

SUMMER 2024 SAMPLE

EFFORT IS A CHOICE

#TTATHLETE



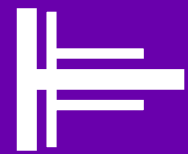
# ATHLETE

## FULL WEEK ONLINE PROGRAM SAMPLES

TRAINING THINK TANK







ATHLETE

STRENGTH BIAS PATH

## MON

A. Clean - Blocks: 12 singles; rest 1 min b/t each - 4 @ mid thigh; 4 @ knee; 4 @ below knee - Tech focus today. Focus on full extension/driving w/ hips/strong catch/pull under the bar. Bar height is at the positions listed

+  
B. BB Back Rack Reverse Lunge: Work to a strong 5 reps for the day - good form, good mechanics, good control, keeping front shin perpendicular to floor, nothing above 8/10 RPE - reps per side, alternating

+  
3 sets - Quad Finishers:

C1. DB Suitcase 1-1/4 Split Squat: 8 reps/ side - No lock at top, constant tension/ movement  
Rest 1 min

C2. KB Goblet Cyclist Squats @ 30X0: 8-10 reps, controlled descent, High speed up, no rest at top, heels elevated to challenge quads  
Rest 0 sec

C3. Feet Elevated Prone Leg Extensions: AMRAP (-1) - Target 8-10 reps  
Rest as needed b/t sets

\*Note: only rest b/t C1 & C2. If you have access to a seated leg extension machine, use that for C3.

+  
\*Gymnastics Tests:

D. For time:  
30 uneven grip rope pullups  
\*hands touch each other on the rope. Chin clears top hand. Must switch lead hand every 5 reps.  
\*8 min cap

+  
E. AMSAP false grip chest to ring hold x 1 attempt

+  
F. AMSAP top of the ring support hold x 1 attempt

\*Gymnastics Initial Testing

## TUE

Option 1 - Jerk Skill:

A. Canella Cross Drills - 10 minutes practicing footwork  
Cues Vid - <https://www.youtube.com/watch?v=QIUyJVyoj04>

+  
3 sets:

B1. Top of Head Level Shoulder Press  
Overcoming ISO: 10 sec - ramping from 60-->100% effort within the 10sec  
Rest 2 min

B2. TnG Push Press: 5 reps - w/ aggressive punch to lockout - around 60% across all sets  
rest as needed b/t sets

Option 2 - HSPU Development:  
Pre-Tests:

A. Build to a tough 3 strict ring dip  
\*stop at 9/10 RPE (don't push to failure)

+  
B. 4 min AMRAP: Strict HSPU  
\*cap of 50 reps. Use 30x10" line standard

Core Finishers:

C. AMSAP Wall Facing Handstand Hold  
\*hands on 10x30" line. Only toes touch the wall. Stop if your elbows begin to bend

D1. 10 hollow body rocks +10-15 sec hollow body hold x 3, rest 1 min

D2. 10 arch body rocks + 10-15 sec arch body hold x 3, rest 1 min

## WED

3 sets:

A1. Mid-Thigh Clean Pin Pull: 10 sec - ramping from 60-->100% effort within the 10 sec  
Rest 2 min

A2. Box Jump From Seated: 1.1.1.1; step down/reset b/t reps

Rest as needed to full recovery to remain as powerful as possible

+  
B. Hang Power Clean: Build to a tough single for the day w/ 1 sec pause at knee, Not a 1RM

+  
C. Half Kneeling SL Vertical Jump: 5 reps/side x 3 sets; rest 1-2 min b/t sets - reset b/t each rep to keep it powerful

+  
3 sets - Glute/Hammy Finishers:

D1. Banded Hip Resisted RDL's @ 2020: 10 reps - constant tension/no pause b/t reps  
Rest 0 sec

D2. SL Split Stance Russian KB Swings: 12 reps/side  
Rest 1 min

D3. Gliding Leg Curls: 15 reps, use grips/straps to assist grip if needed  
Rest as needed

\*Note: only rest b/t D2 & D3. If you have access to a seated leg curls machine, use that for D3.

## FRI

A. Drop Snatch: Find a technical max \*Restrictions - no assistance from hips, must start with ankles/knees/hips fully extended.

+  
B. Pause Snatch: 1.1.1.1 x 3 sets; rest 20 sec b/t reps; rest 2 min b/t sets - 2 sec pause at knee; 60-70% 1RM SN

+  
C. Back Squat: Build to a heavy single for the day - NOT A full 1RM, just getting a gauge on where strength is. If you don't feel that you can control this, then perform a back squat single with a 2 sec pause in the bottom.

+  
D. Standing SA DB Strict Press: Find a 5RM/side - Rest to full recovery b/t sides.  
\*If no access to varied DB selection, Find a rep max on each set with the heaviest DB you have.

+  
\*Gymnastics Tests:

A. For time: 100 alternating wall facing handstand shoulder taps  
\*hands must stay on 10x30" line

+  
B. AMSAP L-sit hold on parallettes x 1  
\*Feet above plates that are same height as top of parallettes.

+  
C. 10 2-DB skull crushers @ 2020 x 3, rest 2 min

+  
D. AMRAP band assisted diamond push-ups @ 2020 x 3, rest 2 min  
\*set band on low J-hooks under hip"

## SAT

A. Deadlift: 3 reps - Hand release - build to a tough but technical 3 reps for the day

\*NOT A 3RM

+  
B. For time:  
30 Strict Pull-Ups  
\*8 min cap, no drop from the top, must control eccentric to the bottom.

+  
C. Bicep Finisher:  
Ez Bar/BB Bicep Curls - 21's: 7 Partial Reps - Bottom + 7 Partial Reps - Top + 7 Full ROM reps x 3 sets; rest 2 min - If no ez Bar, use BB.

+  
D. Seated BB Wrist Curls - Supinated: 15-20 reps x 3 sets; rest 1 min

+  
Conditioning Day:

Option 1 - #tttTD:  
...TBD

Option 2 - Mixed Conditioning:  
Run/Jog or Bike for 20-25 minutes, 4/10 RPE

\*Track your total distance covered and your average mile pace.

\*This should be at a pace that you are able to maintain a conversation without getting out of breathe. Try to pace using a watch and avoid being distracted by phone.

\*If you are unable to run due to weather or lower body fatigue, bike at an easy/conversation pace that keeps you sweaty.



ATHLETE

MASTERS SEMI PREP

# MON

A. Snatch: 3,3,3,2,2,2; rest 2-3 min b/t sets - 80-84% for triples; 86% for doubles - quick reset b/t reps

B. Back Squat: Build to an 8RM for the day; Max of 3 sec b/t reps

C. LLRC from L Position; accumulate 4-5 perfect reps

D. EMOM x 6-9:

Min 1: 2-4 SA DB Squat Snatch - build to a heavy DB

Min 2: 3-4 SA DB OHS/side - building to a heavy DB

Min 3: 3-4 SA DB S20/side - building to a heavy DB

E. 2 sets for quality:

14 Patrick Step Ups/side

Side Plank Clamshell Iso Hold/side: 30 sec hold; 60 sec rest b/t every 20 seconds

Rest as needed b/t each

+

10 rounds for time with weighted vest

5 Bar Facing Burpee

3 power snatch 135/95#

1 rope climb

\*10 min cap

\*Masters 55+ = 95/65lbs for snatch

+

\*\*Additional Touches (if you have time):

5min Row @ 65% max HR

5min Backward walk (light sled drag if possible)

5min Box Breathing (4 in / 4 hold / 4 out / 4 hold)

x2 Sets

# TUE

A. Split Jerk: 3,2,1,3,2,1; Rest 2 min b/t sets - Blocks allowed this week, 75,80,85%; 77,82,87% 1RM SJ

B. Push Press: 4,4,4,4; Rest 2 min b/t sets - Building sets, brief pause/reset ok, final set heaviest

+

2 sets:

C1. DB Bench Press @ 2110: 8-10 reps - close to failure each set but stick to tempo - One head touches chest at bottom, one head touches together at top

Rest 20 sec

C2. Strict HSPUs; 20 for time (1min cap)

Rest 2 min

+

D. For time:

30 Crossover Singles

40 Dual DB Hang Power Clean (50/35lbs)

40 Crossover Singles

50 OHS 115/80

40 Crossover Singles

60 TTB

\*\*14min cap

+

E1. V-ups; 15 reps x2; rest 60-90 sec

E2. Tall Plank Alternating Toe Touch; 20 reps (10/side) x2; rest 60-90 sec <https://youtu.be/SblvHALmsh4>

E3. Leg Scissors w/mini band; 12-16 alternating x 2; rest 60-90 sec <https://youtu.be/qyOoAgsdO4E?t=18>

+

\*\*Extra Credit Work:

Echo bike 10 min warm up (5 sec sprint on the top of each minute)

+

2 Sets, each for time:

For time:

15/10 cals Echo

12 Box Jump Overs @ 24/20"

100 Double Unders

12 Box Jump Overs @ 24/20"

15/10 cals Echo

rest 5min bw sets

+

10min Row Cooldown

# WED

A. Power C/J: 3 reps - AFAP @ 80% 1RM PCJ x 3 sets; rest 90 sec b/t sets

B. EMOM x4; 30 du+ 4 PS @ 65% 1RM

C. Banded Hip Resisted Clean Grip RDL's @ 2020: 7-9 reps x 3 sets; rest 2 min

+

50' (Must be 25' UB segments)

Handstand Walk

18-15-12

KB Deadlifts @ 70/53lbs

6-5-4

Bar muscle ups

rest 6min

3 rounds

11 CTB

18 medball GHD sit ups

25/20 Cal C2 Bike

\*Masters 55+ = 53/35lbs for DL, Standard GHDSUs

+

Extra Credit:

6 x 300m run @ 3k pace, 100m jog recovery

rest 3:00 actively on bike

x 2

into

15min Continuous Walk with Weight Vest

# FRI

Warm-up:

A1. Tibialis Raise; 20-25 reps x 2 sets; rest 30 seconds - [https://youtu.be/gNS\\_QjGAs\\_k](https://youtu.be/gNS_QjGAs_k)

A2. FHL Calf Raise; 20-25 reps x 2 sets; rest 30 seconds - [https://youtu.be/BWedccP0o\\_U](https://youtu.be/BWedccP0o_U)

A3. Knee Over Toe Calf Raise; 20-25 reps x 2 sets; rest 30 seconds - <https://youtu.be/m1aMq9W-jDo>

A4. Patrick Step-up; 20-25 x 2 sets; rest 30 seconds - <https://youtu.be/ITktLtlSkE>

+

A. Clean/Jerk: 6 Tech singles for the day - 2 @ 80%+; 2 @ 84%; 2 @ 86-90%; rest as needed

B1. Front Squat: 3,3,3 - 80-85%; Rest 60 sec

B2. Strict Press: 5,5,5 - 77-82%; Rest 3-4 min

+

C. Pistol Tech Work:

25' Duck Walk

rest as needed

6 Single Leg Deck Squats/leg

rest as needed

12-20 Banded Pistol Squats (set band at bottom of squat so you sit into band for assistance)

rest as needed

x1-2 sets

+

2 sets for times:

15/12 Cal Ski Erg

10 Bar Muscle Ups

1min AMRAP Strict HSPUs (2" riser for 55+)

Rest 3 min

15/12 Cal Ski Erg

25 TTB

1min AMRAP Ring Dips

Rest as needed to full recovery

+

Cool down @ easy effort

7 min walk

7 min row

7 min bike

# SAT

A. 4 Rounds for time:

Row 500/400m

3 Rope Climbs

20 V-ups

50 Air Squats

\*20min Cap

+

B. 2 sets:

10 DBL DB Snatch @ 50/35lbs

100ft HSW for Time

Rest as needed

\*\*Masters 55+ = 50' HSW for time, 535/20lb DB

+

C. 3 sets for elbow/wrist care:

Supinated Grip RDL @ 2020: 8-10 reps - light/moderate load

Pseudo Planche Push-Ups on Parallettes @ 2020: 8-10 reps

Banded Wrist Supinations/Pronations: 8-10 reps/side

<https://www.youtube.com/watch?v=0mI6eUgLELI>

+

20min Easy Bike - Nasal Breathing only

## MON

A. Clean Clusters - Blocks: 1.1 x 9 sets; rest 10 sec b/t reps; rest 1-2 min b/t sets - 3 sets above the knee + 3 sets @ knee + 3 sets below the knee - Target slightly heavier than last week

+  
B. BB Back Rack Reverse Lunge: 10,8,6; rest 2 min b/t sets - good form, good mechanics, good control, keeping front shin perpendicular to floor, 9/10 RPE on last set, aim for similar loads from last week, more volume - reps per side/alternating

+  
C. AMRAP-2 seated uneven grip rope pullups @ 2121 x 6, rest 2 min \*wearing a 20/14# weighted vest \*alternate lead arm on each set

+  
3 Sets:  
6 HEAVY BELT Squats @ 3030 tempo rest 30 seconds  
12 DB Front Rack Walking Lunges (you choose load - moderate and fast) rest 30 seconds  
24 Barbell Thrusters @ 45-75/35-55lbs rest 3min bw sets

## TUE

Option 1 - Jerk Skill:

A. Tall Jerks: 1 rep @ forehead + chin + chest x 6 sets; rest 1-2 min b/t each - light load/tech focus - working on lockout/foot work/speed - alternate forward foot each set for balance

+  
B. Split Jerk: 5 singles @ 75-85% 1RM; rest as needed b/t each

Option 2 - Gymnastics Pressing Development:

A. 18/14 strict ring dips x 3, rest 3 min \*start unassisted, if you hit failure, quickly get into a band and finish the reps.

+  
B. 15 sec bottom of the ring dip hold x 3, rest 90 sec \*add a band if needed

Everyone - Core Finishers:

D. 6-8 strict bar hanging hollow to arch reps x 3, rest 90 sec \*1 sec pause in each position. 1 hollow + 1 arch = 1 rep

+  
3 Sets:  
6 Bench Press reps @ 75-80% of 1Rm rest 30 seconds  
5 Wall Walks (speed focus) rest 30 seconds  
AMRAP 1min Strict HSPUs rest as needed bw sets  
\*Masters 55+ = 3" riser for hspu

## WED

3 sets:

A1. Mid-Thigh Clean Pin Pull: 10 sec - ramping from 60-->100% effort within the 10 sec

Rest 2 min  
A2. Half Kneeling SL Lateral Jump: 5 reps/side - reset b/t each rep to keep it powerful  
Rest as needed to full recovery to remain as powerful as possible

+  
B. EMOM x 8: 2 Hang Power Clean - start around 70% Est 1RM HPC & build small each set - quick drop/reset b/t each rep, NOT tng \*Focus is powerful hip extension, but strong/technical catch in front rack, no star fishing and working on creating strong connection with the bar

+  
6-8 Sets:  
200m Skierg  
10 DBL DB Power Snatch @ 50/35lbs  
12 Toes to Bar  
10 Deadlifts @ 155/105lbs  
200m Skierg rest 2min bw sets  
\*Masters 55+ = 35/20lb DBs, 115/850b Barbell into:  
15min Easy Cooldown

+  
2 sets - Glute/Hammy Finishers (Optional Finisher)

C1. Deadlift - 2" deficit: 12 reps - 8/10 RPE, focus on extra ROM/glute drive  
Rest 0 sec

C2. GHD Hip Extensions: 12-15 reps  
Rest 1 min

C3. Gliding Leg Curls: 15 reps, use grips/straps to assist grip if needed

\*Note: only rest b/t C2 & C3. If you have access to seated leg curls machine, use that for C3.

## FRI

A. Close Grip OHS @ 3111: 5 reps x 3 sets; rest 2 min - from the ground, must C/J the weight w/ goal of setting bar overhead from front rack, build in weight each set sticking to tempo.

+  
B. Squat Snatch + OHS: 3.1; 2.1;1.1 x 2 times through; rest 2 min b/t sets - This is a cluster/Sn set, do 10 sec rest b/t each snatch with an extra OHS on final rep; rest 2 min b/t sets - 6 total sets; treated as wave load, increase load each set, then drop back down, target 2nd wave heavier than first, not a 1RM

+  
C. Back Squat: 3,3,X,3,X; rest as needed b/t sets - 65%, 75%, AMRAP (-1) @ 85%; 75%; AMRAP (-1) @ 65% - Max of 12 reps \*No more than 3 sec pause between reps. Based on current or est 1RM, if you're detrained, start with around 5-10% under your 1RM so you can hit %'s with 100% success

+  
D. SA DB Strict Press: 12 reps/side x 3 sets; rest 30 sec b/t sides; rest 2 min b/t sets

+  
3-5 Rounds:  
5min Clock:  
200m Run  
10 Burpees to 6" reach  
200m Run  
AMRAP Echo Bike Cals in remaining time  
rest 2:30 bw rounds

\*Goal is your max sustainable pace - every effort should be within 3-5 cals of all other efforts

## SAT

A. Reverse Banded Deadlifts: 4 reps x 5 sets; rest 2 min b/t sets - Medium band thickness, start around 85-90% 1RM DL and build slow each set. No loss in speed or positions. Heavier than last week

\*Cues vid - Set up Reverse Banded Deadlifts

+  
3 sets:  
B1. Bent Over Towel Grip Landmine Rows @ 2020: 8-10 reps - 9/10 RPE

Rest 30 sec  
B2. Supinated Grip Strict Pull-Ups @ 20X1: AMRAP (-1) - Target of 10-12 reps, so use feet assisted as needed to finish out reps

Rest 2 min  
+  
C. Ez Bar/BB Bicep Curls - 24's: 8 Partial Reps - Bottom + 8 Partial Reps - Top + 8 Full ROM reps x 3 sets; rest 2 min - If no ez Bar, use BB.

+  
3 sets:  
D1. Seated BB Wrist Curls - Supinated: 15-20 reps

D2. Seated BB Wrist Extensions: 15-20 reps  
Rest 1 min b/t each

+  
"DumbBelinda"  
For time  
10,9,8,7,6,5,4,3,2,1  
DB Deadlifts  
DB Strict Press  
DB Squat Cleans  
\*12 min Cap

\*50/35# DB per hand  
\*One head of DB Touches for deadlifts & squat cleans. Inside or Outside of legs is allowed. One head of DB must touch shoulders at the bottom of each strict press.

\*Suggested Scaling - 35/20# DB's, Hang Power Cleans, Push Press instead of strict press



# MON

A. BB Back Rack Reverse Lunge: Work to a strong 5 reps for the day - good form, good mechanics, good control, keeping front shin perpendicular to floor, nothing above 8/10 RPE - reps per side, alternating  
+  
B. AMSAP false grip chest to ring hold x 1 attempt  
+  
C AMSAP top of the ring support hold x 1 attempt  
\*Gymnastics Initial Testing  
+  
Murph Prep:  
1000m Run @ murph goal pace rest 2min  
10 min AMRAP:  
5 Pull-ups  
10 Push-ups  
15 Air Squats rest 2min  
1000m Run @ murph goal pace

Intent: We are one week out from our annual Murph event. This week we will put the final touches on our murph prep with a 15min AMRAP of push-ups, pull-ups and air squats, bookended by 1k runs.

Target: This is our last dose of Murph prep so push your effort on the amrap and create some intensity.

Feel: This will be tough, but likely bottlenecked by the athletes ability to perform push-ups in large sets.

# TUE

A. TnG Push Press: 5 reps x 3 sets; rest 2 min - w/ aggressive punch to lockout - around 60% across all sets  
+  
B1. 10 hollow body rocks +10-15 sec hollow body hold x 3, rest 1 min  
B2. 10 arch body rocks + 10-15 sec arch body hold x 3, rest 1 min  
+  
Run/Echo Benchmark:  
4 Rounds for Time:  
400m Run  
30/24 Calorie Echo Bike

Intent: This is our Run/Echo Bike Benchmark Test. We will retest this workout on week 8 of this training cycle. Be sure to notate your score today so you can easily compare the next time we do it.

Target: Your goal today is to hold your max sustainable pace. Each round should be similar in time to the previous rounds. Some drop of is to be expected but do your best not to redline until the last round.

Feel: This will be intense, but save your "kick" until the last round.

# WED

A. Hang Power Clean: Build to a tough single for the day w/ 1 sec pause at knee, Not a 1RM  
+  
4 Sets:  
4min Clock:  
300m Row  
5 Deadlifts @ 315/225lbs  
15 Box Jump Overs (Step down)  
AMRAP ""movement"" in remaining time  
\*Set 1/3 = power clean @ 155/105lbs  
\*Set 2/4 = power snatch @ 155/105lbs directly into:  
15min Easy Cooldown

Intent: This is week 1 of our hinge/ barbell cycling progressions. This week we will bias the power clean and power snatch.

Target: We want your focus to be on quality technique and proper breathing patterns. We suggest performing fast singles on both barbells.

Feel: This will be tough, but keep your focus on quality barbell cycling, with fast singles.

# FRI

A. Pause Snatch: 1.1.1.1 x 3 sets; rest 20 sec b/t reps; rest 2 min b/t sets - 2 sec pause at knee; 60-70% 1RM SN  
+  
B. Back Squat: Build to a heavy single for the day - NOT A full 1RM, just getting a gauge on where strength is. If you don't feel that you can control this, then perform a back squat single with a 2 sec pause in the bottom.  
+  
C. Standing SA DB Strict Press: Find a 5RM/side - Rest to full recovery b/t sides.  
\*If no access to varied DB selection, Find a rep max on each set with the heaviest DB you have.  
+  
2-3 Sets based on time:  
6 Bench Press reps @ 73-78% of 1RM rest 30 seconds  
50' HSW (speed focus) rest 30 seconds  
24 K HSPUs for Time rest 3-5min bw sets

Intent: This is week 1 of our upper body pressing endurance progressions. Be sure to warm-up well for this as there will be a high level of shoulder/triceps "pump" and fatigue.

Target: We want you to move as quickly as possible through both the hsw and k hspu. Pre-plan your k hspu breaks so you can optimize your score.

Feel: This will be upper body limiting, which means the global fatigue will remain low but the local fatigue in the shoulders/arms will be very high. Warm-up well!

# SAT

A. Deadlift: 3 reps - Hand release - build to a tough but technical 3 reps for the day  
\*NOT A 3RM  
+  
B. For time:  
30 Strict Pull-Ups  
\*8 min cap, no drop from the top, must control eccentric to the bottom.  
+  
For time  
50/40 cal row buy in into  
5 rounds of  
5 Bar Muscle Ups  
10 Line Facing Burpees  
15 wallballs into  
50/40 cal row cashout



# MON

- A. Clean - Blocks: 12 singles; rest 1 min b/t each - 4 @ mid thigh; 4 @ knee; 4 @ below knee - Tech focus today. Focus on full extension/driving w/ hips/strong catch/pull under the bar. Bar height is at the positions listed
- +
  - B. BB Back Rack Reverse Lunge: Work to a strong 5 reps for the day - good form, good mechanics, good control, keeping front shin perpendicular to floor, nothing above 8/10 RPE - reps per side, alternating
  - +
    - C. AMSAP false grip chest to ring hold x 1 attempt
    - +
      - D AMSAP top of the ring support hold x 1 attempt
- \*Gymnastics Initial Testing
- +
  - Murph Prep:
    - 1000m Run @ murph goal pace
    - rest 2min
    - 15min AMRAP:
      - 5 Pull-ups
      - 10 Push-ups
      - 15 Air Squats
      - rest 2min
    - 1000m Run @ murph goal pace

Intent: We are one week out from our annual Murph event. This week we will put the final touches on our murph prep with a 15min AMRAP of push-ups, pull-ups and air squats, bookended by 1k runs.

Target: This is our last dose of Murph prep so push your effort on the amrap and create some intensity.

Feel: This will be tough, but likely bottlenecked by the athletes ability to perform push-ups in large sets.

\*Extra Credit Core Endurance:  
For time:  
100 V-ups  
\*6 min cap

# TUE

- Option 1 - Jerk Skill:
  - A. Canella Cross Drills - 10 minutes practicing footwork
  - Cues Vid - <https://www.youtube.com/watch?v=QIUyJVyoj04>
  - +
    - 3 sets:
      - B1. Top of Head Level Shoulder Press Overcoming ISO: 10 sec - ramping from 60-->100% effort within the 10sec
      - Rest 2 min
      - B2. TnG Push Press: 5 reps - w/ aggressive punch to lockout - around 60% across all sets
      - rest as needed b/t sets
- Option 2 - Gymnastics Pressing Development:
  - Pre-Tests:
    - A. Build to a tough 3 strict ring dip
    - \*stop at 9/10 RPE (don't push to failure)
    - +
      - B. 4 min AMRAP: Strict HSPU
      - \*cap of 50 reps. Use 30x10" line standard
  - Everyone:
    - C1. 10 hollow body rocks +10-15 sec hollow body hold x 3, rest 1 min
    - C2. 10 arch body rocks + 10-15 sec arch body hold x 3, rest 1 min
    - +
      - Run/Echo Benchmark:
        - 4 Rounds for Time:
          - 400m Run
          - 30/24 Calorie Echo Bike

Intent: This is our Run/Echo Bike Benchmark Test. We will retest this workout on week 8 of this training cycle. Be sure to notate your score today so you can easily compare the next time we do it.

Target: Your goal today is to hold your max sustainable pace. Each round should be similar in time to the previous rounds. Some drop of is to be expected but do your best not to redline until the last round.

Feel: This will be intense, but save your "kick" until the last round.

# WED

- 3 sets:
  - A1. Mid-Thigh Clean Pin Pull: 10 sec - ramping from 60-->100% effort within the 10 sec
  - Rest 2 min
  - A2. Box Jump From Seated: 1.1.1.1.1; step down/reset b/t reps
  - Rest as needed to full recovery to remain as powerful as possible
  - +
    - B. Hang Power Clean: Build to a tough single for the day w/ 1 sec pause at knee, Not a 1RM
    - +
      - 4 Sets:
        - 4min Clock:
          - 300m Row
          - 5 Deadlifts @ 315/225lbs
          - 15 Box Jump Overs (Step down)
        - AMRAP ""movement"" in remaining time
        - \*Set 1/3 = power clean @ 155/105lbs
        - \*Set 2/4 = power snatch @ 155/105lbs directly into:
          - 15min Easy Cooldown

Intent: This is week 1 of our hinge/barbell cycling progressions. This week we will bias the power clean and power snatch.

Target: We want your focus to be on quality technique and proper breathing patterns. We suggest performing fast singles on both barbells.

Feel: This will be tough, but keep your focus on quality barbell cycling, with fast singles.

Extra Credit HS Endurance:  
Initial Test:  
90 sec AMRAP:  
HSW in 25ft UB lengths  
-rest 90 sec-  
90 sec AMRAP:  
HS hold in 4x4 box (for accumulated time)  
-rest 90 sec-  
90 sec AMRAP:  
2 wall walks  
6 KHSPU

# FRI

- A. Drop Snatch: Find a technical max \*Restrictions - no assistance from hips, must start with ankles/knees/hips fully extended.
- +
  - B. Pause Snatch: 1.1.1.1 x 3 sets; rest 20 sec b/t reps; rest 2 min b/t sets - 2 sec pause at knee; 60-70% 1RM SN
  - +
    - C. Back Squat: Build to a heavy single for the day - NOT A full 1RM, just getting a gauge on where strength is. If you don't feel that you can control this, then perform a back squat single with a 2 sec pause in the bottom.
    - +
      - D. Standing SA DB Strict Press: Find a 5RM/side - Rest to full recovery b/t sides.
- \*If no access to varied DB selection, Find a rep max on each set with the heaviest DB you have.
- +
  - 3 Sets:
    - 6 Bench Press reps @ 73-78% of 1RM
    - rest 30 seconds
    - 50' HSW (speed focus)
    - rest 30 seconds
    - 24 K HSPUs for Time
    - rest 3-5min bw sets

Intent: This is week 1 of our upper body pressing endurance progressions. Be sure to warm-up well for this as there will be a high level of shoulder/triceps "pump" and fatigue.

Target: We want you to move as quickly as possible through both the hsw and k hspu. Pre-plan your k hspu breaks so you can optimize your score.

Feel: This will be upper body limiting, which means the global fatigue will remain low but the local fatigue in the shoulders/arms will be very high. Warm-up well!

# SAT

- A. Deadlift: 3 reps - Hand release - build to a tough but technical 3 reps for the day
- \*NOT A 3RM
- +
  - B. For time:
    - 30 Strict Pull-Ups
    - \*8 min cap, no drop from the top, must control eccentric to the bottom.
    - +
      - C. Bicep Finisher:
        - Ez Bar/BB Bicep Curls - 21's: 7 Partial Reps - Bottom + 7 Partial Reps - Top + 7 Full ROM reps x 3 sets; rest 2 min - If no ez bar, use BB.
        - +
          - D. Seated BB Wrist Curls - Supinated:
            - 15-20 reps x 3 sets; rest 1 min
            - +
              - For time
                - 50/40 cal row buy in into
                - 5 rounds of
                - 5 Bar Muscle Ups
                - 10 Line Facing Burpees
                - 15 wallballs
                - into
                - 50/40 cal row cashout
  - \*\*Extra Credit Strict Pulling:
    - A. Weighted Strict False Grip Ring Pull-Up: 4-5 reps x 4 sets; rest 2-3min bw sets
    - B. False Grip Ring Rows: AMRAP (-1) x 4 sets; rest as needed b/t sets - slow/controlled tempo
    - 3 sets:
      - C1. SA DB Row: 6 reps/side - heavy
      - C2. Chin Over Bar Hold: AMSAP until you accumulate 15 total seconds
      - C3. Hanging Scap Circles: 6-8 reps each direction
      - Rest 1 min b/t each
      - +
        - \*Upper Body Mobility Focus:
          - D. Accumulate 5 medball T-spine CARs ea. direction
          - E. Accumulate 30 slow cat-camels
          - F. Accumulate 20 shoulder swimmers



# MON

RMU: Got None:  
 \*if you started a RMU progression during the foundations cycle, you can continue it here  
 Skill Breakdown:  
 A. 1 "max-effort" ring swing + open hip front swing WITH aggressive pull to shoulders x 6-8, rest as needed  
 \*A+B + getting shoulders as high as you can.  
 B. Every 30 sec x 10 sets: 2-position jumping muscle ups \*\*on high rings\*\*  
 \*notice that the shoulders are still the highest point- then the hips (which are open!)  
 C. Every 90 sec x 5-6: 1 seated band-supported chest to ring pullups + strict muscle up transition  
 D. 10-20 sec ring support pulses x 3, rest as needed

RMU Got Some:  
 "RMU swing step complex:  
 3 arch to hollow swings + 1 arch to hip drive + 1 arch to pull to chest + 1-5 turnovers (no dip)  
 x 4-5 sets, rest 3 min btw  
 \*Notes: If you have RMU - complete the turnovers and chose reps based on your ability  
 If you do not have RMU - no turnover but complete 6-8 sets of the complex +  
 B. AMRAP-2 seated uneven grip rope pullups @ 2121 x 6, rest 2 min  
 \*wearing a 20/14# weighted vest  
 \*alternate lead arm on each set +  
 A. BB Back Rack Reverse Lunge: 10,8,6; rest 2 min b/t sets - good form, good mechanics, good control, keeping front shin perpendicular to floor, 9/10 RPE on last set, aim for similar loads from last week, more volume - reps per side/alternating +  
 C. 2-3 Sets:  
 6 HEAVY BELT Squats @ 3030 tempo rest 30 seconds  
 12 DB Front Rack Walking Lunges rest 30 seconds  
 24 Barbell Thrusters @ 45-75/35-55lbs rest 3min bw sets

Intent: This will be week 1 of a 6-week squat endurance progression, most of which will take place on Mondays. Expect dense sets of squat based movements focused on building your leg endurance.

Target: Your goal today is to do each of the movements unbroken. Adjust the loading as needed to do so.

# TUE

A. Tall Jerks: 1 rep @ forehead + chin + chest x 6 sets; rest 1-2 min b/t each - light load/tech focus - working on lockout/foot work/speed - alternate forward foot each set for balance +  
 B. Split Jerk: 5 singles @ 75-85% 1RM; rest as needed b/t each +  
 Handstand Strength:  
 8 elevated plate step - wall facing x 4, rest 90-120 sec  
 \*alternate lead hand each step. Start with a small plate, if you are able to complete the set UB and under control, increase height. If not, stay there  
<https://youtu.be/2YRciwP6WBg>  
 +  
 3 Sets:  
 6 Bench Press reps @ 75-80% of 1Rm rest 30 seconds  
 30-40 sec wall facing handstand hold rest 30 seconds  
 AMRAP 1min hand release pushups -rest 3 min btw sets-

Intent: This is week 2 of our upper body pressing endurance progressions. Be sure to warm-up well for this as there will be a high level of shoulder/triceps "pump" and fatigue.

Target: We want you to move as quickly as possible through both the bench press and wall walks to create fatigue prior to the hspu. Once to the HSPU, plan a breaking strategy that optimizes your AMRAP score.

Feel: This will be upper body limiting, which means the global fatigue will remain low but the local fatigue in the shoulders/arms will be very high. Warm-up well!

# WED

3 sets:  
 A1. Mid-Thigh Clean Pin Pull: 10 sec - ramping from 60-->100% effort within the 10 sec  
 Rest 2 min  
 A2. Half Kneeling SL Lateral Jump: 5 reps/side - reset b/t each rep to keep it powerful  
 Rest as needed to full recovery to remain as powerful as possible +  
 B. EMOM x 8: 2 Hang Power Clean - start around 70% Est 1RM HPC & build small each set - quick drop/reset b/t each rep, NOT tng +  
 TTB Skill  
 Got None:  
 A. Accumulate 3 sets of 5 arch to hollow on bar with legs together and straight in arch  
 B. Accumulate 3 sets of 5 arch to knee tuck- same arch position but bring knees up to about hip height in the front of the swing (keep legs straight in back)  
 C. Accumulate 3 sets of 5 TTB with straight legs in the arch (you can bend kneed to touch toes to bar if you need to)  
 D. Accumulate 3 sets of 5 TTB w/ same points from "C" AND not looking at the bar (look straight ahead)

Got Some:  
 3-5 UB TTB  
 -Rest 5 sec-  
 ..until failure  
 -Rest 5 min-  
 x 2-4 sets

\*Cap at 60 total reps for the day +  
 3-4 Sets:  
 200m Ski erg  
 6 DBL DB GTOH @ 50/35lbs  
 12 V-ups  
 10 Deadlifts @ 155lbs  
 200m Ski erg  
 rest 2min bw sets  
 into:  
 15min Easy Cooldown

Intent: This is week 3 of our hinge/ barbell cycling progressions. This week we will mix the DB and Barbell with hinge based movement patterns.

Feel: This should be challenging on your posterior chain with moderate global fatigue.

# FRI

A. Squat Snatch + OHS: 3,1; 2,1;1 x 2 times through; rest 2 min b/t sets - This is a cluster/Sn set, do 10 sec rest b/t each snatch with an extra OHS on final rep; rest 2 min b/t sets - 6 total sets; treated as wave load, increase load each set, then drop back down, target 2nd wave heavier than first, not a 1RM +  
 B. Back Squat: 3,3,X; rest as needed b/t sets - 65%, 75%, AMRAP (-1) @ 85%  
 \*No more than 3 sec pause between reps. Based on current or est 1 RM, if you're detrained, start with around 5-10% under your 1RM so you can hit %'s with 100% success +  
 C. SA DB Strict Press: 12 reps/side x 2 sets; rest 30 sec b/t sides; rest 2 min b/t sets +  
 2-3 Rounds:  
 5min Clock:  
 200m Run  
 10 Burpees to 6" reach  
 200m Run  
 AMRAP Echo Bike Cals in remaining time  
 rest 2:30 bw rounds  
 \*Goal is your max sustainable pace - every effort should be within 3-5 cals of all other efforts

Intent: Week 3 of our Run/Echo progressions. This weeeek we are adding in an additional bodyweight element with a burpee variation.

Target: We want you to hold a max sustainable pace for each round. Your effort should allow you to be within 3-5 calories on all 5 rounds of the echo bike. Kick hard on your last set.

Feel: This should be hard, but you should keep your effort at a sustainable pace throughout until the last round.

+  
 EMOM 3 min:  
 30 sec hollow body rocks -rest 1-3 min-  
 x 2  
<https://youtu.be/Nxai0BKIsY4>  
 \*scale = tuck knees +  
 EMOM 4 min:  
 30 sec alt pike leg lifts from seated  
 \*hold ea rep for 1 count  
<https://youtu.be/G8nghM9nv5k>

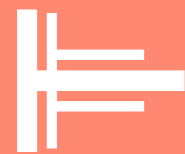
# SAT

BMU:  
 Got None:  
 \*if you started a BMU progression during the foundations cycle, you can continue it here  
 A. 5 reps of each "step" for quality:  
 1. Jump to pike  
 2. Tight and patient arch  
 3. Toes rise (spot them)  
 4. Hip drive + press down on bar w/ straight arms  
 \*note: each step adds onto the previous one. Focus on not skipping the previous step as you add the next.

Got Some:  
 A. Accumulate 10-15 reps in singles of: "3/4 TTB + 1 BMU"  
 \*goal is to turnover the full rep as high as possible.  
 \*\*<https://youtu.be/o0NDzS4bRYw>  
 +  
 "DumbBelinda" - Intermediate Version  
 For time  
 10,9,8,7,6,5,4,3,2,1  
 DB Deadlifts  
 DB Strict Press  
 DB Squat Cleans  
 \*12 min Cap

\*DL @ 50/35# ea  
 \*Strict press and squat cleans @ 35/20# ea +  
 A. Ez Bar/BB Bicep Curls - 24's: 8 Partial Reps - Bottom + 8 Partial Reps - Top + 8 Full ROM reps x 3 sets; rest 2 min - If no ez Bar, use BB.

+  
 3 sets:  
 B1. Seated BB Wrist Curls - Supinated: 15-20 reps  
 B2. Seated BB Wrist Extensions: 15-20 reps  
 Rest 1 min b/t each



ATHLETE

ENDURANCE

## MON

Endurance warmup: <https://www.youtube.com/watch?v=isceT6h3CzY>

+

Run for 30 minutes outside or on treadmill, 4/10 RPE

\*Track your total distance covered and your average mile pace.

\*This should be at a pace that you are able to maintain a conversation without getting out of breathe. Try to pace using a watch and avoid being distracted by phone.

\*If you are unable to run due to weather or lower body fatigue, bike at an easy/conversation pace that keeps you sweaty.

+

Footcare:

A. Towel toe curls; 14-18 reps pulling towel towards you x3; rest 90 seconds  
<https://www.youtube.com/watch?v=ORaq6ls9EXA>

B. Intrinsic foot musculature drills; 5 reps big toe elevation, 5 reps little toe elevation, 5 reps spread toes, 5 reps squeeze toes x3/side; rest as needed bw sides

<https://www.youtube.com/watch?v=2OOJ9AQ1AEg&t=64s>

C. Single leg anterior tib raises; 10 reps with 1 sec maximal isometric pause x3/side; rest as needed bw sides

<https://www.youtube.com/watch?v=8p-WMOpQBRqo> (he's doing this on two legs, i want you to do it on one leg)

D. Seated anterior tib raises; 10 reps x3/side; rest as needed

<https://www.youtube.com/watch?v=o-D9leQdspY>

## TUE

5 Rounds:

5min Clock:

200m Run

10 Burpees to 6''' reach

200m Run

AMRAP Echo Bike Cals in remaining time

rest 2:30 bw rounds

\*Goal is your max sustainable pace - every effort should be within 3-5 cals of all other efforts

## WED

\*Follow your choice of CrossFit conditioning  
OR

30min EMOM:

Min 1: 30 Sec Bike Calories

Min 2: 30 Sec Row Calories

Min 3: 30 Sec Ski Calories

\*0-18min @ 8-9/10 RPE

\*18-24min @ 7-8/10 RPE

\*24-30min @ EASY Cooldown effort

RPE Chart: <https://static1.square-space.com/static/633b21464ad2e-2634fac469ft/6434cdab7077d826f-27de7ac/1681182123194/TTT-RPE-Guide.pdf>

TTT-RPE-Guide.pdf

+

Follow the Movement and Mobility Path

## FRI

Echo bike 60 sec @ 10min Pace (+/- 1-2 RPMs)

rest 60 sec

x 10

+ (rest 3 min)

60 sec @ 10min Pace (+/- 1-2 RPMs)

rest 45 sec

x 8

+ (rest 2:30 min)

60 sec @ 10min Pace (+/- 1-2 RPMs)

rest 30 sec

x 6

\*\*if you fail to hold the pace on any interval, stop and fall into a slow recovery ride for at least 8-10 minutes

## SAT

Endurance warmup: <https://www.youtube.com/watch?v=isceT6h3CzY>

+

5 Sets:

800m Run @ 5k pace

Rest 60s

400m Run @ 5-10s slower than

1-mile pace

Rest 2-3 Minutes

+

Easy 15min Walk Cooldown

\*\*Spend time doing the following:

Lower limb care

2-3 min foam roll/lax ball work in

foot/calf/tib ant

+

2x through

1 minute forefoot elevated calf

stretch

1 minute toe drag stretch



**MON**

Snatch Technique  
EMOMx9 alt.  
Mins 1-3: 3 high hang muscle snatches  
Mins 4-6: 3 hang muscle snatches  
Mins 7-9: 3 muscle snatches

*\*Keep all sets @light loads, focusing on keeping the bar close and turning over high with a strong punch for lockout. See the videos below for more points of performance and implications of performing these lifts in the right way*  
<https://youtu.be/jF6hmfA1CYI>  
<https://youtu.be/l4SoZfGTDRA>

Upper Pull Strength  
A. AMRAP-1 low bar pull-up @ 5111 x 3, Rest to recovery between sets  
*\*AMRAP-1' = stop 1 rep before perceived max effort*  
B. AMRAP-1 ring rows w/ 5 sec. hold rings touching chest and knuckles touching each other x 3, Rest to recovery between sets  
C. 6 single arm DB row w/ band resistance ea. x 3, Rest 1 min between sides  
*\*Start each rep by retracting your scap, then pull*

*Notes: Developing the strict strength before the kipping movement prevents injury and lays a foundation for faster skill adaptations. We also want to make sure your upper body mechanics are sound before layering strength&conditioning work in your routine. See the videos below to make sure you are ready.*

<https://youtu.be/TQr2g5-8bhk>  
<https://youtu.be/k6xfLLTIEE>

Conditioning  
3 sets:  
8 bar facing burpees  
5 BB snatches @75/55lb -rest :30  
8 bar facing burpees  
5 BB CJ @75/55lb -rest :30-

*\*These intervals are meant to introduce the bar facing burpee foot work technique and some light barbell cycling under fatigue. If the weight is too heavy, scale to the barbell only (45/35lb) and work on quality reps.*

**TUE**

A. 5 BS @ 4111 x 3, rest 2-3 min  
*\*start @ a moderate load and build each set*  
B. 5 DL @ 4111 x 3, rest 2-3 min  
*\*start @ a moderate load and build each set*

*\*The back squat and deadlift are foundational movements that will build absolute strength for many aspects of the sport of CF. These lifts will be performed at a tempo of "4111", which means lower down to the bottom for 4 seconds, pause in the bottom for 1 second, stand up for 1 second, then pause at the top for 1 second. With high time under tension, we are focusing on building postional awareness and strength for these compound lifts. See the videos below to perform these lifts safely.*  
<https://youtu.be/sawCp1IsWg4>  
<https://youtu.be/asJS23nbnM4>

Glute / hamstring / single leg squat accessory  
A1. DB glute bridge; 3x15 @20x2 -rest :30  
A2. DB goblet curtsey squat; 3x10/side -rest :30  
A3. Slider hamstring curl negatives; 3x5 as slow as possible -rest 2:00

*\*Glute and posterior chain accessories are very important for lower body health, strength, and power. This superset is meant to build your glutes and hamstrings as "support" for the heavier lifts we will be progressing these 12 weeks.*

Conditioning  
6-8 RFT:  
8 wall balls @14/10lb  
6 alt. DB power snatches @40/25lb  
4 box jump overs @24/20" -rest :30-45-

*\*The intent of today's intervals is to familiarize yourself with the wall ball, DB power snatch, and box jump over. The rest between rounds is meant to give you some time to "recoop" before the next round so you can learn these movements in a semi-fatigued state. These should get your heart rate up and make you sweat, but you should not feel dead, so choose round and rest times accordingly. Watch these videos for more information on going over the wall ball*  
<https://youtu.be/l74zBEo3150>  
<https://youtu.be/cScnXtLvD4Y>

**WED**

Jerk Technique / UB Pressing  
A. Empty BB split jerk  
5 EMOM x3 with 2 sec pause OH  
B. Push jerk loaded  
3 EMOMx3 with 2 sec pause OH  
C- Strict press from split position  
3 EMOMx3=4 with 2 sec pause OH  
*\*alternate sides per set*

*\*Today we are introducing the barbell split jerk/ push jerk/ and strict press. This EMOM starts with the highest movement in complexity, then decreases. The split jerk is a very dynamic movement that requires a lot of coordination, so we are sticking to an empty barbell to grasp the technique. See the videos below, to better understand these lifts.*  
<https://youtu.be/jF6hmfA1CYI>  
<https://youtu.be/l4SoZfGTDRA>

Handstand Strength  
A1. 20-40 sec. feet on box piked handstand hold x3, Rest as needed  
*\*set gaze between thumbs*  
*\*actively press into the ground throughout hold*  
A2. 5 loaded stead shoulder flexions w/ 1 full inhale and exhale at end of range of motion ea. rep x3, Rest as needed

*\*Handstand and overhead strength is a large component of the sport of CF. These drills are meant to introduce you to the fundamental positions of the handstand and being inverted. See the videos below to perform these movements properly.*  
<https://youtu.be/lxC272tuZtA>  
<https://youtu.be/89oj2XlIb10>

Alt. EMOMx6-8:  
min 1: 20 sec. max pike scap push-ups  
*\*keep arms straight and all movement comes from scaps/ upper back*  
min 2: 20 sec. prone front bodyline PVC hold

*\*hands stacked above shoulders, create movement from Tspine. There should be space between your stomach and the ground, however, keep glutes engaged on don't lift the hips to create this space.*

Row Progressions  
"Tester"  
3k for time

*\*This simple cyclical test will test your row efficiency and economy. We will be retesting this at the end of the 12 weeks, so write down your time, average pace, and any other subjective feedback.*

**FRI**

Clean Technique  
EMOMx9 alt.  
Mins 1-3: 3 high hang muscle cleans  
Mins 4-6: 3 hang muscle cleans  
Mins 7-9: 3 muscle cleans

*\*As we start from the power position and work down, we are focusing on a strong hip drive while keeping the bar close with the "muscle" clean aspect. Keep all sets @ light loads, focusing on keeping the bar close and turning over high with a strong punch for lockout. See the videos below for performing these lifts in the right way*  
<https://youtu.be/jF6hmfA1CYI>  
<https://youtu.be/l4SoZfGTDRA>

Swinging Progression  
A. 12 Standing badned arch/ hollow x3, Rest as needed  
B1. 20-30 sec. reach to feet bent knee hollow hold x3, Rest 1 min  
*\*knees bent*  
B2. 20-30 sec. prisoner arch body hold x3, Rest 1 min

*The hollow and arch position is the foundation of any gymnastics movements. We will be strengthening these positions throughou the 12 weeks to lay a solid base for higher skill movements such as TTB, CTB, RMU, BMU, etc. See the videos below for more background on gymnastics.*  
<https://youtu.be/lN55PGftUBY>  
<https://youtu.be/omQmmXqqO1o>

Strict Pulling  
2 sets for quality  
a) 6 rope pulls from supine to standing + 6 eccentric pulls  
*\*after 4th pull on way up and down - hold 5-10 seconds, rest 60s*  
b) 50ft hand-over-hand sled pull from seated position, rest 60s  
c) hang from rings, AMSAP-5 seconds, rest 60s  
d) 5 parallette crab extensions w/ full inhale and exhale at top of each rep, rest as needed

Conditioning  
3 sets @80%  
200m run  
10 barbell thrusters @45/35lb -rest :30-  
200m ski  
10 KB swings @16/12kg -rest :30-

*\*Today's workout is a light and fast one. The runs are meant to increase your heart rate so you get used to picking up the barbell and KB under slight fatigue. Use the rest to catch your breath and prepare for the next round.*

**SAT**

OHS Stability  
A. EMOM 6 min: 20 sec trainer bar band assisted sotts press @ 3131  
*\*https://www.youtube.com/watch?v=zncMlcqZ2jc*  
B. 5 box OHS @ 2121 x 3, rest 90 sec

*\*set box at parallel - miniband around knees. Drive knees out against band. Choose a weight that allows you to maintain tempo and strong overhead position*  
*\*We are introducing the overhead squat, which is a key position for the squat snatch. It is also a very difficult position to get into as it requires flexibility and stability from both your upper and lower body. We recommend following the "t-spine" and "squat" days of the Movement and Mobility Path on TTT Fitness for added positional work.*

HSPU Strength:  
A. EMOM 8 min:  
3-6 piked HSPU (feet on ground/ box/ etc. to get the specified reps)  
*\*focus on maintaining a posterior pelvis tuck/ lower abs engaged/ and ending in a tripod position*  
*\*The piked HSPU is a regression of the more complex movement, the HSPU. With your feet on the ground, you should be able to mimick the inverted HS position and HSPU reps with less BW.*

Ring Stability - Some Banded week 1+2  
A1. Rings Hang w/ light RTO - 2 x AMSAP; rest as needed  
*\*https://youtu.be/zSEjwq9Hdb4*  
*\*SUB if needed: Rings Inverted Iso Hold*  
*\*https://youtu.be/cM3yAbpGsik*  
A2. straight bar support hold - 2 x AMSAP; rest as needed

*\*These ring holds are meant to strengthen your grip, lats, triceps, and shoulders. If you cannot hold these positions on the rings, add a band to hold for a minimum of 10 seconds.*

"Throwdown" Style Workout (or an older / simple Open workout)  
8 min AMRAP:  
12 single DB shoulder to overhead (6/side) @40/25lb  
24ft DB front rack walking lunges  
48 single unders

*\*We have a DB and jumping based workout today that is meant to feel like a typical CF metcon/ qualifier. This should be tough and intense, all while moving with good movement quality.*

# MOVEMENT & MOBILITY PATH



## MON

- A. Foam Roll Lats: 2 x 30s per side, rest 30s.  
<https://www.youtube.com/shorts/jcGDO4oUoiY>
- B. Supinated Grip Trainer Bar Pullover 2-3 x 8 reps, rest 30s.  
 \*4s eccentric on each rep.  
 Try to keep your ribcage as stacked as possible  
<https://www.youtube.com/watch?v=MOmhkurnkyM>
- C. Shoulder IR Eccentric: 2-3 x 5 reps @ as slow as possible, rest 30s.  
<https://www.youtube.com/shorts/mVbf4k5T1-Q>
- D. Shoulder ER Eccentric: 2-3 x 5 reps @ as slow as possible, rest 30s.  
<https://www.youtube.com/shorts/xsubtFDt7Rw>
- E. Shoulder Flexion Overcoming Iso: 2-3 x 20-30s hold per side, rest 30s.  
<https://www.youtube.com/watch?v=glwhlk8sVE8>

## TUE

- A. Arm Assisted Single Leg Hip Airplane: 2-3 x 3-5 reps per side, rest 30s.  
<https://www.youtube.com/shorts/V4HCZjxfpak>
- B. Copenhagen Plank Hip Taps: 2-3 x 6 per side, rest 30s.  
<https://www.youtube.com/shorts/neLFXaGlbmA>
- C. Side Lying Hip Thrust: 2-3 x 8 per side, rest 30s.  
<https://www.youtube.com/shorts/tbfA2PJAY20>
- D. Hip IR CAR from Elevated Surface: 3 x 5 per side, rest 45s.  
<https://www.youtube.com/watch?v=bUHGWjpGyYg>
- E. Hip ER CAR from Elevated Surface: 3 x 5 per side, rest 45s.  
<https://www.youtube.com/watch?v=jLp360RU8gA>
- F. Bottom of Squat Walk Ins and Outs: 2-3 x 3-5 in and outs, rest 30s.  
<https://www.youtube.com/watch?v=rbH3dWOa-lg>

## WED

- A. Straddle Sit Opposite Arm Reach: 2-3 x 45s hold per side, rest 30s.  
<https://www.youtube.com/watch?v=qF2UJuVc6jE>
- B. Half Frog Hold: 2-3 x 30s hold per side, rest 30s.  
<https://www.youtube.com/watch?v=PU-Th6tJcOg>
- C. Straddle Sit Good Morning: 2-3 x 8 + 2s hold, rest 30s.  
<https://www.youtube.com/watch?v=scPTwc2Reuo>
- D. Straddle Sit Bounces: 2-3 x 8 per direction, rest 30s.  
<https://www.youtube.com/watch?v=8sS87yVDihA>
- E. Straddle Sit Sweeps 2-3 x 8 per direction, rest 30s.  
<https://www.youtube.com/watch?v=F3N7sYXUY9M>
- F. Straddle Sit Forward Reach Assisted: 2-3 x 8 + 2s hold per rep, rest 30s.  
<https://www.youtube.com/watch?v=PmVg4d1bznU>

## THU

- A. Follow along!  
 Hip Flow:  
[https://www.youtube.com/watch?v=HTJEm\\_ctvFc](https://www.youtube.com/watch?v=HTJEm_ctvFc)
- Adductor Rockback  
 Quadruped Long Hip CAR  
 Lunge Switch w/ OH Reach  
 Ido Portal Diagonal Stretch  
 Hands on the Ground Cossack  
 Actual Cossack  
 Bottom of Squat Switches (fragon?)  
 Squat (feet rolls)  
 Squat to Lean backs
- Spine Flow:  
<https://www.youtube.com/watch?v=0bcs95k1JPO>
- Prone Press Ups  
 Segmented Down Dog  
 Side Plank Arch Up  
 Half Kneel Windmill  
 Standing Straddle Thoracic Rotation  
 Jefferson Curl  
 Walking Stride Reach Back
- Shoulder Flow:  
<https://www.youtube.com/watch?v=kJrLez8IMGw>
- Tall Kneel Arm Spirals  
 Seated Single Arm CARs  
 Table Top Rocks  
 Table to Thoracic Extension/  
 Crab Reach  
 Rotate to Quadruped  
 Quadruped Reaches (ir)  
 Single Arm Down Dog  
 Overhead Reach from quad

## FRI

- Wrist Flow:  
 2-3 sets:  
 20 sec Fingers backward hold  
 10 Fingers forward rock  
 10 Palm lift offs  
 20 sec Back of hand hold  
 10 Elbow spins  
 10 Wrist Around the Worlds  
 10 sec Fingertip Plank Hold  
 Rest as needed  
<https://youtu.be/V10v6Jp8nh8>  
<https://youtu.be/nk5DJ10VXn8>  
<https://youtu.be/B82gR71-VPI>  
<https://youtu.be/uw0HUUI2Zi0>  
<https://youtu.be/ccd3Jnnfhgg>  
<https://youtu.be/UJoJG-6PqiQo>  
<https://youtu.be/XMSEe5gsT-kE>
- B. Straight Leg Adductor Rockback: 2-3 x 6 per side, rest 30s.  
 \*1-2s hold in the bottom position  
[https://www.youtube.com/shorts/V7MSvQ\\_A7Jw](https://www.youtube.com/shorts/V7MSvQ_A7Jw)
- C. Ido Portal's Diagonal Stretch: 3 x 30s per side, rest 30s.  
<https://www.youtube.com/watch?v=ODx4FflXZiY>
- D. Upright Couch Stretch: 3 x 30s per side, rest 30s.  
<https://www.youtube.com/watch?v=4YecCbyllqA>
- E. Extended Leg Couch Stretch: 3. 30s per side, rest 30s.  
<https://www.youtube.com/watch?v=Pi4ohUhe8UM>
- F. Standing Pike Stretch: Accumulate 2 minutes  
[https://www.youtube.com/shorts/K\\_aFhccKtc4](https://www.youtube.com/shorts/K_aFhccKtc4)

## SAT

- A. Full Pronation: 2 x 8 reps, rest 30s.  
<https://www.youtube.com/shorts/RDpYeGKOA64>
- B. Pronation with Rotation: 2 x 8 reps, rest 30s.  
<https://www.youtube.com/shorts/bw4FRFGzg9l>
- C. Slouchy Split Squat: 2-3 x 8 per side, rest 30s.  
<https://www.youtube.com/shorts/ofpRfsdZ7Pw>
- D. Ankle Clocks: 3 x 3 rotations (4-way reach), rest 30s.  
<https://www.youtube.com/shorts/PHIKt6wNRS8>
- E. Heel Floating Bent Knee to Straight Leg Calf Raise: 2-3 x 8 per side, rest 30s.  
<https://www.youtube.com/shorts/1BJxueARJK4>
- F. Bottom of Squat Active Hold: Accumulate 2 minutes.