

## Training Curriculum

12/7 - 3/31 2024

### Weeks 1 - 3

#### Lower Body

CNS 12 - 20 rep  
1 Broad Jump  
2 Depth - Broad  
3 Multiple Broad  
Main Focus 5RM  
1 RDL  
2 Good Morning  
3 DL  
Rep out 2x20  
Sumo DL  
Specials 3x10  
OLY Squat  
Stepup  
KB Swing  
Core 50-100x  
Situp

#### Full Body

CNS 21-15-9  
1 Wall Ball  
2 Plyo Jump  
3 Burpee  
Main Focus 10-18 rep  
1 Power Clean  
2 Full Clean  
3 Hang Clean  
Repout 6x4  
OLY Pull  
Specials 10 min AMRAP  
10 Thruster  
10 Power Squat  
20 Pushup  
Core 2x2 min  
OH Walking Lunge

#### Upper Body

CNS 12-20 rep  
1 Supine Chest Pass  
2 Standing Chest Pass  
3 Partner Chest Pass  
Main Focus 8RM  
1 Seal Row  
2 Landmine Row  
3 Standing Row  
Rep out 30-60 rep  
Inverted Row  
Specials 4x6  
DB Bench  
French Press  
Pull up  
Core 2x2 min  
Hanging Leg Raise