

## TRAINING CURRICULUM

### WEEKS 1 - 4

(4/14 - 5/9 2024)

#### LOWER BODY

CNS

5X RDL + 2X KNEE TO FEET

1 W/ BOX JUMP

2 W/ BROAD JUMP

3 W/ HURDLE

4 W/ BARBELL

MAIN FOCUS

OLYMPIC SAFETY SQUAT + KB SWING

1 5 / 10 - 20 REP

2 5 / 10 REP + CHAIN

3 5 / 10 - 20 REP + BAND

4 2 / 10 REP

REP OUT 2X10

FRONT SQUAT

SPECIALS

4X8 DEADLIFT

4X12 BULGARIAN SPLIT SQUAT

\*BIKE + WALKING LUNGE

CORE 50-100X

SIT UP + ROTATION

#### UPPER BODY

CNS 8X4 - 8X2

SPLIT JERK + HIGH PULL

MAIN FOCUS

SWISS BAR BENCH

1 6 REP

2 6 REP + CHAIN

3 6 REP + BAND

4 3 REP

REP OUT 12 - 20 REP

DB BENCH + DIP

SPECIALS

4X10 LANDMINE ROW

3X12 CURL AND PRESS

2X20 PUSHUPS

CORE 2X2 MIN

HANGING LEG RAISE + \*KIP

#### FULL BODY

CNS 15 MIN

5 PULLUPS

10 THRUSTERS

15 PUSHUPS

MAIN FOCUS 10 SETS

1X FULL CLEAN

1X HANGING POWER + JERK

SECONDARY FOCUS 5 SETS

2X SPEED SQUAT

2X OLYMPIC PULL

CORE 2X2 MIN

OFFSET CARRY

300M SHUTTLE