



Military Athlete

Strong. Swift. Durable.

Jackson, Wyoming

www.militaryathlete.com

357 Strength Training Plan

This design of this 6-week training program is based on the lessons we learned preparing our Lab Rat, Josh Rempel, for the 2011 CrossFit Regionals Competition. The overwhelming focus of this plan is strength, but it also includes short, intense, work capacity efforts, as well as high emphasis on core strength, mobility, and durability - hallmarks of Military Athlete programming.

You will train 5 days/week for a total of 30 training sessions. The intention is that Monday through Friday are training days. Saturday and Sunday are rest days. Everyday but Wednesday you'll train both strength, and a short, intense, work capacity effort. Wednesdays' training sessions are an unload, moderately paced stamina effort.

This training program can be completed in a commercial gym, with basic free weight equipment, but it is much easier to complete the program using Olympic weight lifting equipment, especially rubber bumper plates.

It is especially tailored athletes with experience doing CrossFit or Military Athlete Operator Sessions.

PROGRESSING THROUGH THE PROGRAM

This training program is set up to be completed sequentially. Volume builds as it progresses, so don't skip around. Start at the beginning and follow the sessions in order.

We are assuming a 5 day/week training schedule. Try not to train on the weekends.

COMMON QUESTIONS

How long should the training sessions take?

Around 60 minutes. Some of these sessions will run short - around 45 minutes. Some may take up to 75 minutes.

How long should I rest between Rounds and Circuits?

The strength circuits each have stretch or durability exercise. Consider this your rest between rounds. There is no rest between circuits more than what is required to change equipment and load barbells. Understand the strength circuits not mini CrossFit-like WODs. Work briskly, not frantically.

All sessions but Wednesdays include a short, but intense work capacity effort. Some of these are “for time” - and will be noted. Others are density or interval training. For these efforts, “sprint” to the rest.

What if I can’t managed the prescribed loading for the Work Capacity Circuits?

The loading prescribed in the plan is for experienced, fit athletes. If it is obviously too heavy for you, “scale” the loading down. The goal for these work capacity circuits is to get all the reps in the rounds “unbroken” - it should be hard to do so, but ideally you’ll be able to get all the reps in. Load yourself accordingly.

What if I can’t keep up the Monday to Friday Training Schedule?

If for any reason you cannot keep this Monday-Friday training schedule, do not skip a training session. Rather, complete all the training sessions in succession. Whatever the schedule, always take two days a week, ideally together, as total rest.

Why are there two numbers listed for the exercises with assigned loads?

The lower weight is the prescribed weight for women, and the higher is for men.

Are loads given for both Kettlebells and Dumbbells?

Yes, for example “5x Swings at 20kg/45#” means 5x Swings with a 20kg kettlebell or 45# dumbbell.

What if I don’t have access to kettlebells?

Don’t worry about it. Dumbbells can be used in place of kettlebells for all the prescribed exercises. Kettlebell weights are in kilograms. Here are common kettlebell weights in pounds:

<u>Kettlebell</u>	<u>Dumbbell</u>
8kg	15#
12kg	25#
16kg	35#
20kg	45#
24kg	55#

What about unfamiliar exercises?

Most unfamiliar exercises are demonstrated here: http://militaryathlete.com/page.php?page_ID=30

What about my diet?

Eating well does not take rocket science. It takes discipline. Here are our recommended diet guidelines:

6 days/week - eat as much meat, vegetables, fruit, seeds and nuts as you want - no restriction. Drink only water, coffee or tea. Do not eat bread, pasta, or grain of any kind, no potatoes, corn or other starchy vegetables. No sugar, candy, soda or alcohol.

1 day/week - cheat like a mother. Eat/drink anything you want.

**Note - in our experience, this program will make you hungry. Listen to your body - and eat! - Eat clean, but eat!

What about supplements?

Drink a whey protein shake 15 minutes before, and 15 minutes after training.

What if I have more questions?

Email: rob@militaryathlete.com

Good Luck!

Rob Shaul
Military Athlete
Jackson, WY

***** **TRAINING PROGRAM** *****

SESSION 1

Warm up:

4 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
Instep Plus Stretch

Training:

(1) 9 Rounds
2x "The Exercise" - increase load rapidly each round until 2x is hard, but doable, then immediately, ...
1x Burpee (be explosive!)
Lat + Pec Stretch

(2) 6 Rounds
5x Back Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Squat Jump unloaded (be explosive!)
2/2/2 Toe Touch Complex

(3) 5 Rounds for Time
6x Hang Squat Snatch (45/75#)
6x Back Squats (75/135#)

(4) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(5) 3 Rounds

30 Sec Shoulder Hand Job, unloaded
10x Poor Man's Leg Curl

SESSION 2

Warm up:

4 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Hip Flexor Stretch

Training:

(1) Work up to 1RM Front Squat

(2) 6 Rounds
2x Front Squat @ 85% 1RM
8 Rounds, then immediately, ...
1x Jumping Lunge (be explosive)
3x Floor Slide

(3) 6 Rounds
5x Bench Press - increase load rapidly each round until 5x is hard, but doable
5x 1-Arm Horizontal Row - increase load rapidly each round until 5x is hard, but doable
3x Squat to Stand

(4) 6 Rounds (sprint to rest)
8x Front Squat (75/115#)
3x Scotty Bobs (15/25#)
30 seconds rest

(5) 3 Rounds

20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(6) 2 Rounds
30 sec Y+L, unloaded
5x Nordic Hamstring

SESSION 3

Training:

(1) Run 2.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 4

Warm up:

3 Rounds
Barbell Complex (45/65#)
Pigeon Stretch

Training

(1) Work up to 1RM Push Press

(2) 6 Rounds
2x Push Press @ 85% 1RM, then immediately, ...
1x Clapping Push up
5x Shoulder Dislocate with band or PVC

(3) 6 Rounds
3x Power Clean - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Box Jump (24/30")
3rd World Stretch

(4) 10 Rounds
Every 60 Seconds ...
3x Power Clean (65/115#)
3x Push Press (65/115#)
3x Box Jump @ 24"

(5) 3 Rounds

50x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 5

Warm up:

3 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Situp
Instep Plus Stretch

Training:

(1) 8 Rounds
3x Walking Lunge - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
Lat + Pec Stretch

(2) 6 Rounds
3x Craig Special - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Seated Box Jump @ 24#
2/2/2 Toe Touch Complex

(3) 10-8-6-4-2 for Time
Craig Special (45/95#)
Jumping Lunges (each jump counts as 1x rep)

(4) 3 Rounds
20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(5) 3 Rounds
30 Sec Shoulder Hand Job, unloaded
10x Poor Man's Leg Curl

SESSION 6

Warm up:

3 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups

3x Squat to Stand

Training:

(1) 9 Rounds

2x Thrusters - increase load rapidly each round until 2x is hard, but doable, then immediately, ...
1x Burpee (be explosive!)
5x Y+L @ 2.5#

(2) 6 Rounds

5x Weighted Pull Ups - increase load rapidly each round until 5x is hard, but doable, then immediately ...
2x Kipping Pull ups (or jumping pull ups)
Hip Flexor Stretch

(3) 6 Rounds (sprint to the rest)

5x Thrusters (55/115#)
2/4x Pull ups (strict)
30 seconds rest

(4) 3 Rounds

10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide
5x Nordic Hamstring

SESSION 7

Warm up:

4 Rounds
Barbell Complex (45/65#)
3rd World Stretch

Training:

(1) Work up to 1RM Military Press

(2) 6 Rounds

2x Military Press @ 85% 1RM, then immediately ...
2x Push Press @ 15/25# dumbbells
Pigeon Stretch

(3) 6 Rounds

5x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately ...

2x Box Jump @ 24/30"

5x Shoulder Dislocate with band or PVC

(4) 6 Rounds

Every 90 Seconds ...
8x Box Squat (75/115#)
8x Dumbbell Push Press (15/25#)

(5) 3 Rounds

50x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 8

Training:

(1) Run 3 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds

3x Shoulder Sweep Complex
30 Sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 9

Warm up:

4 Rounds
5x Goblet Squat (12/16kg)
5x Box Jump @ 24"
10x Push ups
10x Situp
Instep Plus Stretch

Training:

(1) Work up to 1RM Power Clean

(2) 5 Rounds

2x Power Clean @ 85% 1RM, then immediately, ...
1x Seated Box Jump @ 24"
Lat + Pec Stretch

(3) 6 Rounds

5x Front Squat - increase load rapidly each round until 5x is hard, but doable, then immediately ...
2x Broad Jumps
5x Shoulder Scarecrow @ 2.5#

(4) 10-8-6-4-2 For Time
Power Clean (75/115#)
Air Squat x2

So.... 1st Round looks like:
10x Power Clean (75/115#)
20x Air Squats

2nd Round
8x Power Clean (75/115#)
16x Air Squats

Etc down to
2x Power Clean (75/115#)
4x Air Squats

(5) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(6) 3 Rounds
3/3/3 Toe Touch Complex
10x Poor Man's Leg Curl

SESSION 10

Warm up:

3 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
3x Squat to Stand

Training:

(1) 8 Rounds
3x Walking Lunge - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
5x Y+L @ 2.5#

(2) 6 Rounds
4x Push Press - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
2x Clapping Push ups
Hip Flexor Stretch

(3) 8 Rounds for Time

5x Walking Lunge (25/35#)
5x Dumbbell Push Press (25/35#)

(4) 3 Rounds
10x Kettlebell Hinge Lift (12/16kg)
10x Poor Man's Reverse Hyper
30/30 Kneeling Founder
10x Face Down Back Extension

(5) 2 Rounds
3x Floor Slide
10x Poor Man's Leg Curl

SESSION 11

Warm up:

3 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Pigeon Stretch

(1) 8 Rounds
3x Weighted Pull Ups - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Strict Pull up unloaded (be explosive! - jump if necessary)
3rd World Stretch

(2) 6 Rounds
3x Craig Special - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
2x Broad Jump
5x Dislocate with PVC

(3) 10 Rounds
Every 60 Seconds
3x Hang Squat Clean (65/115#)
1/3x Strict Pull ups (lower number for women)

(4) 3 Rounds
30x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 12

Warm up:

4 Rounds

Barbell Complex (45/65#)
Instep Plus Stretch

Training:

(1) Work up to 1RM Box Squat

(2) 6 Rounds
2x Box Squat @ 85% 1RM, then immediately ...
1x Box Squat @ 24"
Lat + Pec Stretch

(3) 6 Rounds
3x Thruster - increase load rapidly each round
until 3x is hard, but doable, then immediately, ...
1x Burpee (be explosively)
2/2/2 Toe Touch Complex

(4) 10-8-6-4-2 for Time
Box Squat (95/135#)
Burpees

(5) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(6) 3 Rounds
30 Second Shoulder Scare Crow - unloaded
10x Poor Man's Leg Curl

SESSION 13

Training:

(1) Run 3 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 14

Warm up:

3 Rounds
10x Hang Squat Snatch @ PVC
10x Push ups
3x Jumping Lunge

10x Situp
2x Squat to Stand

Training:

(1) 9 Rounds
2x "The Exercise" - increase load rapidly each
round until 2x is hard, but doable, then
immediately, ...
1x Burpee (be explosive!)
5x Y+L @ 2.5#

(2) 6 Rounds
5x Military Press - increase load rapidly each
round until 5x is hard, but doable, then
immediately, ...
2x Dumbbell Push Pres (15/25#)
3x Floor Slide

(3) 5 Rounds for Time
8x Hang Squat Snatch (45/75#)
4x Scotty Bob (15/25#)

(4) 3 Rounds
20/20 Standing Founder
20/20 Low Back Lunge
20/20 Kneeling Founder
10x Face Down Back Extension

(5) 2 Rounds
Hip Flexor Stretch
5x Nordic Hamstring

SESSION 15

Warm up:

3 Rounds
10x Back Squat (55/95#)
10x Push ups
3/5 Pull ups (lower number for women)
5x Dislocate with PVC

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds
2x Bench Press @ 85% 1RM, then immediately
....
1x Clapping Pushup
3rd World Stretch

(3) 6 Rounds
5x Back Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Broad Jump
Pigeon Stretch

(4) 7 Rounds (Sprint to the rest)
8x Back Squat (75/135#)
4x Kettlebell Floor Press (12/20kg)
30 seconds rest

(5) 3 Rounds
30x Shoulder Hand Job @ 2.5#
10x 1-leg Glute Bridge

SESSION 16

Warm up:

4 Rounds
5x Front Squats (45/65#)
5x Hang Squat Clean (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
Instep Plus Stretch

Training:

(1) 9 Rounds
2x Craig Special - increase load rapidly each round until 2x is hard, but doable, then immediately, ...
1x Broad Jump
Lat + Pec Stretch

(2) 6 Rounds
5x Walking Lunge - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
4x Jingle Jangle
3x Shoulder Scarecrow @ 2.5#

(3) 10-8-6-4-2 for Time
Hang Squat Clean (55/95#)
Jumping Lunge (each jump counts as 1x rep)

(4) 3 Rounds
10x Kettlebell Hinge Lift (12/16kg)
10x Poor Man's Reverse Hyper
30/30 Kneeling Founder
10x Face Down Back Extension

(5) 3 Rounds

3/3/3 Toe Touch Complex
15x Poor Man's Leg Curl

SESSION 17

Warm up:

3 Rounds
Barbell Complex (45/65#)
Hip Flexor Stretch

Training:

(1) 8 Rounds
3x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Box Jump
5x Y+L @ 2.5#

(2) 6 Rounds
3/5x Strict Pull ups (add weight if possible)
2x Squat to Stand

(3) 6 Rounds for Time
8x Box Squat (85/115#)
3/5x Chin Ups

(4) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(5) 2 Rounds
3x Floor Slide
15x Poor Man's Leg Curl

SESSION 18

Training:

(1) Run 3.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda
Foam Roll Legs and Low Back

SESSION 19

Warm up:

3 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Situp
5x Dislocate

Training:

(1) 6 Rounds
4x Kettlebell Floor Press, - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
1x Clapping Push up
3rd World Stretch

(3) 6 Rounds
4x Thruster - increase load rapidly each round until 4x is hard, but doable, then immediately, ...
4x Jingle Jangle
Pigeon Stretch

(4) 8 Rounds (Sprint to the rest)
7x Thruster @ (45/85#)
4x Burpees
30 seconds rest

(6) 3 Rounds
30x Shoulder Hand Job @ 2.5#
15x 1-leg Glute Bridge

SESSION 20

Warm up:

4 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
Instep Plus Stretch

Training:

(1) Work up to 1RM Back Squat

(2) 6 Rounds
2x Back Squat @ 85% 1RM, then immediately
1x Seated Box Jump @ 24"
Lat + Pec Stretch

(3) 6 Rounds
3x "The Exercise" - increase load rapidly each round until 3x is hard, but doable, then immediately, ...
1x Broad Jump
2/2/2 Toe Touch Complex

(4) 5 Rounds
Every 60 seconds
6x Back Squat (75/135#)
6x Swings (16/24kg)

(5) 3 Rounds
10x Weighted Situps (25/45#)
30/30 Side Bridge
5x Kneeling Kettlebell Keg Lift (20/24kg)
10x Face Down Back Extension

(6) 3 Rounds
30 Seconds Shoulder Scarecrow, unloaded
15x Poor Man's Leg Curl

SESSION 21

Warm up:

4 Rounds
10x Front Squats (45/65#)
3x Scotty Bobs (15/25#)
3/5x Pull ups
2x Squat to Stand

Training:

(1) Work up to 1RM Power Clean

(2) 5 Rounds
2x Power Clean @ 85% 1RM, then immediately
....
1x Box Jump @ 24"
Hip Flexor Stretch

(3) 6 Rounds
5x Bench Press - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Clapping Push up
3x Floor Slide

(4) 6 Rounds for Time
7x Power Clean (65/95)
7x Bench Press (65/115)

(5) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(6) 2 Rounds
30 sec Y+L, unloaded
6x Nordic Hamstring

SESSION 22

Warm up:

3 Rounds
Barbell Complex (45/65#)
5x Dislocate with PVC

Training:

(1) Work up to 1RM Push Press

(2) 6 Rounds
2x Push Press @ 85% 1RM, then immediately, ...
1x Clapping Push up
3rd World Stretch

(3) 6 Rounds
5x Front Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Jumping Lunge (be explosive!)
Pigeon Stretch

(4) 7 Rounds (Sprint to the rest)
8x Push Press (55/95#)
8x Front Squat (55/95#)
30 seconds rest

(5) 3 Rounds
30x Shoulder Hand Job @ 2.5#
15x 1-leg Glute Bridge

SESSION 23

Training:

(1) Run 3.5 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds
30 Sec Jane Fonda

Foam Roll Legs and Low Back

SESSION 24

Warm up:

4 Rounds
10x Goblet Squat (12/16kg)
10x Push ups
5x In-place lunge
10x Sit-up
2/2/2 Toe Touch Complex

Training:

(1) 9 Rounds
2x Thrusters - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
1x Broad Jump
Instep Plus Stretch

(2) 6 Rounds
5x Box Squat - increase load rapidly each round until 5x is hard, but doable, then immediately, ...
2x Box Jump @ 24"
Lat + Pec Stretch

(3) 5 Rounds
Every 45 seconds ...
3x Box Squat (95/135)
3x Burpees

(4) 3 Rounds
10x Ankles to Bar
60 Second Front Bridge
5x Kneeling Plate Halfmoon (25/45#)
5x Standing Russian Twist (15/25#)

(5) 3 Rounds
5x Shoulder Scarecrow @ 2.5#
15x Poor Man's Leg Curl

SESSION 25

Warm up:

3 Rounds
5x Overhead Squat with PVC
5x Hang Squat Snatch with PVC
10x Push ups
3/5 Pull ups (lower number for women)
2x Squat to Stand

Training:

(1) 8 Rounds

3x Back Squat - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Broad Jump

5x Y+L @ 2.5#

(2) 6 Rounds

5x Military Press - increase load rapidly each round until 5x is hard, but doable, then immediately, ...

2x Clapping Push up

Hip Flexor Stretch

(3) 12-10-8-6-4-2 For Time

Back Squat (95/135#)

Dumbbell Military Press (15/25#)

(4) 3 Rounds

20/20 Standing Founder

20/20 Low Back Lunge

20/20 Kneeling Founder

10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide

6x Nordic Hamstring

SESSION 26

Warm up:

3 Rounds

10x Front Squats (45/65#)

3x Scotty Bobs (15/25#)

3/5x Pull ups

5x Dislocate

Training:

(1) Work up to 1RM Bench Press

(2) 6 Rounds

2x Bench Press @ 85% 1RM, then immediately

....

1x Clapping Push up

3rd World Stretch

(3) 6 Rounds

3x "The Exercise" - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Seated Box Jump @ 30"

Pigeon Stretch

(4) 7 Rounds

8x Hang Squat Snatch (45/75#)

8x Bench Press (55/115#)

30 seconds rest

(5) 3 Rounds

30 seconds Shoulder Scarecrow, unloaded

15x Poor Man's Leg Curl

SESSION 27

Warm up:

4 Rounds

Barbell Complex (45/65#)

Pigeon Stretch

Training:

(1) 8 Rounds

3x Front Squat - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

1x Broad Jump

3rd World Stretch

(2) 6 Rounds

3x Power Clean - increase load rapidly each round until 3x is hard, but doable, then immediately, ...

2x Jingle Jangle

5x Dislocate with PVC

(3) 5 Rounds

Every 60 seconds ...

6x Power Clean (55/95#)

6x Front Squats (55/95#)

(4) 3 Rounds

10x Kettlebell Hinge Lift (12/16kg)

10x Poor Man's Reverse Hyper

30/30 Kneeling Founder

10x Face Down Back Extension

(5) 3 Rounds

30x Shoulder Hand Job @ 2.5#

15x 1-leg Glute Bridge

SESSION 28

Training:

(1) Run 4 miles, Moderate Pace

Moderate = Comfortable but easy

(2) 2 Rounds

30 Sec Jane Fonda

Foam Roll Legs and Low Back

SESSION 29

Warm up:

3 Rounds

5x Goblet Squat (20/24kg)

5x Box Jump @ 20"

10x Push ups

10x Situp

3x Squat to Stand

Training:

(1) 9 Rounds

2x Craig Special - increase load rapidly each round until 2x is hard, but doable, then immediately, ...

1x Squat Jump

5x Y+L, Unloaded

(2) 6 Rounds

3x Weighted Pull ups - increase load rapidly each round until 3x is hard, but doable

Hip Flexor

(3) 12-10-8-6-4-2 for time

Hang Squat Cleans (55/95#)

Chin ups (women do 1/2 reps)

(4) 3 Rounds

10x Weighted Situps (25/45#)

30/30 Side Bridge

5x Kneeling Kettlebell Keg Lift (20/24kg)

10x Face Down Back Extension

(5) 2 Rounds

3x Floor Slide

6x Nordic Hamstring

SESSION 30

Warm up:

4 Rounds

5x Overhead Squat with PVC

5x Hang Squat Snatch with PVC

10x Push ups

3/5 Pull ups (lower number for women)

3rd World Stretch

Training:

(1) 8 Rounds

3x Military Press - increase load rapidly each round until 3x is hard, but doable, then immediately ...

1x clapping pushup

Pigeon Stretch

(2) 6 Rounds

5x Walking Lunge - increase load rapidly each round until 5x is hard, but doable, then immediately ...

1x Jumping Lunge

5x Dislocate

(3) 7 Rounds for Time

5x Jumping Lunge (10x total)

10x Push Press (45/75#)

(4) 3 Rounds

5x Shoulder Hand Job @ 2.5#

15x 1-leg Glute Bridge