	PREPARATORY PHASE 1								
D1 WK1	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	GOBLET SQUAT	3	20	ME				2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	5	ME	40			2-3 MIN	
	BOX JUMPS	10	1	ME				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	15	7				2-3 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	15					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				1 MIN		2-3 MIN	
D2 WK1									
	PUSH UPS NARROW/ REGULAR/ WIDE	3	10 EACH					2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	5	10	40			2-3 MIN	
	OVERHEAD PLATE CARRY	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					2-3 MIN	
	FAT MAN ROWS	3	AMRAP	10				2-3 MIN	
	BAND PUSHDOWNS	3	AMRAP	10				2-3 MIN	
D3 WK1									
	ROMANIAN DEADLIFT EXPLOSIVE WITH SLOW NEGATIVE	8	3	ME	40			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	5	ME	40			2-3 MIN	
	BROAD JUMP	10	1	ME				2-3 MIN	
	PROWLER SPRINTS	4		8			50’	2-3 MIN	
	HAND OVER HAND SLED PULL	4		8			50’	2-3 MIN	
	BALL SLAMS	3		ME		1 MIN		2-3 MIN	
D4 WK1									
	THRUSTERS	3	20					2-3 MIN	
	JERK	5	5	ME	40			2-3 MIN	
	HANDSTAND HOLDS	3	MAX TIME	10				2-3 MIN	
	CLOSE GRIP CHIN UPS	AS MANY SETS AS NEEDED	15					2-3 MIN	
	RING PUSH UPS	3	AMRAP	10				2-3 MIN	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	50					2-3 MIN	
	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
D1 WK2	FRONT SQUAT	8	3	ME	45			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	3	ME	45			2-3 MIN	
	BOX JUMPS	12	1	ME				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	15	7.5				2-3 MIN	
	PULL UPS	TRY TO DO IN LESS REPS	15					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				1 MIN		2-3 MIN	
D2 WK2									
	BENCH PRESS	8	3	ME	45			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	3	ME	45			2-3 MIN	
	OVERHEAD PLATE CARRY	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					2-3 MIN	
	FAT MAN ROWS	3	AMRAP	10				2-3 MIN	
	BAND PUSHDOWNS	3	AMRAP	10				2-3 MIN	
D3 WK2									
	DEFICIT DEADLIFT	8	3	ME	45			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	3	ME	45			2-3 MIN	
	BROAD JUMP	10	1	ME				2-3 MIN	
	PROWLER SPRINTS	4		8			50’	2-3 MIN	
	HAND OVER HAND SLED PULL	4		8			50’	2-3 MIN	
	BALL SLAMS	3		ME		1 MIN		2-3 MIN	
D4 WK2									
	STANDING ONE ARM DB PRESS	8	3	ME	45			2-3 MIN	
	JERK	5	3	ME	45			2-3 MIN	
	HANDSTAND HOLDS	3	MAX TIME	10				2-3 MIN	
	CLOSE GRIP CHIN UPS	AS MANY SETS AS NEEDED	15					2-3 MIN	
	RING PUSH UPS	3	AMRAP	10				2-3 MIN	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	50					2-3 MIN	
	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
D1 WK3	HIGH BAR SQUAT	8	3	ME	50			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	1	ME	45			2-3 MIN	
	BOX JUMPS	15	1	ME				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	15	8				2-3 MIN	
	PULL UPS	TRY TO DO IN LESS REPS	15					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	4				1 MIN		2-3 MIN	
D2 WK3									
	INCLINE BENCH PRESS	8	3	ME	50			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	1	ME	50			2-3 MIN	
	OVERHEAD PLATE CARRY	4				1 MIN		2-3 MIN	
	FACE PULLS	3	20					2-3 MIN	
	FAT MAN ROWS	3	AMRAP	10				2-3 MIN	
	BAND PUSHDOWNS	3	AMRAP	10				2-3 MIN	
D3 WK3									
	PAUSE DEADLIFT MID SHIN	8	3	ME	50			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	1	ME	50			2-3 MIN	
	BROAD JUMP	10	1	ME				2-3 MIN	
	PROWLER SPRINTS	4		8			50’	2-3 MIN	
	HAND OVER HAND SLED PULL	4		8			50’	2-3 MIN	
	BALL SLAMS	4		ME		1 MIN		2-3 MIN	
D4 WK3									
	PUSH PRESS	8	3	ME	50			2-3 MIN	
	JERK	5	5	ME	50			2-3 MIN	
	HANDSTAND HOLDS	3	MAX TIME	10				2-3 MIN	
	CLOSE GRIP CHIN UPS	AS MANY SETS AS NEEDED	15					2-3 MIN	
	RING PUSH UPS	3	AMRAP	10				2-3 MIN	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	50					2-3 MIN	

HYPERTROPHY/ MUSCULAR ENDURANCE PHASE 2

	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
D1 WK4	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	3	15	8.5				1-2 MIN	
	SPLIT SQUAT	3	15	8.5				1-2 MIN	
	LAT PULL DOWN	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	3	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK4									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	SEATED DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	3	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK4									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	3	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	3	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		8.5		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	3	15						
D4 WK4									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	3	15	8.5				1-2 MIN	
	LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	15	8.5				1-2 MIN	
D1 WK5	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	4	15	8.5				1-2 MIN	
	SPLIT SQUAT	4	15	8.5				1-2 MIN	
	LAT PULL DOWN	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	4	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK5									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	SEATED DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	4	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK5									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	4	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	4	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		9		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	4	15						
D4 WK5									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	4	15	8.5				1-2 MIN	
	LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	15	8.5				1-2 MIN	
D1 WK6	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	SQUAT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	3	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	3	AMRAP					1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK6									
	DB BENCH PRESS	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	STANDING BB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	SKULL CRUSHERS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK6									
	DEADLIFT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	SPLIT SQUAT	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		8.5		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	3	10	8.5				1-2 MIN	
D4 WK6									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	3	10	8.5				1-2 MIN	
	LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	10	8.5				1-2 MIN	
D1 WK7	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	SQUAT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	4	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	4	10	8.5				1-2 MIN	
	LAT PULL DOWN	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	4	AMRAP					1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK7									

	DB BENCH PRESS	4	AMRAP	9.5	60	1 MIN		1-2 MIN	
	STANDING BB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	4	10	8.5				1-2 MIN	
	SKULL CRUSHERS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK7									
	DEADLIFT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	SPLIT SQUAT	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	4	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		9		50’		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	4	10	8.5				1-2 MIN	
D4 WK7									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	4	10	8.5				1-2 MIN	
	LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	10	8.5				1-2 MIN	
	POWER/SPEED PHASE 3								
D1 WK8	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SPEED SQUAT EMOM (EVERY MINUTE ON THE MINUTE)	8	3	ME	60	8		REST OF 1MIN	
	SNATCH	5	3	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50’	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK8									
	SPEED BENCH EMOM	8	3	ME	60	8		REST OF 1MIN	
	POWER CLEANS	5	3	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK8									
	SPEED DEADLIFT EMOM	8	3	ME	60	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4		ME			50’	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D3 WK8									
	PUSH PRESS EMOM	8	3	ME	60	8		REST OF 1MIN	
	JERK	5	3	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK9									
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	PAUSE SQUAT	10	2	ME	65			3-5 MIN	
	SNATCH	5	2	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50’	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK9									
	PAUSE BENCH	10	2	ME	65			3-5 MIN	
	POWER CLEANS	5	2	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK9									
	SPEED DEADLIFT EMOM	8	3	ME	65	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50’	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK9									
	PUSH PRESS EMOM	10	2	ME	65	8		REST OF 1MIN	
	JERK	5	2	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK10									
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	BAND SQUAT	12	1	ME	70			3-5 MIN	
	SNATCH	5	1	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50’	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK10									
	BAND BENCH PRESS	12	1	ME	70			3-5 MIN	
	POWER CLEANS	5	1	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK10									
	BAND DEADLIFT	12	1	ME	70	8		REST OF 1MIN	

	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK10									
	PUSH PRESS EMOM	12	1	ME	70	8		REST OF 1MIN	
	JERK	5	1	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
	STRENGTH PHASE 4								
D1 WK11	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		50			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10	8.5				1-2 MIN	
	HAMSTRING CURLS	3	10	8.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK11									
	BENCH PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		50			2-3 MIN	
	DB SHOULDER PRESS	3	10	8.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	8.5				1-2 MIN	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	PUSHDOWNS	3	10	8.5				1-2 MIN	
D3 WK11									
	DEADLIFT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	SQUAT 1 1/2S	3	8		50			1-2 MIN	
	LANDMINE ROWS	3	10	8.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	8.5				1-2 MIN	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK11									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		50			1-2 MIN	
	LATERAL RAISES	3	10	8.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	8.5				1-2 MIN	
	FRONT RAISES	3	10	8.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	8.5				1-2 MIN	
D1 WK12	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		52.5			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	9				1-2 MIN	
	LAT PULL DOWN	3	10	9				1-2 MIN	
	HAMSTRING CURLS	3	10	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK12									
	BENCH PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		52.5			2-3 MIN	
	DB SHOULDER PRESS	3	10	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	9				1-2 MIN	
	WEIGHTED DIPS	3	10	9				1-2 MIN	
	PUSHDOWNS	3	10	9				1-2 MIN	
D3 WK12									
	DEADLIFT	AS MANY SETS AS NEEDED	20		85			3-5 MIN	
	SQUAT 1 1/2S	3	8		52.5			1-2 MIN	
	LANDMINE ROWS	3	10	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	9				1-2 MIN	
	HATFIELD BACK RAISES	3	10	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK12									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		52.5			1-2 MIN	
	LATERAL RAISES	3	10	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	9				1-2 MIN	
	FRONT RAISES	3	10	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	9				1-2 MIN	
D1 WK13	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		55			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	8	9				1-2 MIN	
	LAT PULL DOWN	3	8	9				1-2 MIN	
	HAMSTRING CURLS	3	8	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK13									
	BENCH PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		55			2-3 MIN	
	DB SHOULDER PRESS	3	8	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9				1-2 MIN	
	WEIGHTED DIPS	3	8	9				1-2 MIN	
	PUSHDOWNS	3	8	9				1-2 MIN	
D3 WK13									
	DEADLIFT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	SQUAT 1 1/2S	3	8		55			1-2 MIN	
	LANDMINE ROWS	3	8	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9				1-2 MIN	
D4 WK13									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		55			1-2 MIN	
	LATERAL RAISES	3	8	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9				1-2 MIN	
	FRONT RAISES	3	8	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9				1-2 MIN	
D1 WK14	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		57.5			1-2 MIN	

	WEIGHTED SPLIT SQUAT	3	8	9.5				1-2 MIN	
	LAT PULL DOWN	3	8	9.5				1-2 MIN	
	HAMSTRING CURLS	3	8	9.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9.5				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK14									
	BENCH PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		57.5			2-3 MIN	
	DB SHOULDER PRESS	3	8	9.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9.5				1-2 MIN	
	WEIGHTED DIPS	3	8	9.5				1-2 MIN	
	PUSHDOWNS	3	8	9.5				1-2 MIN	
D3 WK14									
	DEADLIFT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	SQUAT 1 1/2S	3	8		57.5			1-2 MIN	
	LANDMINE ROWS	3	8	9.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9.5				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9.5				1-2 MIN	
D4 WK14									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		57.5			1-2 MIN	
	LATERAL RAISES	3	8	9.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9.5				1-2 MIN	
	FRONT RAISES	3	8	9.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9.5				1-2 MIN	
	RECOVERY- PHASE 5								
D1 WK15	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	FRONT SQUAT	3	10	7				1-2 MIN	
	SNATCH	4	3	7				3-5 MIN	
	INVERTED ROWS	3	10	7				1-2 MIN	
	SPRINTS	3					60'	1-2 MIN	
	STEP UPS					10 MIN		0	
	PLANKS	3				1 MIN		1-2 MIN	
D2 WK15									
	DB BENCH PRESS	3	10	7				1-2 MIN	
	CLEANS	4	3	7				3-5 MIN	
	SEATED DB PRESS	3	10	7				1-2 MIN	
	PUSH UPS	3	20					1-2 MIN	
	FACE PULLS	3	10	7				1-2 MIN	
	SKULL CRUSHERS	3	10	7				1-2 MIN	
D3 WK15									
	ROMANIAN DEADLIFT	3	10	7				1-2 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	4	3	7				3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	7				1-2 MIN	
	FAT MAN ROWS	3	10	7				1-2 MIN	
	GLUTE HAME RAISES	3	8					1-2 MIN	
	BOX JUMPS SUPER WITH AB ROLLOUTS	3	15	7				1-2 MIN	
D4 WK15									
	ARNOLD PRESS	3	10	7				1-2 MIN	
	PUSH PRESS	4	3	7				1-2 MIN	
	BAND OR CABLE FLY	3	10	7				1-2 MIN	
	LATERAL RAISES	3	15	7				1-2 MIN	
	REAR DELT DB SWINGS	3	15	7				1-2 MIN	
	DIPS	3	10	7				1-2 MIN	
	PHASE 1								
D1 WK16	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	GOBLET SQUAT	3	20	8				2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	5	8				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	
	PULL UPS	3	AMRAP					2-3 MIN	
	REVERSE LUNGES	3	10	7				2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK16									
	PUSH UPS NARROW/ REGULAR/ WIDE	3	12 EACH					2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	5	10	40			2-3 MIN	
	OVERHEAD DB CARRY	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					2-3 MIN	
	FAT MAN ROWS	3	AMRAP	10				2-3 MIN	
	PUSHDOWNS	3	20	10				2-3 MIN	
D3 WK16									
	ROMANIAN DEADLIFT EXPLOSIVE WITH SLOW NEGATIVE	8	3	ME	40			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	5	8				2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100'	2-3 MIN	
	PROWLER SPRINTS	4		8			50'	0	
	HAND OVER HAND SLED PULL	4		8			50'	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK16									
	THRUSTERS	3	20	8.5				2-3 MIN	
	JERK	5	5	8				2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	
	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
D1 WK17	FRONT SQUAT	8	3	ME	45			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	3	9				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	
	PULL UPS	3	AMRAP					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK17									
	BENCH PRESS	8	3	ME	45			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	3	9				2-3 MIN	
	OVERHEAD CARRY SUPERSET W/ WORKOUTS BELOW	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					0	
	FAT MAN ROWS	3	AMRAP	10				0	
	PUSHDOWNS	3	20	10				0	
D3 WK17									
	DEFICIT DEADLIFT	8	3	ME	45			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	3	9	45			2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100'	2-3 MIN	
	PROWLER SPRINTS	4		8			50'	0	
	HAND OVER HAND SLED PULL	4		8			50'	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK17									
	STANDING ONE ARM DB PRESS	8	3	ME	45			2-3 MIN	
	JERK	5	3	ME	45			2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	
	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
D1 WK18	HIGH BAR SQUAT	8	3	ME	50			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	

	PULL UPS	3	AMRAP					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK18									
	INCLINE BENCH PRESS	8	3	ME	50			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	OVERHEAD CARRY SUPERSET W/ WORKOUTS BELOW	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					0	
	FAT MAN ROWS	3	AMRAP	10				0	
	PUSHDOWNS	3	20	10				0	
D3 WK18									
	PAUSE DEADLIFT MID SHIN	8	3	ME	50			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100’	2-3 MIN	
	PROWLER SPRINTS	4		8			50’	0	
	HAND OVER HAND SLED PULL	4		8			50’	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK18									
	PUSH PRESS	8	3	ME	50			2-3 MIN	
	JERK	5	5	9.5				2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	
	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
	PHASE 2								
D1 WK19	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	3	15	8.5				1-2 MIN	
	SPLIT SQUAT	3	15	8.5				1-2 MIN	
	LAT PULL DOWN	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	3	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50’ SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK19									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	SEATED DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS (INCREASE BAND TENSION)	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	3	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK19									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	3	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	3	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		8.5		50’		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	3	15						
D4 WK19									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	3	15	8.5				1-2 MIN	
	LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	15	8.5				1-2 MIN	
D1 WK20	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	4	15	8.5				1-2 MIN	
	SPLIT SQUAT	4	15	8.5				1-2 MIN	
	LAT PULL DOWN	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	4	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50’ SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK20									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	SEATED DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	4	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK20									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	4	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	4	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		9		50’		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	4	15						
D4 WK20									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	4	15	8.5				1-2 MIN	
	LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	15	8.5				1-2 MIN	
D1 WK21	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	3	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	3	AMRAP					1-2 MIN	
	HEAVY PROWLER PUSHES 50’ SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK21									
	DB BENCH PRESS	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	STANDING BB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	SKULL CRUSHERS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK21									
	DEADLIFT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	SPLIT SQUAT	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		8.5		50’		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	3	10	8.5				1-2 MIN	
D4 WK21									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	3	10	8.5				1-2 MIN	
	LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	10	8.5				1-2 MIN	
D1 WK22	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	4	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	4	10	8.5				1-2 MIN	

	LAT PULL DOWN	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	4	AMRAP					1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK22									
	DB BENCH PRESS	4	AMRAP	9.5	60	1 MIN		1-2 MIN	
	STANDING BB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	4	10	8.5				1-2 MIN	
	SKULL CRUSHERS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK22									
	DEADLIFT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	SPLIT SQUAT	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	4	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		9		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	4	10	8.5				1-2 MIN	
D4 WK22									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	4	10	8.5				1-2 MIN	
	LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	10	8.5				1-2 MIN	
	PHASE 3								
D1 WK23	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SPEED SQUAT EMOM (EVERY MINUTE ON THE MINUTE)	8	3	ME	60	8		REST OF 1MIN	
	SNATCH	5	3	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK23									
	SPEED BENCH EMOM	8	3	ME	60	8		REST OF 1MIN	
	POWER CLEANS	5	3	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK23									
	SPEED DEADLIFT EMOM	8	3	ME	60	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4		ME			50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D3 WK23									
	PUSH PRESS EMOM	8	3	ME	60	8		REST OF 1MIN	
	JERK	5	3	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK24									
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	PAUSE SQUAT	10	2	ME	65			3-5 MIN	
	SNATCH	5	2	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK24									
	PAUSE BENCH	10	2	ME	65			3-5 MIN	
	POWER CLEANS	5	2	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK24									
	SPEED DEADLIFT EMOM	8	3	ME	65	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK24									
	PUSH PRESS EMOM	10	2	ME	65	8		REST OF 1MIN	
	JERK	5	2	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK25									
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	BAND SQUAT	12	1	ME	70			3-5 MIN	
	SNATCH	5	1	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK25									
	BAND BENCH PRESS	12	1	ME	70			3-5 MIN	
	POWER CLEANS	5	1	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK25									
	BAND DEADLIFT	12	1	ME	70	8		REST OF 1MIN	

	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK25									
	PUSH PRESS EMOM	12	1	ME	70	8		REST OF 1MIN	
	JERK	5	1	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
	PHASE 4								
D1 WK26	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		50			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10	8.5				1-2 MIN	
	HAMSTRING CURLS	3	10	8.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK26									
	BENCH PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		50			2-3 MIN	
	DB SHOULDER PRESS	3	10	8.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	8.5				1-2 MIN	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	PUSHDOWNS	3	10	8.5				1-2 MIN	
D3 WK26									
	DEADLIFT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	SQUAT 1 1/2S	3	8		50			1-2 MIN	
	LANDMINE ROWS	3	10	8.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	8.5				1-2 MIN	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK26									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		50			1-2 MIN	
	LATERAL RAISES	3	10	8.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	8.5				1-2 MIN	
	FRONT RAISES	3	10	8.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	8.5				1-2 MIN	
D1 WK27	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		52.5			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	9				1-2 MIN	
	LAT PULL DOWN	3	10	9				1-2 MIN	
	HAMSTRING CURLS	3	10	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK27									
	BENCH PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		52.5			2-3 MIN	
	DB SHOULDER PRESS	3	10	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	9				1-2 MIN	
	WEIGHTED DIPS	3	10	9				1-2 MIN	
	PUSHDOWNS	3	10	9				1-2 MIN	
D3 WK27									
	DEADLIFT	AS MANY SETS AS NEEDED	20		85			3-5 MIN	
	SQUAT 1 1/2S	3	8		52.5			1-2 MIN	
	LANDMINE ROWS	3	10	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	9				1-2 MIN	
	HATFIELD BACK RAISES	3	10	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK27									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		52.5			1-2 MIN	
	LATERAL RAISES	3	10	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	9				1-2 MIN	
	FRONT RAISES	3	10	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	9				1-2 MIN	
D1 WK28	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		55			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	8	9				1-2 MIN	
	LAT PULL DOWN	3	8	9				1-2 MIN	
	HAMSTRING CURLS	3	8	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK28									
	BENCH PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		55			2-3 MIN	
	DB SHOULDER PRESS	3	8	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9				1-2 MIN	
	WEIGHTED DIPS	3	8	9				1-2 MIN	
	PUSHDOWNS	3	8	9				1-2 MIN	
D3 WK28									
	DEADLIFT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	SQUAT 1 1/2S	3	8		55			1-2 MIN	
	LANDMINE ROWS	3	8	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9				1-2 MIN	
D4 WK28									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		55			1-2 MIN	
	LATERAL RAISES	3	8	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9				1-2 MIN	
	FRONT RAISES	3	8	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9				1-2 MIN	
D1 WK29	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		57.5			1-2 MIN	

	WEIGHTED SPLIT SQUAT	3	8	9.5				1-2 MIN	
	LAT PULL DOWN	3	8	9.5				1-2 MIN	
	HAMSTRING CURLS	3	8	9.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9.5				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK29									
	BENCH PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		57.5			2-3 MIN	
	DB SHOULDER PRESS	3	8	9.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9.5				1-2 MIN	
	WEIGHTED DIPS	3	8	9.5				1-2 MIN	
	PUSHDOWNS	3	8	9.5				1-2 MIN	
D3 WK29									
	DEADLIFT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	SQUAT 1 1/2S	3	8		57.5			1-2 MIN	
	LANDMINE ROWS	3	8	9.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9.5				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9.5				1-2 MIN	
D4 WK29									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		57.5			1-2 MIN	
	LATERAL RAISES	3	8	9.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9.5				1-2 MIN	
	FRONT RAISES	3	8	9.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9.5				1-2 MIN	
D1 WK30	**PHASE 5**								
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	FRONT SQUAT	3	10	7				1-2 MIN	
	SNATCH	4	3	7				3-5 MIN	
	INVERTED ROWS	3	10	7				1-2 MIN	
	SPRINTS	3					60'	1-2 MIN	
	STEP UPS					10 MIN		0	
	PLANKS	3				1 MIN		1-2 MIN	
D2 WK30									
	DB BENCH PRESS	3	10	7				1-2 MIN	
	CLEANS	4	3	7				3-5 MIN	
	SEATED DB PRESS	3	10	7				1-2 MIN	
	PUSH UPS	3	20					1-2 MIN	
	FACE PULLS	3	10	7				1-2 MIN	
	SKULL CRUSHERS	3	10	7				1-2 MIN	
D3 WK30									
	ROMANIAN DEADLIFT	3	10	7				1-2 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	4	3	7				3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	7				1-2 MIN	
	FAT MAN ROWS	3	10	7				1-2 MIN	
	GLUTE HAME RAISES	3	8					1-2 MIN	
	BOX JUMPS SUPER WITH AB ROLLOUTS	3	15	7				1-2 MIN	
D4 WK30									
	ARNOLD PRESS	3	10	7				1-2 MIN	
	PUSH PRESS	4	3	7				1-2 MIN	
	BAND OR CABLE FLY	3	10	7				1-2 MIN	
	LATERAL RAISES	3	15	7				1-2 MIN	
	REAR DELT DB SWINGS	3	15	7				1-2 MIN	
	DIPS	3	10	7				1-2 MIN	
	PHASE 1								
D1 WK31	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	GOBLET SQUAT	3	20	8				2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	5	8				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	
	PULL UPS	3	AMRAP					2-3 MIN	
	REVERSE LUNGES	3	10	7				2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK31									
	PUSH UPS NARROW/ REGULAR/ WIDE	3	12 EACH					2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	5	10	40			2-3 MIN	
	OVERHEAD DB CARRY	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					2-3 MIN	
	FAT MAN ROWS	3	AMRAP	10				2-3 MIN	
	PUSHDOWNS	3	20	10				2-3 MIN	
D3 WK31									
	ROMANIAN DEADLIFT EXPLOSIVE WITH SLOW NEGATIVE	8	3	ME	40			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	5	8				2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100'	2-3 MIN	
	PROWLER SPRINTS	4		8			50'	0	
	HAND OVER HAND SLED PULL	4		8			50'	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK31									
	THRUSTERS	3	20	8.5				2-3 MIN	
	JERK	5	5	8				2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	
	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
D1 WK32	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	FRONT SQUAT	8	3	ME	45			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	3	9				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	
	PULL UPS	3	AMRAP					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK32									
	BENCH PRESS	8	3	ME	45			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	3	9				2-3 MIN	
	OVERHEAD CARRY SUPERSET W/ WORKOUTS BELOW	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					0	
	FAT MAN ROWS	3	AMRAP	10				0	
	PUSHDOWNS	3	20	10				0	
D3 WK32									
	DEFICIT DEADLIFT	8	3	ME	45			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	3	9	45			2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100'	2-3 MIN	
	PROWLER SPRINTS	4		8			50'	0	
	HAND OVER HAND SLED PULL	4		8			50'	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK32									
	STANDING ONE ARM DB PRESS	8	3	ME	45			2-3 MIN	
	JERK	5	3	ME	45			2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	

	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
D1 WK33	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	HIGH BAR SQUAT	8	3	ME	50			2-3 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	SINGLE LEG STRAIGHT LEG DEADLIFT	3	10	7				2-3 MIN	
	BOX JUMPS	3	AMRAP			1 MIN		2-3 MIN	
	PULL UPS	3	AMRAP					2-3 MIN	
	STEP UPS	1				10 MIN		2-3 MIN	
	PLANKS	3				MAX		2-3 MIN	
D2 WK33									
	INCLINE BENCH PRESS	8	3	ME	50			2-3 MIN	
	HANG CLEAN VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	OVERHEAD CARRY SUPERSET W/ WORKOUTS BELOW	3				1 MIN		2-3 MIN	
	FACE PULLS	3	20					0	
	FAT MAN ROWS	3	AMRAP	10				0	
	PUSHDOWNS	3	20	10				0	
D3 WK33									
	PAUSE DEADLIFT MID SHIN	8	3	ME	50			2-3 MIN	
	POWER SNATCH VARIATION- DB/ KB/ BB	5	1	9.5				2-3 MIN	
	BROAD JUMP SUPERSET W/ WORKOUTS BELOW	4	1				100'	2-3 MIN	
	PROWLER SPRINTS	4		8			50'	0	
	HAND OVER HAND SLED PULL	4		8			50'	0	
	BALL SLAMS	4		ME		1 MIN		0	
D4 WK33									
	PUSH PRESS	8	3	ME	50			2-3 MIN	
	JERK	5	5	9.5				2-3 MIN	
	HANDSTAND HOLDS SUPERSET W/ WORKOUTS BELOW	3		10		MAX		2-3 MIN	
	CLOSE GRIP CHIN UPS	3	AMRAP					0	
	RING PUSH UPS	3	AMRAP	10				0	
	BAND PULL APARTS	1	100 REPS					0	
	PHASE 2								
D1 WK34	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	3	15	8.5				1-2 MIN	
	SPLIT SQUAT	3	15	8.5				1-2 MIN	
	LAT PULL DOWN	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	3	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK34									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	3	10	8.5				1-2 MIN	
	SEATED DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS (INCREASE BAND TENSION)	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	3	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK34									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	3	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	3	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		8.5		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	3	15						
D4 WK34									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	3	15	8.5				1-2 MIN	
	LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	15	8.5				1-2 MIN	
D1 WK35	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	TEMPO SQUAT 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	STRAIGHT LEG DEADLIFT	4	15	8.5				1-2 MIN	
	SPLIT SQUAT	4	15	8.5				1-2 MIN	
	LAT PULL DOWN	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	GLUTE BRIDGES	4	20	8.5				1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK35									
	TEMPO DB BENCH PRESS 3 SEC NEG/1 SEC PAUSE/ 3 SEC UP	4	10	8.5				1-2 MIN	
	SEATED DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	PUSHUPS SUPERSET WITH FATMAN ROWS		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	DIPS	4	AMRAP					1-2 MIN	
	ROPE PUSHDOWNS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
D3 WK35									
	DEADLIFT EXPLOSIVE UP/ 3 SEC NEGATIVE	4	10	8.5				1-2 MIN	
	MACHINE LEG PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	BACK EXT	4	20	8.5				1-2 MIN	
	FAMERS CARRIES	4		9		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	LEG RAISES	4	15						
D4 WK35									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	DB PULLOVERS	4	15	8.5				1-2 MIN	
	LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	15 +15 PARTIALS ON LAST SET	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	15	8.5				1-2 MIN	
D1 WK36	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	3	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	3	AMRAP					1-2 MIN	

	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK36									
	DB BENCH PRESS	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	STANDING BB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	SKULL CRUSHERS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK36									
	DEADLIFT	3	AMRAP	9.5	55	1 MIN		1-2 MIN	
	SPLIT SQUAT	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		8.5		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	3	10	8.5				1-2 MIN	
D4 WK36									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	3	10	8.5				1-2 MIN	
	LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	3	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	3	10	8.5				1-2 MIN	
D1 WK37	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	ROMANIAN DEADLIFT	4	10	8.5				1-2 MIN	
	WEIGHTED LUNGES	4	10	8.5				1-2 MIN	
	LAT PULL DOWN	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BANDED HIP ABDUCTION	4	AMRAP					1-2 MIN	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH AB ROLLOUTS	AS MANY AS POSSIBLE	15			10 MIN		0	
D2 WK37									
	DB BENCH PRESS	4	AMRAP	9.5	60	1 MIN		1-2 MIN	
	STANDING BB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CHEST FLY SUPER WITH BB ROW		AMRAP			5 MIN		0	
	BAND PULL APARTS	AS MANY SETS AS NEEDED	100 REPS					30 SECS	
	WEIGHTED DIPS	4	10	8.5				1-2 MIN	
	SKULL CRUSHERS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
D3 WK37									
	DEADLIFT	3	AMRAP	9.5	60	1 MIN		1-2 MIN	
	SPLIT SQUAT	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	DB ROW		AMRAP			4 MIN		0	
	HATFIELD BACK RAISES	4	10	8.5				1-2 MIN	
	SUITCASE CARRIES	4		9		50'		1-2 MIN	
	KB SWINGS 30 SEC ON 30 SEC OFF					10 MIN		0	
	WEIGHTED LEG RAISES	4	10	8.5				1-2 MIN	
D3 WK37									
	ESCALATING DENSITY TRAINING (EDT) SINGLE ARM DB PRESS		AMRAP IF GET OVER 50 GO UP IN WEIGHT			10 MIN		0	
	INCLINE DB PRESS	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	FRONT PULL DOWNS	4	10	8.5				1-2 MIN	
	LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	BENT OVER LATERAL RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	SEATED INCLINE FRONT RAISES	4	10 + 1 DROP SET AMRAP	8.5				1-2 MIN	
	CLOSE GRIP BENCH PRESS	4	10	8.5				1-2 MIN	
D1 WK38	**PHASE 3**								
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SPEED SQUAT EMOM (EVERY MINUTE ON THE MINUTE)	8	3	ME	60	8		REST OF 1MIN	
	SNATCH	5	3	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK38									
	SPEED BENCH EMOM	8	3	ME	60	8		REST OF 1MIN	
	POWER CLEANS	5	3	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK38									
	SPEED DEADLIFT EMOM	8	3	ME	60	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4		ME			50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK38									
	PUSH PRESS EMOM	8	3	ME	60	8		REST OF 1MIN	
	JERK	5	3	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK39									
	EXERCISE	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	PAUSE SQUAT	10	2	ME	65			3-5 MIN	
	SNATCH	5	2	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK39									
	PAUSE BENCH	10	2	ME	65			3-5 MIN	
	POWER CLEANS	5	2	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK39									
	SPEED DEADLIFT EMOM	8	3	ME	65	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	

	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK39									
	PUSH PRESS EMOM	10	2	ME	65	8		REST OF 1MIN	
	JERK	5	2	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK40	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	BAND SQUAT	12	1	ME	70			3-5 MIN	
	SNATCH	5	1	9				3-5 MIN	
	BOX JUMPS MAX HEIGHT FOR REPS	12	1	10			MAX	1 MIN	
	PULL UPS	AS MANY SETS AS NEEDED	20					1-2 MIN	
	GLUTE HAME RAISES	3	AMRAP					1-2 MIN	
	SLED DRAP SPRINTS SUPERSET WITH WALKING LUNGES	4		10			50'	3-5MIN	
	SINGLE ARM OBLIQUE HOLDS	4				1 MIN			
D2 WK40									
	BAND BENCH PRESS	12	1	ME	70			3-5 MIN	
	POWER CLEANS	5	1	9				3-5 MIN	
	DEFICIT EXPLOSIVE PUSH UPS	3	AMRAP					1-2 MIN	
	PENDLAY ROWS	3	12	8.5				1-2 MIN	
	WEIGHTED DIPS TEMPO 3/1/0	3	12	8.5				1-2 MIN	
	BAND UPRIGHT ROWS TEMPO 0/1/3	3	20	9				1-2 MIN	
	JM PRESS SLOW NEG EXPLOSIVE POSITIVE	3	12	8.5				1-2 MIN	
D3 WK40									
	BAND DEADLIFT	12	1	ME	70	8		REST OF 1MIN	
	HIP SNATCH	5	3	9				3-5 MIN	
	MACHINE SQUAT TEMPO 3/1/0	3	10	8.5				1-2 MIN	
	BROAD JUMP	12	1	10			MAX	1 MIN	
	DB ROWS TEMPO 0/1/3	3	12	9				1-2 MIN	
	ZERCHER CARRIES	4					50'	3-5 MIN	
	PLANKS	4				MAX		1-2 MIN	
D4 WK40									
	PUSH PRESS EMOM	12	1	ME	70	8		REST OF 1MIN	
	JERK	5	1	9				3-5 MIN	
	FLYS BAND OR CABLE TEMPO 0/1/3	3	12	8.5				1-2 MIN	
	SAVIKAS PRESS	3	12	8.5				1-2 MIN	
	BATTLE ROPES	5				30 SECS		30 SECS	
	BAND PULL APARTS TEMPO 0/1/3	3	15	9				1-2 MIN	
	PUSHDOWNS TEMPO	3	12	9				1-2 MIN	
D1 WK41	PHASE 4								
	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	SQUAT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		50			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	10	8.5				1-2 MIN	
	HAMSTRING CURLS	3	10	8.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK41									
	BENCH PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		50			2-3 MIN	
	DB SHOULDER PRESS	3	10	8.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	8.5				1-2 MIN	
	WEIGHTED DIPS	3	10	8.5				1-2 MIN	
	PUSHDOWNS	3	10	8.5				1-2 MIN	
D3 WK41									
	DEADLIFT	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	SQUAT 1 1/2S	3	8		50			1-2 MIN	
	LANDMINE ROWS	3	10	8.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	8.5				1-2 MIN	
	HATFIELD BACK RAISES	3	10	8.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK41									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	20		80			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		50			1-2 MIN	
	LATERAL RAISES	3	10	8.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	8.5				1-2 MIN	
	FRONT RAISES	3	10	8.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	8.5				1-2 MIN	
D1 WK42	EXERCISE	SETS	REPS	RPE	PERCENT	TIME	DISTANCE	REST	NOTES/WEIGHT
	SQUAT	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		52.5			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	10	9				1-2 MIN	
	LAT PULL DOWN	3	10	9				1-2 MIN	
	HAMSTRING CURLS	3	10	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP					1-2 MIN	
D2 WK42									
	BENCH PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		52.5			2-3 MIN	
	DB SHOULDER PRESS	3	10	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	10	9				1-2 MIN	
	WEIGHTED DIPS	3	10	9				1-2 MIN	
	PUSHDOWNS	3	10	9				1-2 MIN	
D3 WK42									
	DEADLIFT	AS MANY SETS AS NEEDED	20		85			3-5 MIN	
	SQUAT 1 1/2S	3	8		52.5			1-2 MIN	
	LANDMINE ROWS	3	10	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	10	9				1-2 MIN	
	HATFIELD BACK RAISES	3	10	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	3		9				1-2 MIN	
D4 WK42									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	15		85			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		52.5			1-2 MIN	

	LATERAL RAISES	3	10	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	10	9				1-2 MIN	
	FRONT RAISES	3	10	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	10	9				1-2 MIN	
D1 WK43	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		55			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	8	9				1-2 MIN	
	LAT PULL DOWN	3	8	9				1-2 MIN	
	HAMSTRING CURLS	3	8	9				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK43									
	BENCH PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		55			2-3 MIN	
	DB SHOULDER PRESS	3	8	9				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9				1-2 MIN	
	WEIGHTED DIPS	3	8	9				1-2 MIN	
	PUSHDOWNS	3	8	9				1-2 MIN	
D3 WK43									
	DEADLIFT	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	SQUAT 1 1/2S	3	8		55			1-2 MIN	
	LANDMINE ROWS	3	8	9				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9				1-2 MIN	
D4 WK43									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	10		90			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		55			1-2 MIN	
	LATERAL RAISES	3	8	9				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9				1-2 MIN	
	FRONT RAISES	3	8	9				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9				1-2 MIN	
D1 WK44	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	DEADLIFT 1 1/2S	3	8		57.5			1-2 MIN	
	WEIGHTED SPLIT SQUAT	3	8	9.5				1-2 MIN	
	LAT PULL DOWN	3	8	9.5				1-2 MIN	
	HAMSTRING CURLS	3	8	9.5				1-2 MIN	
	GLUTE ABDUCTORS SUPERSET WITH CALF RAISES	3	25	9.5				1-2 MIN	
	AB ROLLOUT	4	AMRAP					1-2 MIN	
D2 WK44									
	BENCH PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	CLOSE GRIP BENCH PRESS 1 1/2S	3	8		57.5			2-3 MIN	
	DB SHOULDER PRESS	3	8	9.5				1-2 MIN	
	CHEST SUPPORTED UPPER BACK ROWS	3	8	9.5				1-2 MIN	
	WEIGHTED DIPS	3	8	9.5				1-2 MIN	
	PUSHDOWNS	3	8	9.5				1-2 MIN	
D3 WK44									
	DEADLIFT	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	SQUAT 1 1/2S	3	8		57.5			1-2 MIN	
	LANDMINE ROWS	3	8	9.5				1-2 MIN	
	GLUTE HAME RAISES WEIGHTED	3	8	9.5				1-2 MIN	
	HATFIELD BACK RAISES	3	8	9.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	AS MANY SETS AS NEEDED	100					0	
	HEAVY PROWLER PUSHES 50' SUPERSET WITH LEG RAISES	4		9.5				1-2 MIN	
D4 WK44									
	STANDING OVERHEAD PRESS	AS MANY SETS AS NEEDED	5+ BUY UPS GO FOR PR IF THERE		95			3-5 MIN	
	INCLINE DB PRESS 1 1/2S	3	8		57.5			1-2 MIN	
	LATERAL RAISES	3	8	9.5				1-2 MIN	
	BENT OVER CHEST SUPPORTED LATERAL RAISES	3	8	9.5				1-2 MIN	
	FRONT RAISES	3	8	9.5				1-2 MIN	
	OVERHEAD TRICEP EXTENSIONS	3	8	9.5				1-2 MIN	
	PHASE 5								
D1 WK45	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	FRONT SQUAT	3	10	7				1-2 MIN	
	SNATCH	4	3	7				3-5 MIN	
	INVERTED ROWS	3	10	7				1-2 MIN	
	SPRINTS	3					60'	1-2 MIN	
	STEP UPS					10 MIN		0	
	PLANKS	3				1 MIN		1-2 MIN	
D2 WK45									
	DB BENCH PRESS	3	10	7				1-2 MIN	
	CLEANS	4	3	7				3-5 MIN	
	SEATED DB PRESS	3	10	7				1-2 MIN	
	PUSH UPS	3	20					1-2 MIN	
	FACE PULLS	3	10	7				1-2 MIN	
	SKULL CRUSHERS	3	10	7				1-2 MIN	
D3 WK45									
	ROMANIAN DEADLIFT	3	10	7				1-2 MIN	
	HANG SNATCH VARIATION- DB/ KB/ BB	4	3	7				3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	7				1-2 MIN	
	FAT MAN ROWS	3	10	7				1-2 MIN	
	GLUTE HAME RAISES	3	8					1-2 MIN	
	BOX JUMPS SUPER WITH AB ROLLOUTS	3	15	7				1-2 MIN	
D4 WK45									
	ARNOLD PRESS	3	10	7				1-2 MIN	
	PUSH PRESS	4	3	7				1-2 MIN	
	BAND OR CABLE FLY	3	10	7				1-2 MIN	
	LATERAL RAISES	3	15	7				1-2 MIN	
	REAR DELT DB SWINGS	3	15	7				1-2 MIN	
	DIPS	3	10	7				1-2 MIN	
	PHASE 6- PEAK								
D1 WK46	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	REVERSE BAND SQUAT	1	5	9.5				UNLIMITED	
	SPEED SQUAT EMOM (EVERY MINUTE ON THE MINUTE)	12	1	ME	65			REST OF 1MIN	
	REVERSE HYPER EXTENSION	3	10	8				1-2 MIN	
	LAT PULL DOWN	3	15	8				1-2 MIN	
	LUNGES	3		8			50'	1-2 MIN	
	LEG RAISES	3	10	8				1-2 MIN	
D2 WK46									
	SLINGSHOT BENCH PRESS	1	5	9.5				UNLIMITED	
	SPEED BENCH EMOM	12	1	ME	65			REST OF 1MIN	
	CHEST SUPPORTED ROWS	3	15	8				1-2 MIN	
	I,T,Y,W	2	10 EACH	8				1-2 MIN	
	DIPS	3	12	8				1-2 MIN	

	ROPE PUSHDOWNS	3	10	8				1-2 MIN	
D3 WK46									
	ABOVE KNEE DEADLIFT	1	5	9.5				UNLIMITED	
	GLUTE HAME RAISES	3	AMRAP	8.5				1-2 MIN	
	LANDMINE ROWS	3	10	8.5				1-2 MIN	
	GLUTE HAME RAISES	3	10	8.5				1-2 MIN	
	SHRUGS	3	15	8.5				1-2 MIN	
	AB ROLLOUT	3	AMRAP	8.5				1-2 MIN	
D4 WK46									
	PUSH PRESS	1	3	9.5				UNLIMITED	
	SPEED OVERHEAD PRESS EMOM	12	1	65				REST OF 1MIN	
	INCLINE DB PRESS	3	10	8				1-2 MIN	
	FACE PULLS	3	10	8				1-2 MIN	
	FLYS BAND OR CABLE	3	10	8				1-2 MIN	
	CURLS WITH STRAIGHT BAR	1	100 REPS					0	
D1 WK47	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	REVERSE BAND SQUAT	1	3	9.5				UNLIMITED	
	SPEED SQUAT EMOM (EVERY MINUTE ON THE MINUTE)	8	1	ME	70			REST OF 1MIN	
	REVERSE HYPER EXTENSION	3	10	8.5				1-2 MIN	
	LAT PULL DOWN	3	15	8.5				1-2 MIN	
	LUNGES	3		8.5			50’	1-2 MIN	
	LEG RAISES	3	10	8.5				1-2 MIN	
D2 WK47									
	SLINGSHOT BENCH PRESS	1	3	9.5				UNLIMITED	
	SPEED BENCH EMOM	8	1	ME	70			REST OF 1MIN	
	CHEST SUPPORTED ROWS	3	15	8.5				1-2 MIN	
	I,T,Y,W	2	10 EACH	8.5				1-2 MIN	
	DIPS	3	12	8.5				1-2 MIN	
	ROPE PUSHDOWNS	3	10	8.5				1-2 MIN	
D3 WK47									
	DEADLIFT	1	5	9.5				UNLIMITED	
	GLUTE HAME RAISES	3	AMRAP	9				1-2 MIN	
	LANDMINE ROWS	3	10	9				1-2 MIN	
	GLUTE HAME RAISES	3	10	9				1-2 MIN	
	SHRUGS	3	15	9				1-2 MIN	
	AB ROLLOUT	3	AMRAP	9				1-2 MIN	
D4 WK47									
	PUSH PRESS	1	3	9.5				UNLIMITED	
	SPEED OVERHEAD PRESS EMOM	8	1	1				REST OF 1MIN	
	INCLINE DB PRESS	3	10	8.5				1-2 MIN	
	FACE PULLS	3	10	8.5				1-2 MIN	
	FLYS BAND OR CABLE	3	10	8.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	1	100 REPS					0	
D1 WK48	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT MAX 5	1	5	9.5				UNLIMITED	
	SQUAT WALKOUT	2	1		110	3 SECS		3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	9				1-2 MIN	
	LAT PULL DOWN	3	15	9				1-2 MIN	
	LUNGES	3		9			50’	1-2 MIN	
	LEG RAISES	3	10	9				1-2 MIN	
D2 WK48									
	BENCH PRESS MAX 5	1	5	9.5				UNLIMITED	
	BENCH PRESS HOLD	2	1		110	3 SECS		3-5 MIN	
	CHEST SUPPORTED ROWS	3	15	9				1-2 MIN	
	I,T,Y,W	2	10 EACH	9				1-2 MIN	
	DIPS	3	12	9				1-2 MIN	
	ROPE PUSHDOWNS	3	10	9				1-2 MIN	
D3 WK48									
	DEADLIFT MAX 3	1	3	9.5				UNLIMITED	
	GLUTE HAME RAISES	3	AMRAP	9.5				1-2 MIN	
	LANDMINE ROWS	3	10	9.5				1-2 MIN	
	GLUTE HAME RAISES	3	10	9.5				1-2 MIN	
	SHRUGS	3	15	9.5				1-2 MIN	
	AB ROLLOUT	3	AMRAP	9.5				1-2 MIN	
D4 WK48									
	OVERHEAD PRESS MAX 5	1	5	9.5				UNLIMITED	
	OVERHEAD PRESS HOLD AT BOTTOM	2	1		110	3 SECS		3-5 MIN	
	INCLINE DB PRESS	3	10	9				1-2 MIN	
	FACE PULLS	3	10	9				1-2 MIN	
	FLYS BAND OR CABLE	3	10	9				1-2 MIN	
	CURLS WITH STRAIGHT BAR	1	100 REPS					0	
D1 WK49	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT MAX 3	1	3	9.5				UNLIMITED	
	SQUAT WALKOUT	2	1		110	3 SECS		3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	9.5				1-2 MIN	
	LAT PULL DOWN	3	15	9.5				1-2 MIN	
	LUNGES	3		9.5			50’	1-2 MIN	
	LEG RAISES	3	10	9.5				1-2 MIN	
D2 WK49									
	BENCH PRESS MAX 3	1	3	9.5				UNLIMITED	
	BENCH PRESS HOLD	2	1		110	3 SECS		3-5 MIN	
	CHEST SUPPORTED ROWS	3	15	9.5				1-2 MIN	
	I,T,Y,W	2	10 EACH	9.5				1-2 MIN	
	DIPS	3	12	9.5				1-2 MIN	
	ROPE PUSHDOWNS	3	10	9.5				1-2 MIN	
D3 WK49									
	DEADLIFT	3	1		70 OF MAX 3			3-5 MIN	
	GLUTE HAME RAISES	3	AMRAP	7				1-2 MIN	
	LANDMINE ROWS	3	10	7				1-2 MIN	
	GLUTE HAME RAISES	3	10	7				1-2 MIN	
	SHRUGS	3	15	7				1-2 MIN	
	AB ROLLOUT	3	AMRAP	7				1-2 MIN	
D4 WK49									
	OVERHEAD PRESS MAX 3	1	3	9.5				UNLIMITED	
	OVERHEAD PRESS HOLD AT BOTTOM	2	1		110	3 SECS		3-5 MIN	
	INCLINE DB PRESS	3	10	9.5				1-2 MIN	
	FACE PULLS	3	10	9.5				1-2 MIN	
	FLYS BAND OR CABLE	3	10	9.5				1-2 MIN	
	CURLS WITH STRAIGHT BAR	1	100 REPS					0	
D1 WK50	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	1		70 OF MAX 3			3-5 MIN	
	REVERSE HYPER EXTENSION	3	10	7				1-2 MIN	
	LAT PULL DOWN	3	15	7				1-2 MIN	
	LUNGES	3		7			50’	1-2 MIN	
	LEG RAISES	3	10	7				1-2 MIN	
D2 WK50									
	BENCH PRESS	3	1		70 OF MAX 3			3-5 MIN	
	CHEST SUPPORTED ROWS	3	15	7				1-2 MIN	
	I,T,Y,W	2	10 EACH	7				1-2 MIN	
	DIPS	3	12	7				1-2 MIN	
D3 WK50									
	DEADLIFT	3	1		50 OF MAX 3			3-5 MIN	
	LANDMINE ROWS	3	10	7				1-2 MIN	
	GLUTE HAME RAISES	3	10	7				1-2 MIN	
	SHRUGS	3	15	7				1-2 MIN	
	AB ROLLOUT	3	15	7				1-2 MIN	
D4 WK50									
	OVERHEAD PRESS	3	1		50 OF MAX 3			3-5 MIN	
	INCLINE DB PRESS	3	10	7				1-2 MIN	
	FACE PULLS	3	10	7				1-2 MIN	
	CURLS WITH STRAIGHT BAR	1	50					0	
D1 WK51	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	SQUAT	3	3		45				
	BENCH PRESS	3	3		45				
	DEADLIFT	3	3		45				
	OVERHEAD PRESS	3	3		45				
D2 WK51									
	REST DAY								
D3 WK51									
	SQUAT	3	3		45				
	BENCH PRESS	3	3		45				
	DEADLIFT	3	3		45				
	OVERHEAD PRESS	3	3		45				
D4 WK51									
	REST DAY								
D1 WK52	**EXERCISE**	**SETS**	**REPS**	**RPE**	**PERCENT**	**TIME**	**DISTANCE**	**REST**	**NOTES/WEIGHT**
	ALL FOUR MAXES CAN BE DONE ON ONE DAY								
	OR SEPARATE DAYS								
	WARM UP							UNLIMITED	
	SQUAT MAX	1	1	10				UNLIMITED	
D2 WK52									
	WARM UP							UNLIMITED	
	BENCH PRESS MAX	1	1	10				UNLIMITED	
D3 WK52									
	WARM UP							UNLIMITED	
	DEADLIFT MAX	1	1	10				UNLIMITED	
D4 WK52									
	WARM UP							UNLIMITED	
	OVERHEAD PRESS MAX 1	1	1	10				UNLIMITED	