

Cycle 2 - 5 x 5 - 1 longer workout a week

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