

# Preview

[REFRESH](#)

## MONDAY 10.26.20

Week 1 Day 1

### WARM UP

[TIPS](#)

3 Rounds

Cossack Squat x 8 (pause in bottom)  
Press in Snatch (BTN snatch press) x 8

**COMPLETE**

### STRENGTH/POWER

SNATCH PULL + SNATCH

[TIPS](#) [HISTORY](#)

70-75% of snatch.

One set every 2 minutes (2 reps)

1 pull + 1 snatch = 1 rep

5 SETS	1	2	3	4	5
REPS	2	2	2	2	2
WEIGHT					

COMPLETE

**STRENGTH/POWER**

4 SETS	1	2	3	4
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## PAUSE BACK SQUAT

TIPS HISTORY

2 sec pause at bottom, 2 sec lowering phase

REPS	8	8	8	8
WEIGHT				

## KETTLEBELL SWINGS

HISTORY

heavy weight, as heavy as you can go and feel comfortable with

REPS	12	12	12	12
WEIGHT				

COMPLETE

**STRENGTH/POWER**

4 SETS	1	2	3	4
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## FRONT RACKED KETTLEBELL BULGARIAN SPLIT SQUAT

TIPS HISTORY

20 sec per side

SECONDS	20	20	20	20
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HANGING KNEE RAISE

TIPS HISTORY

REPS	15	15	15	15
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COMPLETE



STRENGTH/POWER

ASSAULT BIKE

TIPS HISTORY

10 sets of 20 sec hard, 40 sec rest

10 SETS	1	2	3	4	5	6	7	8
TIME (MM:SS)	00:20.00	00:20.00	00:20.00	00:20.00	00:20.00	00:20.00	00:20.00	00:20.00

COMPLETE



Write notes about your workout...

REVIEW WORKOUT (0/5 DONE)

# Preview

🔄 REFRESH

## TUESDAY 10.27.20

Week 1 Day 2

### WARM UP

TIPS

3 Rounds

Double KB Front Rack Carry x 60 seconds  
Single Arm KB Thruster x 8/side

COMPLETE



### STRENGTH/POWER

PUSH PRESS + PUSH JERK + SPLIT JERK

TIPS HISTORY

15min time cap

1 push press + 1 push jerk + 1 split jerk

build up to max for this complex

1 SET	1
REPS	1
WEIGHT	MAX

COMPLETE

**STRENGTH/POWER**

4 SETS	1	2	3	4
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## CLOSE GRIP BENCH PRESS

TIPS HISTORY

pause on chest, 2-3 sec lowering phase, full lockout

REPS	8	8	8	8
WEIGHT				

## 1-ARM KB FRONT RACK CARRY

TIPS HISTORY

30 yards per side, as heavy as you can

DIST. (YDS)	30	30	30	30
WEIGHT				

COMPLETE

**STRENGTH/POWER**

4 SETS	1	2	3	4
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## DUMBBELL Z-PRESS

TIPS HISTORY

	10	10	10	10
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	10	10	10	10
REPS				
WEIGHT				

## BIRD DOG ROW

TIPS HISTORY

REPS	10	10	10	10
WEIGHT				

COMPLETE



## STRENGTH/POWER

3 SETS	1	2	3
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## BARBELL BICEP CURL

TIPS HISTORY

empty barbell, as many reps as you can per set

REPS			
WEIGHT			

## BARBELL OVERHEAD TRICEPS EXTENSION

HISTORY

empty barbell, as many reps as you can per set

REPS			
WEIGHT			



Write notes about your workout...

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REVIEW WORKOUT (0/5 DONE)

# Preview

REFRESH

## THURSDAY 10.29.20

Week 1 Day 3

### WARM UP

TIPS

3 Rounds

Couch Stretch x 30 sec/leg

Bar Hang x 20-30 seconds

COMPLETE



### STRENGTH/POWER

4 SETS	1	2	3	4
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#### MUSCLE SNATCH

TIPS HISTORY

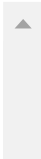
work up to a 5 rep max in 15 minutes

REPS	5			
WEIGHT	MAX			

#### SUMO DEADLIFT

TIPS HISTORY

3 sec lowering phase. 2 seconds glute squeeze at top. tap floor softly.





choose a heavy weight (same weight) for all 4 sets. progress weekly

REPS	8	8	8	8
WEIGHT				

COMPLETE



## STRENGTH/POWER

4 SETS	1	2	3	4
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### OVERHEAD WALKING LUNGE

TIPS HISTORY

use plate of dumbbells/kettlebells

20 steps total

REPS	20	20	20	20
WEIGHT				

### MODIFIED CANDLESTICKS

TIPS HISTORY

5-10 reps per set, slow and controlled lowering phase

REPS				
WEIGHT				

COMPLETE



## STRENGTH/POWER

### ROWING

TIPS HISTORY

can also do running

perform 500m rows, at 80-90% intensity. rest 1/2 the time it took you to complete..

for example, if you row 500m in 2min, you get 1 min rest. challenge yourself to have every set be within 10 seconds of one another. be consistent with pace, and progress pace average each week.

record best 500m row time, assuming all sets are within 10 sec of each other

4 SETS	1	2	3	4
DIST. (M)	500	500	500	500
TIME (MM:SS)	00:00.00	00:00.00	00:00.00	00:00.00



Time  
00:00.00

Rx



Write notes about your workout...

REVIEW WORKOUT (0/4 DONE)

# Preview

 REFRESH

## FRIDAY 10.30.20

Week 1 Day 4

### WARM UP

TIPS

3 Rounds  
 Forward Wall Squat x 10  
 Pallof Press Hold x 30 sec

COMPLETE



### STRENGTH/POWER

CLEAN PULL + POWER CLEAN

TIPS HISTORY

70-75% of CJ mac.

One set every 2 min (2 reps)

1 pull + 1 power clean = 1 rep

5 SETS	1	2	3	4	5
REPS	2	2	2	2	2
WEIGHT					

**STRENGTH/POWER**

4 SETS	1	2	3	4
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## PUSH PRESS

TIPS HISTORY

REPS	8	8	8	8
WEIGHT				

## ISOMETRIC PULL UP

TIPS HISTORY

hold top of pull up for 10 seconds

SECONDS	10	10	10	10
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Weight

0

Rx

**STRENGTH/POWER**

## WIDE GRIP PULL UPS

TIPS HISTORY

use band if need. lower yourself slowly 2-3 seconds on way down

4 SETS	1	2	3	4
REPS	6	6	6	6
WEIGHT				

COMPLETE

**STRENGTH/POWER**

4 SETS	1	2	3	4
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SEESAW DUMBBELL BENCH PRESS

TIPS HISTORY

20 steps total

REPS	20	20	20	20
WEIGHT				

DB BICEP CURLS

TIPS HISTORY

12-15 reps total

REPS	12	12	12	12
WEIGHT				

COMPLETE



Write notes about your workout...

REVIEW WORKOUT (0/5 DONE)