-up Prog. Crawl	2 KB or DB FS * Farmer Walk 15 - 20% of 1 RM FS	N/A	SA RKBS J. rope combo Flying 30 M Run	Windmills TGU to elbow	
	Mobility	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 15	4	5	6	7	8	
	Strength	Incline/Press	Back Squat	Sn Gr DL/PSn	Incline/Press	Fabulous 40	
	Time Domain	4 x 2 Min	3 x 5 min	ABDomination	15 Min	12 Min EMOM	
Hip Ext	Conditioning	Rack Carry Pull-up Prog.	SA KB Combo Box Jump 5, 10, 15, 20, 25 M Ladder	Windmills TGU to hand	KB/DB FS Pull-up Prog. Death by 10 M	RKBS J. Rope Combo	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	
2	Wk 16	11	12	13	14	15	
	Strength	Back Squat	Sn Gr DL/PSn	Incline/Press	Back Squat	Filthy 50	
	Time Domain	ABDomination	8 Min AMRAP	Breath Challenge	10 Min GID	15 Min	
Ext Rot	Conditioning	Windmills/arm TGU to elbow/arm	2 KB or DB FS * Pivot Crawling Flying 10 M	RKBS	KB Combo Side Crawling J Rope Combo	Big Loop Box Jump Pull-up Prog. Rack Carry	
	Mobility	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 17	18	19	20	21	22	
	April	Sn Gr DL/PSn	Incline/Press	Back Squat	Sn Gr DL/PSn	Leftovers	
	Time Domain	4 x 3 Min	15 Min	ABDomination	7 Min AMRAP	3 x 5 min	
Ext Rot	Conditioning	DB/KB FS Pull-up Prog. Rack Carry	SA KB Combo J. Rope Combo 5, 10, 15, 20, 25 M Ladder	Windmills/arm TGU to elbow/arm	Box Jump Death by 10 M Pull-up Prog.	RKBS Crawling J. Rope Combo	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	

			Conditioning Exercise Pool		Week			
Notes:			Type	Movement	1	2	3	4
			Endur	Flying 10/20/30	1	0	1	0
			Endur	Death by 10 M or 5 M ladder	1	2	1	2
			Endur	Big Loop	0	0	1	0
			Endur	Jump Rope Combo	0	1	1	2
Warm-up			Endur	Row	0	0	0	0
Lower	Full	Upper	Push	Crawling	1	1	2	1
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Pull-Up Progression	1	1	1	2
Roll Back and shoulders			Squat	KB/DB Front Squat	1	1	1	1
Test exercises			Plyo	Box Jump	0	1	0	1
Squat: Ape	Hinge: Prisoner Hing	Push: Hindu Push-up	Hinge	RKBS	2	1	1	1
Mobility			Combo	KB Combo	0	1	1	1
Banded Figure 4	Lower Seg. Roll	Upper Seg. Roll	Carry	Farmer Walk or Rack Carry	1	1	1	1
Warm-up exercises					0	0	0	0
Rot.: TGU Leg Pass	Rot.: TGU Leg Pass	Rot.: TGU Leg Pass			0	0	0	0
Push: Hindu Push-up	Push: Hindu Push-up	Squat: Ape			0	0	0	0
Pull: Pull-ups	Pull: Pull-ups	Pull: Pull-ups			0	0	0	0
Hinge: Prisoner Hing	Squat: Ape	Hinge: Prisoner Hinge			0	0	0	0
Uni: Prisoner side lun	Uni: Prisoner side lun	Uni: Prisoner side lun	ABDomination					
Strength			Rotate	Windmill	1	1	1	0
Lower	Upper	Full	Rotate	1/2 Get-up	1	1	1	0
Back Squat	Press	Sn Gr DL/PSn						
Post-Workout Stretch								
Chest	Straddle							