

July 4th-9th

| Monday 4th   | Tuesday 5th  | Wednesday 6th   | Thursday 7th  | Friday 8th   | Saturday 9th |
|--|--|---|---|--|--------------|
| Lower  | Upper  | Lift  | Lower   | Upper  |              |
| 3 Sets   | 3 Sets   | 3 Sets  | 3 Sets  | 3 Sets   |              |
| 10 Barbell good mornings<br>10 DBL DB cyclist squats<br>45 Second wall sit | 10 Standing med ball throws<br>10 Offset push ups (5R+L)<br>30 Second dead hang hold                     | 12/8 Cal row<br>12 DB snatches                        | 10 DBL KB Russian swings<br>60 Second DBL KB wall sit<br>10 DBL KB squats         | 10 DBL DB bent over rows<br>30 Second dead hang hold<br>30 Second DBL DB OH hold |              |
| <b>Elevated Front Foot Split Squat</b>                                     | <b>Strict Press</b>  | <b>Primer Building in Weight</b>                      | Rest 90 seconds between sets  | <b>Primer</b>  |              |
| 4x6 (R+L Building in weight)   | 5x5 Building in weight each set<br>10 Weighted push ups after each set                                   | 4 Sets<br>5 Hang muscle snatches<br>5 Snatch balances | <b>Elevated Front Foot Split Squats</b>   | 4 Sets   |              |
| 000,200,400,600  | 000,230,500,730,1000   | Rest 60 seconds between sets                          | 4x12 (6 DBL DB R+L building in weight)  | 10 DBL DB seated Z press<br>10 Single DB chainsaw row                            |              |
| <b>Tempo Paused Front Squat</b>  | <b>Accessories</b>   | <b>Snatch Complex</b>                                 | Rest 60 seconds between sets  | Rest 60 seconds between sets   |              |
| 5x4 @70% of 1rm  | 4 Sets<br>12 Tricep pull downs<br>10 Standing DB OH tricep extension<br>30 Second ring/ box support hold | 6 Sets building in weight                             | <b>Tempo Paused Front Squat</b>   | <b>Strict Press Building in Weight</b>   |              |
| 000,200,400,600,800,1000   | Rest 60 seconds between sets   | 2 Power snatch<br>1 Squat snatch                      | 5x3 @75% of 1rm   | 5x5<br>12 Banded tricep pull downs   |              |
| *2 Down + 1 pause  | <b>Finisher</b>  | <b>Finisher</b>                                       | <b>Finisher</b>   | 000,230,500,730,1000   |              |
| <b>Finisher</b>  | 3 Sets   | 4 Sets 30 seconds On 30 seconds off                   | 3 Sets  | <b>Accessories</b>   |              |
| 3 Sets   | 15 Banded face pulls<br>15 Banded pull aparts  | ME power snatch                                       | 10 Negative box step downs (5R+L)<br>10 BB Kang squats<br>12 DBL DB lunges (6R+L) | 3 Sets   |              |
| 30 Second ME cal bike<br>30 Seconds rest<br>30 Second ME DBL DB            |  |   |   |  |              |

July 11th-16th

**Monday 11th**      **Tuesday 12th**      **Wednesday 13th**      **Thursday 14th**      **Friday 15th**      **Saturday 16th**

|  |  |  |  |   |  |
|--|--|--|--|---|--|
| Lift   | Lower  | Upper  | Lift   | Lower   |  |
| 3 Sets   | 3 Sets   | 3 Sets   | 3 Sets   | 3 Sets  |  |
| 10 BB good mornings<br>15 Banded lateral pulses<br>15 Banded glute bridges         | 30 Seconds cal's on a machine<br>30 Seconds ME DBL DB box step over<br>30 Second weighted wall sit | 60m DBL KB front rack carry<br>60m DBL KB farmers carry              | 10 DBL DB hang power cleans<br>30 Second HS hold<br>10 DBL DB squats                       | 10 DBL DB deadlifts<br>10 DBLnDB squats<br>20m Banded monster walk                                      |  |
| <b>Deadlift + Plyo</b>   | <b>Elevated Front Foot Split Squats</b>  | <b>Primer</b>  | <b>Clean Primer</b>  | <b>Elevated Front Foot Split Squats</b>   |  |
| 6x6 Deadstop Deadlifts @60% of 3rm<br>2 Low to high seated box jumps +1 broad jump | 4x10 (5+L Building in weight)<br>10 Deabugs after each set   | 3 Sets<br><br>12 Banded pull aparts<br>12 Banded face pulls          | 3 Sets building in weight<br><br>3 Clean deadlifts<br>3 Hang muscle cleans<br>3 Push press | 4x10 (5R+L Building in weight)<br>20 Second hollow hold after each set                                  |  |
| 000,230,500,730,1000,1230  | 000,200,400,600  | Rest 60 seconds between sets   | Rest 90 seconds between sets   | 000,200,400,600   |  |
| <b>Accessories</b>   | <b>Tempo Paused Front Squats</b>   | <b>Strict Press</b>  | <b>Clean + Jerk Complex</b>  | <b>Tempo Paused Front Squats</b>  |  |
| 4 Sets   | 5x2 @80% of 1rm  | 5x5 Building in weight<br>5 Deficit push ups after each set          | 6 Sets building in weight  | 6x1 @85-90% of 1rm  |  |
| 10 GHD hip extensions<br>40 Second Sorenson hold<br>60 Second weighted plank       | 000,230,500,730,1000   | 000,230,500,730,1000   | 1 Cleqan<br>2 Front squats<br>1 Jerk   | 000,200,400,600,800,1000  |  |
| Rest 60 seconds between sets   | <b>Finisher</b>  | <b>Finisher</b>  |  | <b>Finisher</b>   |  |
|  | 3 Sets   | 4 Sets   | 000,200,400,600,800,1000   | 4 Sets  |  |
| <b>Finisher</b>  | 10 DBL DB cyclist squats<br>12 Single DB crossbody deadlifts                                       | 10 DBL DB French press<br>10 DBL DB floor press<br>30 Second HS hold | <b>Finisher</b>  | 30 Seconds Weighted jumping lunges<br>30 Seconds rest<br>30 Second weighted wall sit<br>60 Seconds rest |  |
| 4x10 Pendlay row (Heavy)   | Rest 60 seconds between sets   | Rest 60 seconds between sets   | 3 Sets 30 seconds on 30 seconds off  |   |  |
| Rest 60 seconds between sets   |  |  | ME DBL KB hang clean and jerk  |   |  |

July 18th-23rd

| Monday 18th  | Tuesday 19th   | Wednesday 20th  | Thursday 21st   | Friday 22nd  | Saturday 23rd |
|--|--|---|---|--|---------------|
| Upper  | Lift   | Lower   | Upper   | Lift   |               |
| 3 Sets   | 3 Sets   | 3 Sets  | 3 Sets  | 3 Sets   |               |
| 10 DBL KB push press<br>30 Second DBL KB OH hold<br>10 Hand release push ups | 12/8 Cal row<br>12 Hang DB snatches<br>12 Single arm OH lunges               | 30 Seconds ME standing bike<br>30 Seconds rest<br>30 Seconds ME DBL DB box step<br>overs<br>Rest 60 seconds | 30 Seconds ME double unders<br>30 Seconds ME push ups<br>30 Seconds ME strict empty<br>BB presses | 10 BB good mornings<br>12/8 Cal row<br>5 Inch worms                      |               |
| <b>Strict Press</b>  | <b>Snatch Primer</b>   | <b>Elevated Front Foot Split Squat</b>  | <b>Strict Press</b>   | <b>Primer</b>  |               |
| 5x5 Building in weight<br>5 Weighted pull ups after<br>each set              | 4 Sets building in weight  | 4x12 (6R+L Building in weight)  | 5x5 Building in weight<br>10 Heavy DBL KB bent over<br>rows                                       | 3 Sets building in weight<br>5 Deficit tempo deadlifts                   |               |
| 000,230,500,730,1000   | 1 Hang muscle snatch<br>2 Overhead squats<br>1 Snatch balance                | 000,200,400,600   | 000,230,500,730,1000  | 000,200,400  |               |
| <b>Push + Pull Couplet</b>   | Rest 60 seconds between sets   | <b>Tempo Paused Front Squat</b>   | <b>For Time</b>   | <b>Deadlift + Plyo</b>   |               |
| 4 Sets   | <b>Snatch</b>  | 6x3 @80% of 1rm   | 30-20-10  | 6 Sets   |               |
| ME Push ups<br>10 Heavy pendlay rows   | 7x2 @85% of 1rm  | 000,200,400,600,800,1000  | Empty barbell strict press<br>Pull ups (kipping or butterfly)                                     | 4 Deadtop deadlifts @75% of<br>3rm<br>1 High box jump + 3 broad<br>jumps |               |
| 000,230,500,730  | 000,200,400,600,800,1000,12<br>00  | <b>Finisher</b>   | @20/15 (45/30)  | 000,230,500,730,1000,1230  |               |
| <b>Upper Body Hold</b>   | <b>Accessories</b>   | 4 Sets (Work heavy)   | <b>Finisher</b>   | <b>Accessories</b>   |               |
| 3 Sets   | 4 Sets   | 10 DBL KB Russian swings<br>10 DBL KB front squats<br>10 DBL KB front rack lunges                           | 3 Sets  | 4 Sets   |               |
| 30 Second ring support<br>30 Second dead hang hold<br>30 Second farmers hold | 12 Banded pull aparts<br>6 Sotts press<br>10 Paused DBL DB bent over<br>rows | Rest 90 seconds between sets  | 10 Wide grip bicep curls<br>10 Narrow grip bicep curls  | 10 DBL KB Gorilla rows<br>60 Second Sorenson hold                        |               |
| Rest 60 seconds between<br>sets  | Rest 60 seconds between<br>sets  |   | Rest 60 seconds between sets  | Rest 60 seconds between sets   |               |

July 25th-30th

**Monday 25th**

Lower  
 3 Sets  
 10 DBL KB squats  
 10 DBL KB RDL's  
 15 Banded glute bridges  
**Elevated Front Foot Split Squat**  
 4x12 (6R+L Building in weight)  
 000,200,400,600  
**Tempo Paused Front Squat**  
 6x2 @85% of 1rm  
 000,230,500,730,1000  
**Finisher**  
 4 Sets  
 10 DBL KB cyclist squats  
 10 BB good mornings  
 20m Banded monster walk  
 Rest 90 seconds between sets

**Tuesday 26th**

Upper  
 3 Sets  
 12 Banded pull aparts  
 20 Second chin over bar hold  
 12 Banded bent over rows  
**Strict Press**  
 Strict Press  
 5x5 Building in weight  
 5 Renegade rows after each set  
 000,230,500,730,1000  
**Finisher**  
 4 Sets  
 60m DBL KB farmers carry  
 ME banded strict pull ups  
 Rest 90 seconds after each set  
**Accessories**  
 3 Sets  
 15 Negative banded tricip

**Wednesday 27th**

Lift  
 3 Sets  
 10 DBL KB squat cleans  
 5 Inch worms  
 30 Second wall sit  
**Primer**  
 3 Sets Building in weight  
 1 Hang muscle clean  
 1 Muscle clean  
 2 Front squats  
**Clean Complex**  
 6 Sets building in weight  
 2 Cleans  
 1 Front squat  
 2 Jerks  
 000,200,400,600,800,1000  
**Finisher**  
 Grace For Time  
 30 Clean and jerks

**Thursday 28th**

Lower  
 3 Sets  
 10 OH BB walking lunges  
 10 BB back squats  
 30 Second wall sit  
**Elevated Front Foot Split Squat**  
 4x12 (6R+L Building in weight)  
 000,200,400,600  
**Front Squat Test**  
 20 Mins to build to 1RM  
 Rest as needed between sets  
**Finisher**  
 3 Sets  
 30-20-10  
 Empty barbell jumping squats  
 Empty barbell jumping lunges  
 Rest 60 seconds between sets

**Friday 29th**

Upper  
 3 Sets  
 30 Second dead hang hold  
 30 Second DBL KB front rack hold  
 10 Push ups  
**Strict Press**  
 12 mins to build to a 1rm  
 Rest as needed between sets  
**For Time**  
 30-20-10  
 BB strict press  
 Push ups  
 Rest 30 seconds between sets  
**Accessories**  
 3 Sets  
 15 DBL DB hammer curls  
 15 Supinated DBL DB bent over rows  
 Rest 60 seconds between sets

**Saturday 30th**

*Date*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

















