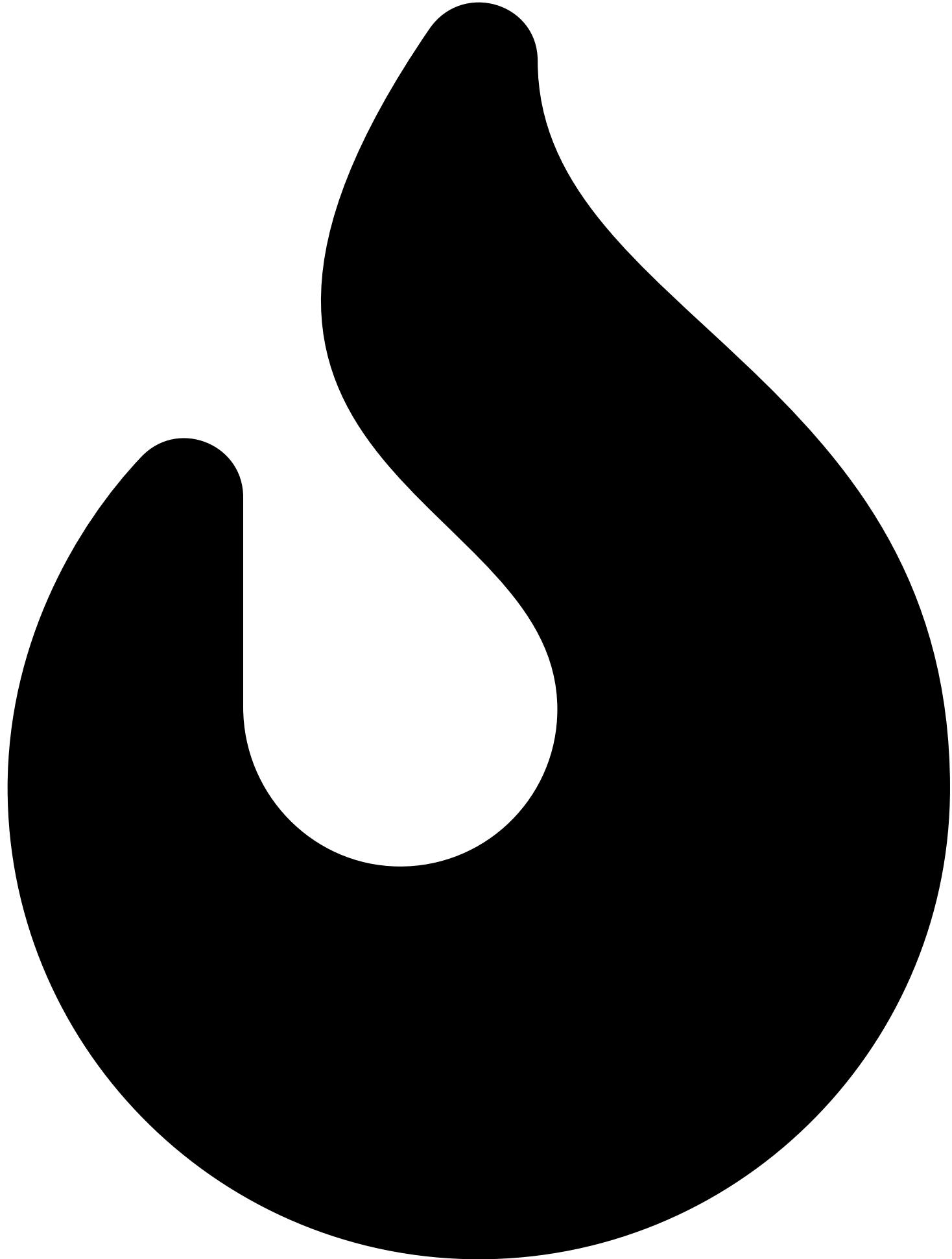


Mon, Dec 14

Stabilization Endurance Cycle 1 Day 1



Warmup

- Foundation 1:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 repetition Anchored Back Extension
 - 3-5 breath Adductor Assisted Back Extension Hold
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bird-Dog



[View exercise history](#)

- 2 sets x
- 12 repetitions (4121 tempo) with max reps on final set.



A2

Deadbug



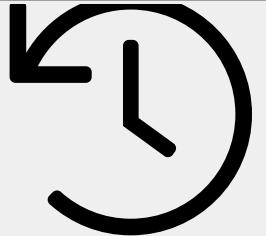
[View exercise history](#)

- 2 sets x
- 12 repetitions (4121 tempo) with max reps on final set.



B

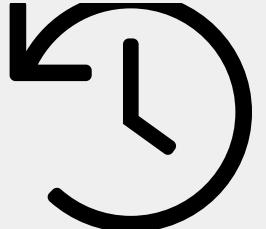
Front Squat

[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 C

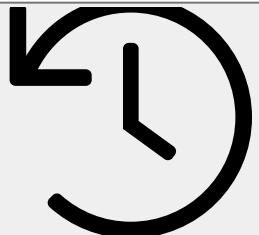
Barbell Strict Press

[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 D1

Step-Back Lunge with Rotation

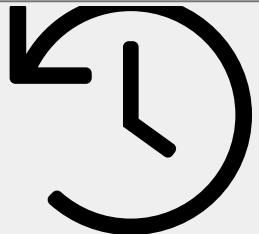
[View exercise history](#)

- 2 x 10 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Power Jerk

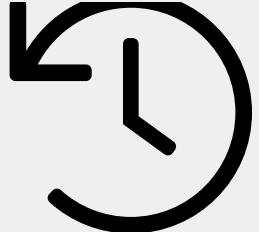
[View exercise history](#)

- 2 x 10 repetitions (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Farmers Walk

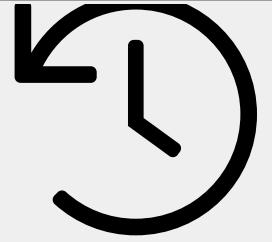
[View exercise history](#)

- 2 x 20 yards @ max weight.
- Perform the next set as quickly as possible, 0-90 seconds rest.



F

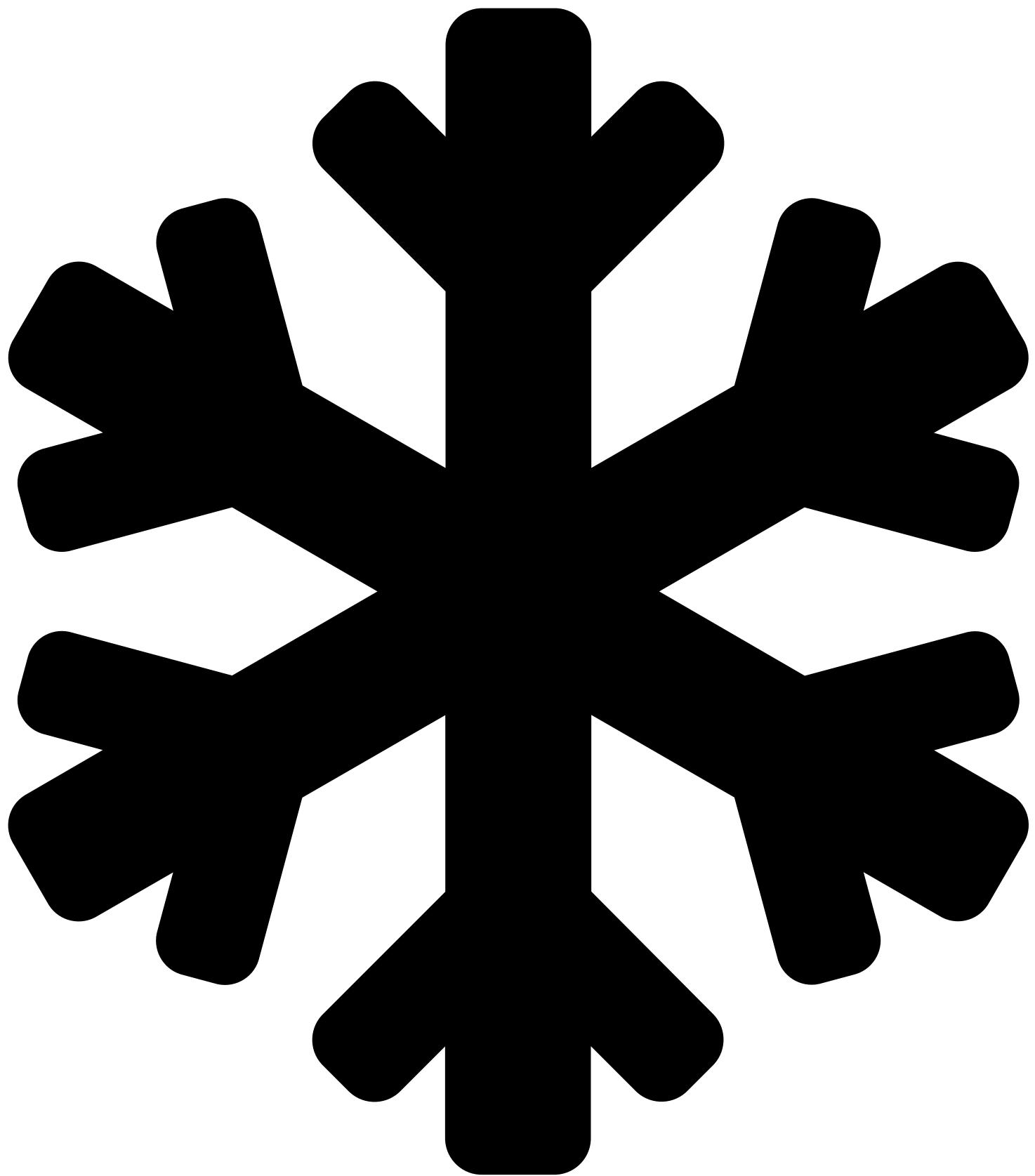
Wrap-Up



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Goblet Squat,
- A-Skips,
- Push-Up,
- B-Skips.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

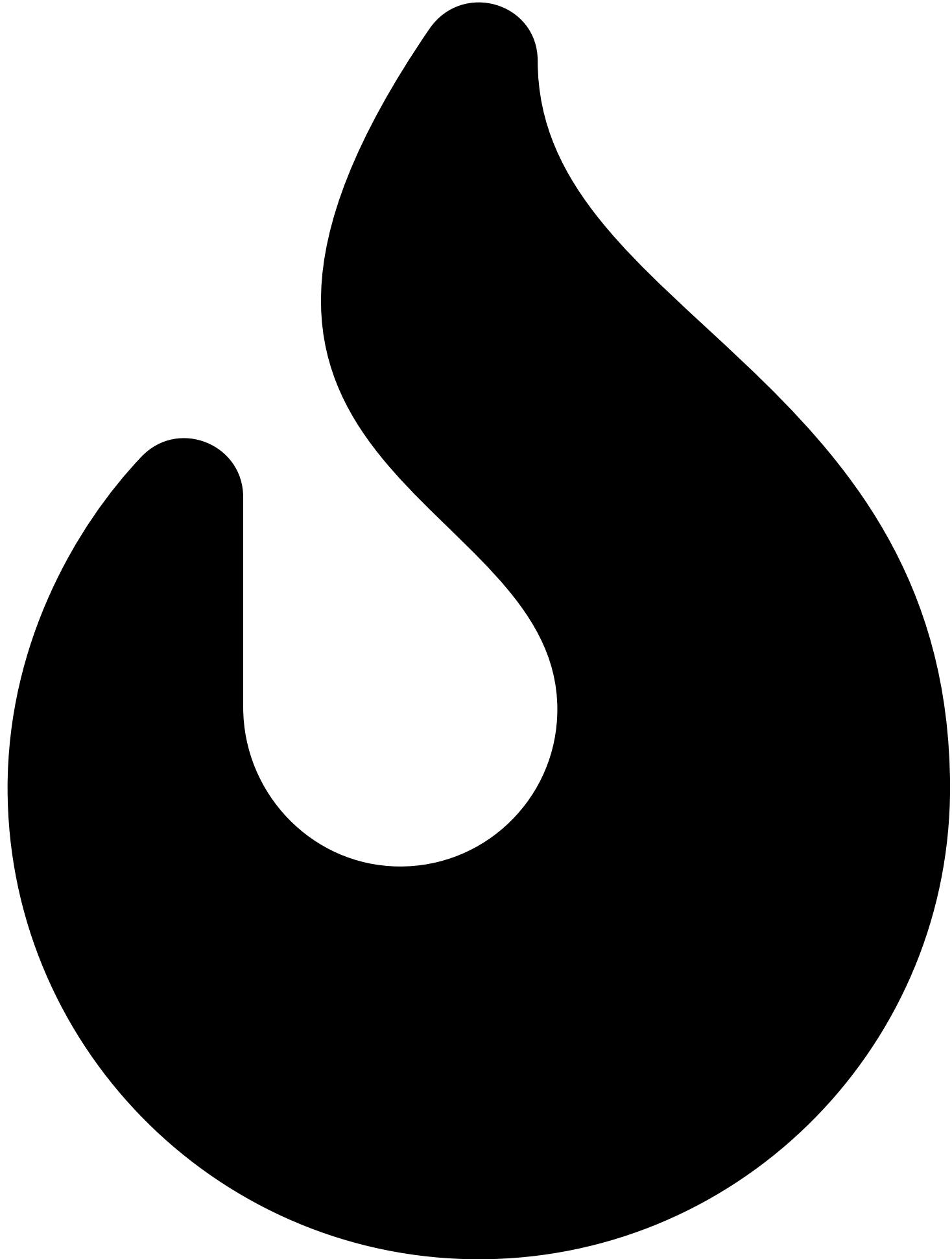
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Dec 16

Stabilization Endurance Cycle 1 Day 2



Warmup

- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

RKC Plank



[View exercise history](#)

- 2 sets x
- 30 second holds with max hold on final set.



A2

Alternating Side Plank



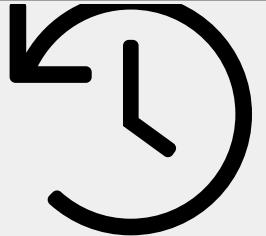
[View exercise history](#)

- 2 sets x
- 12 repetitions (4121 tempo) with max reps on final set.
- Rest 0-90 seconds b/t sets.



B

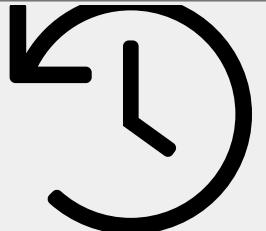
Deadlift

[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 C

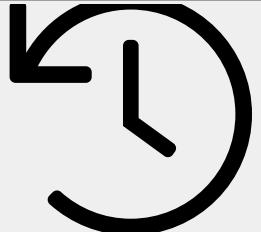
Pendlay Row

[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 D1

Single Leg Seesaw

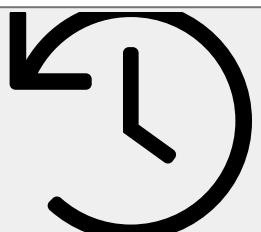


[View exercise history](#)

- 2 x 10 repetitions (4121 tempo) with max reps on your final set.

D2

Reverse Table

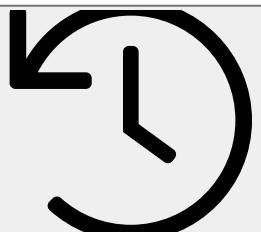


[View exercise history](#)

- 2 x 10 repetitions (4121 tempo) with max reps on your final set.

E

Sled Push

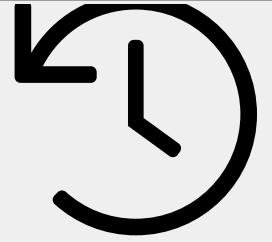


[View exercise history](#)

- 2 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

Wrap-Up



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- A-Skips,
- Inverted Row,
- B-Skips.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

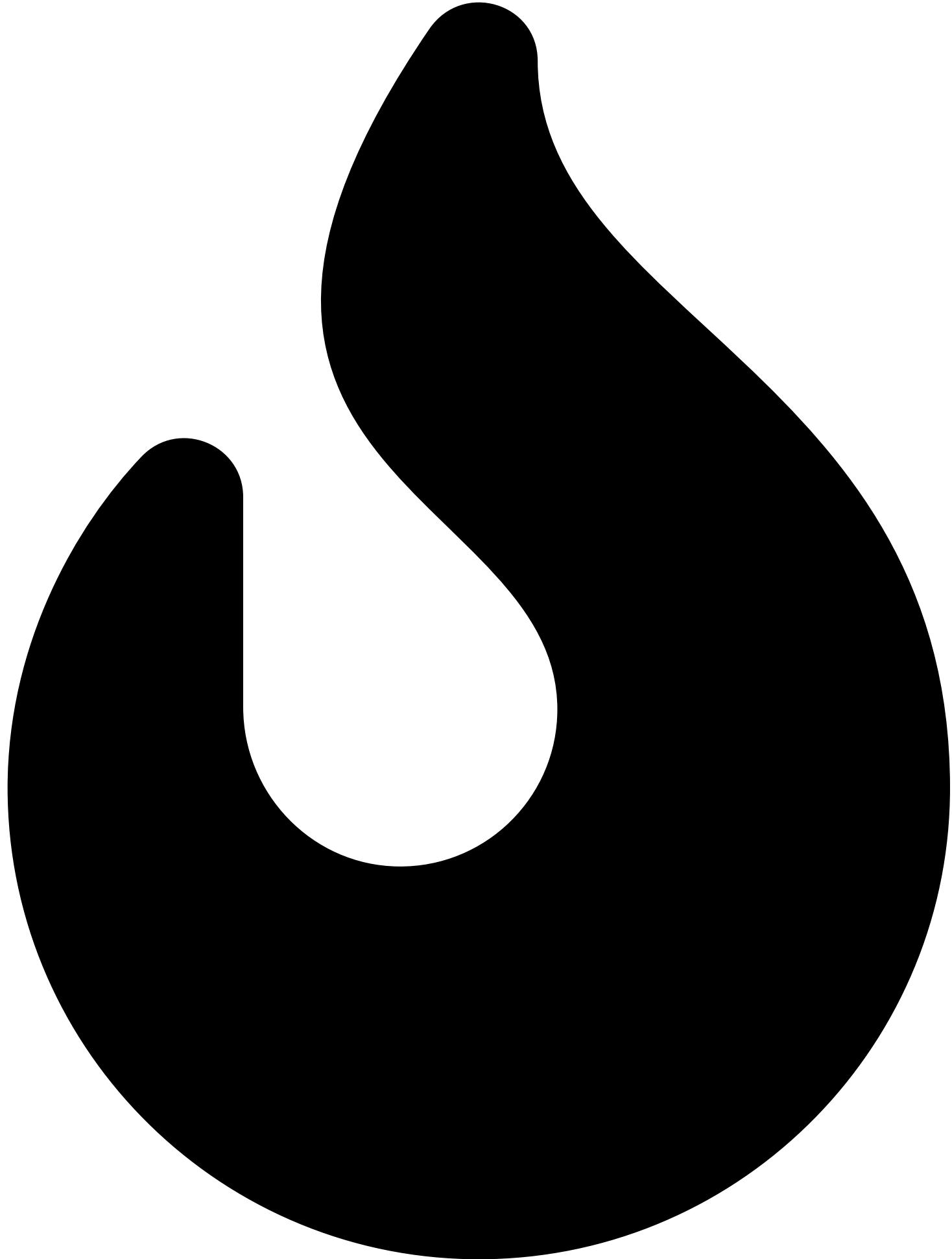


GIF

Send

Fri, Dec 18

Stabilization Endurance Cycle 1 Day 3



Warmup

- Foundation 1:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 repetition Anchored Back Extension
 - 3-5 breath Adductor Assisted Back Extension Hold
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bent Hollow Hold



[View exercise history](#)

- 30 second holds with max hold on final set.



A2

Side Arch Body Hold



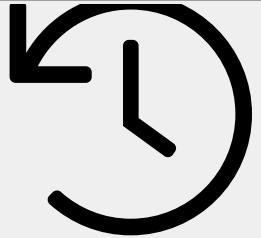
[View exercise history](#)

- 30 second holds with max hold on final set.
- Rest 0-90 seconds between sets.



B

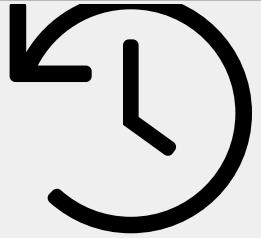
Strict Press

[View exercise history](#)

- 2 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

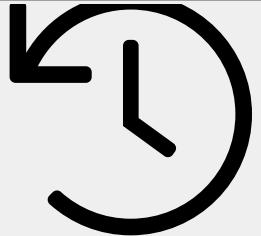
Front Squat

[View exercise history](#)

- 2 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

D1

Side Lunge

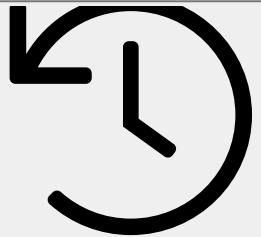
[View exercise history](#)

- 2 x 6 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Dumbbell Push Press

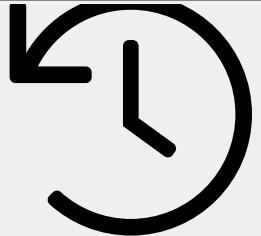
[View exercise history](#)

- 2 x 12 repetitions (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Farmers Walk

[View exercise history](#)

- 2 x 20 yards @ +5# to what you carried on day one.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



F

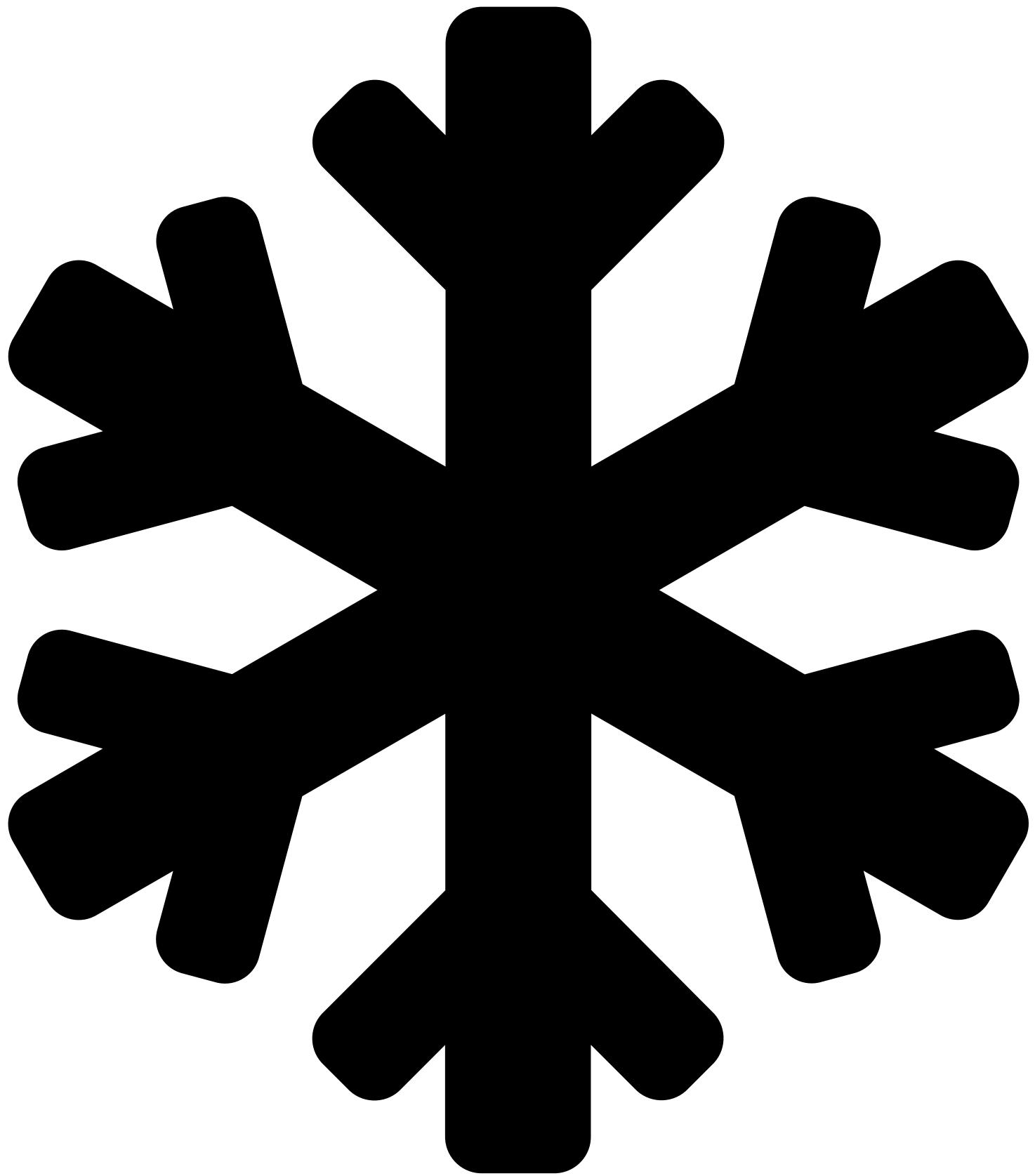
Wrap-Up



View exercise history

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Goblet Squat,
- A-Skips,
- Push-Up,
- B-Skips.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

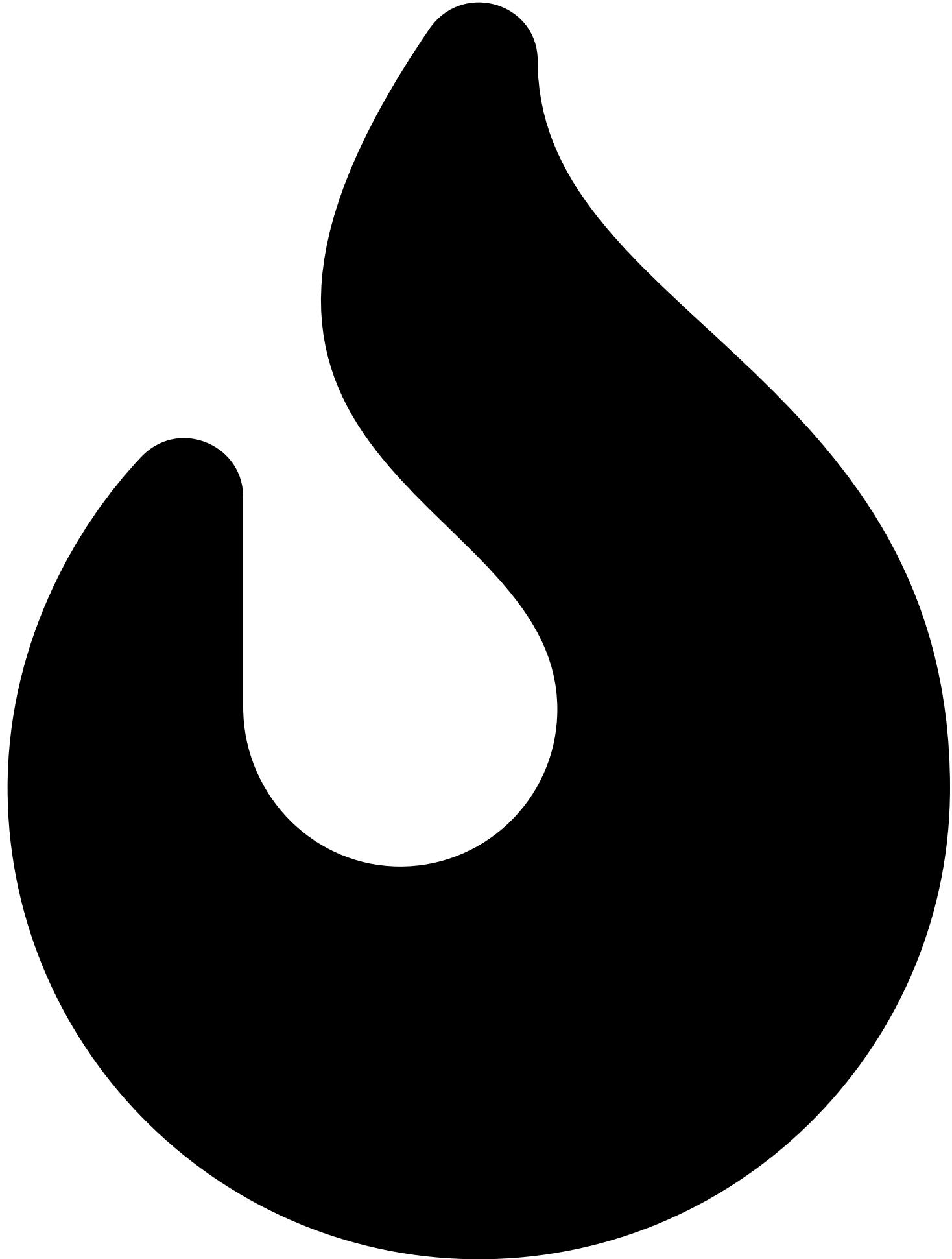
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Dec 21

Stabilization Endurance Cycle 1 Day 4



Warmup

- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Get Up Sit Up



- 2 sets x
- 6 repetitions per side (4121 tempo) with max reps per side on final set. Make sure you match reps on each side.

A2

Cable Chop



- 2 sets x
- 6 repetitions per side (4121 tempo) with max reps on final set. Perform at the heaviest weight that you can complete high quality repetitions at.
-
- Rest 0-90 seconds b/t sets.

B

Pendlay Row



[View exercise history](#)

- 2 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



Deadlift

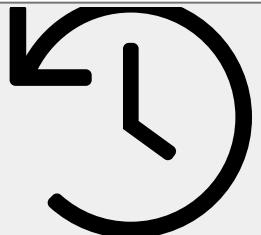


[View exercise history](#)

- 2 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



Box Step Up

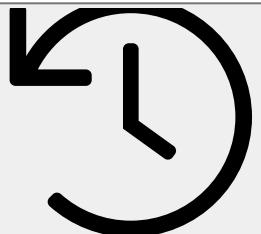
[View exercise history](#)

- 2 x 5 repetitions per side (4121 tempo) at a height at which your femur is at parallel.
-
- Do not alternate legs.
-
- Max reps on your final set.



D2

Bench Dips

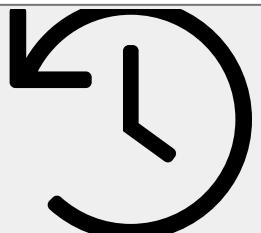
[View exercise history](#)

- 2 x 10 repetitions (4121 tempo) with max reps on your final set.



E

Sled Push

[View exercise history](#)

- 2 x 20 yards @ +5# to what you pushed on day one.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



F

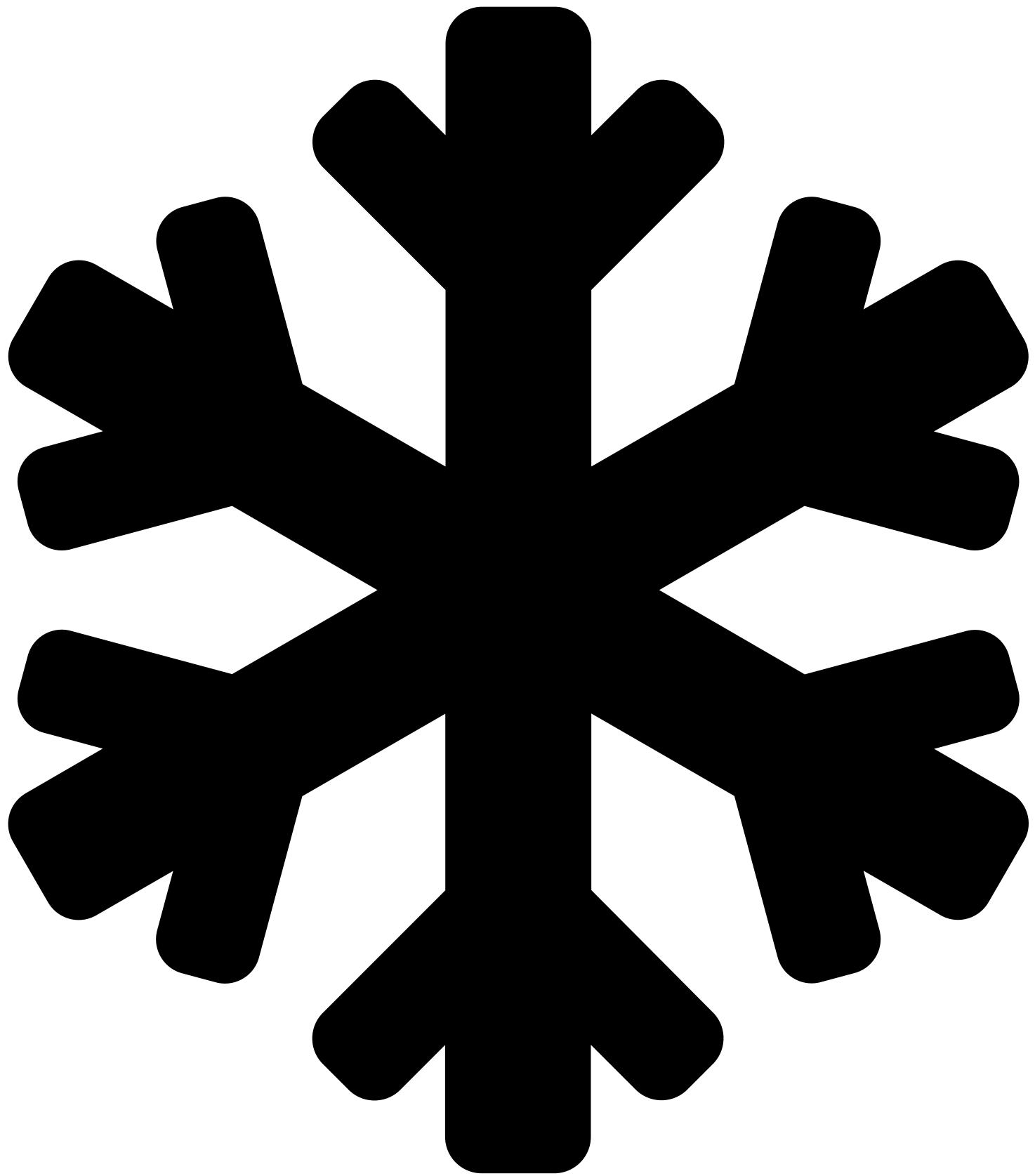
Wrap-Up



View exercise history

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- A-Skips,
- Inverted Row,
- B-Skips.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

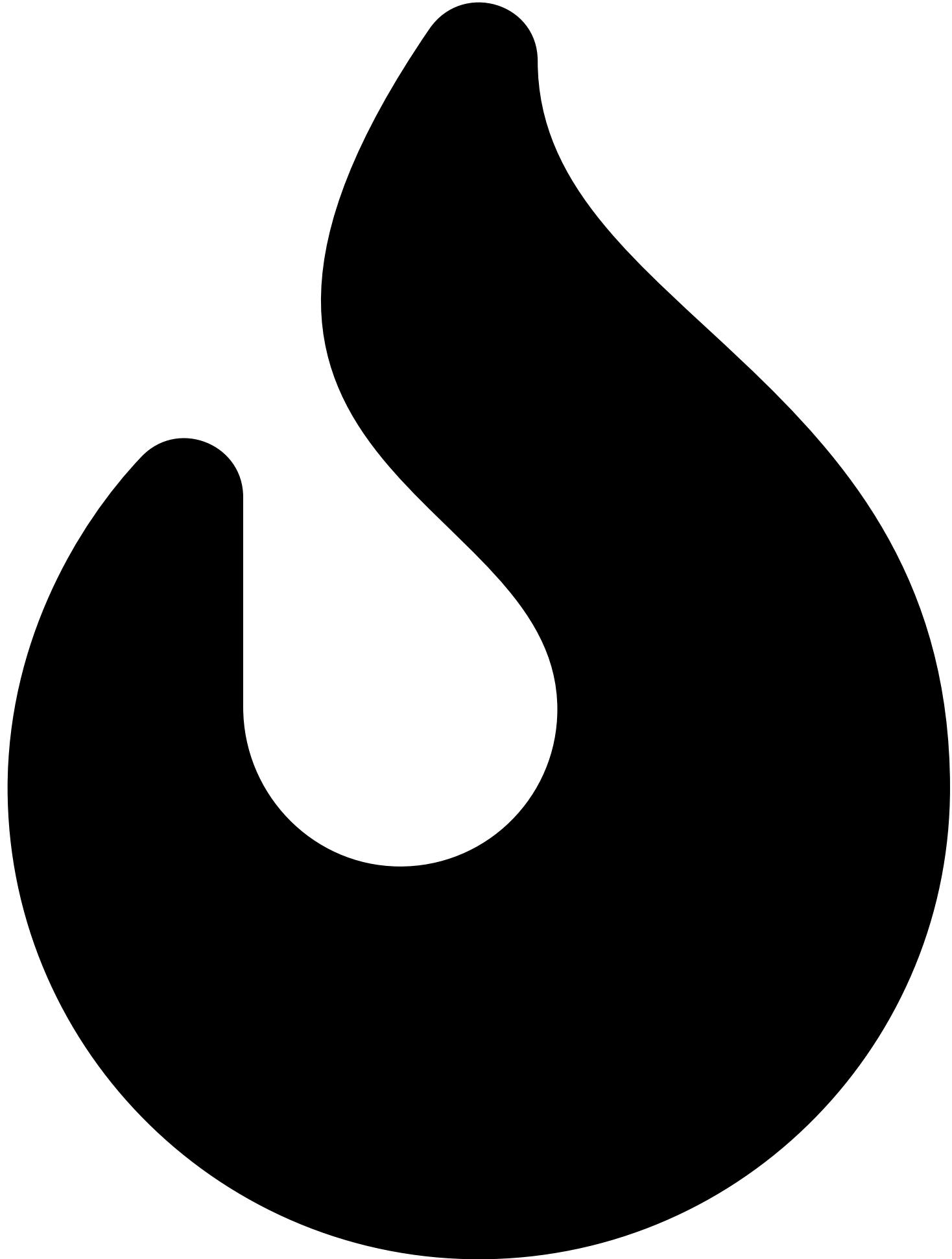
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Dec 23

Stabilization Endurance Cycle 2 Day 1



Warmup

- Today marks your second time through this cycle. With that being said, it's time to push a little bit. You'll be adding a set to everything this week. If you can, you'll be adding weight to everything this week.
-
- Let's get it.
-
- Foundation 1:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bird-Dog



- 3 sets x
- 12 repetitions (4121 tempo) with max reps on final set.

A2

Deadbug



- 3 sets x
- 12 repetitions (4121 tempo) with max reps on final set.

A3

B

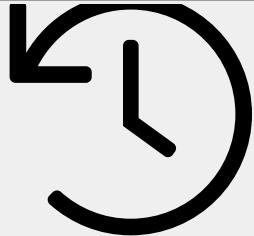
Front Squat

- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 50%, 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 C**Strict Press**

- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 D1**Kettlebell Rack Lunge**

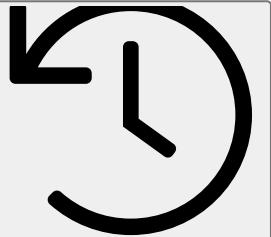
[View exercise history](#)

- 3 x 12 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a heavier dumbbell.



D2

Dumbbell Push Press

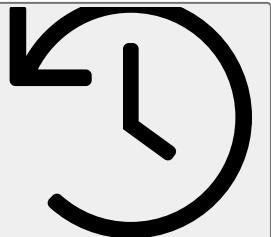
[View exercise history](#)

- 3 x 12 repetitions per side (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Bonus 1:

[View exercise history](#)

- Farmer's Walk
- 3 x 20 yards @ the weight you finished at last week. If it was easy, you better add 5-10#.
-
- Bear Crawl Back to your starting point, then...
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

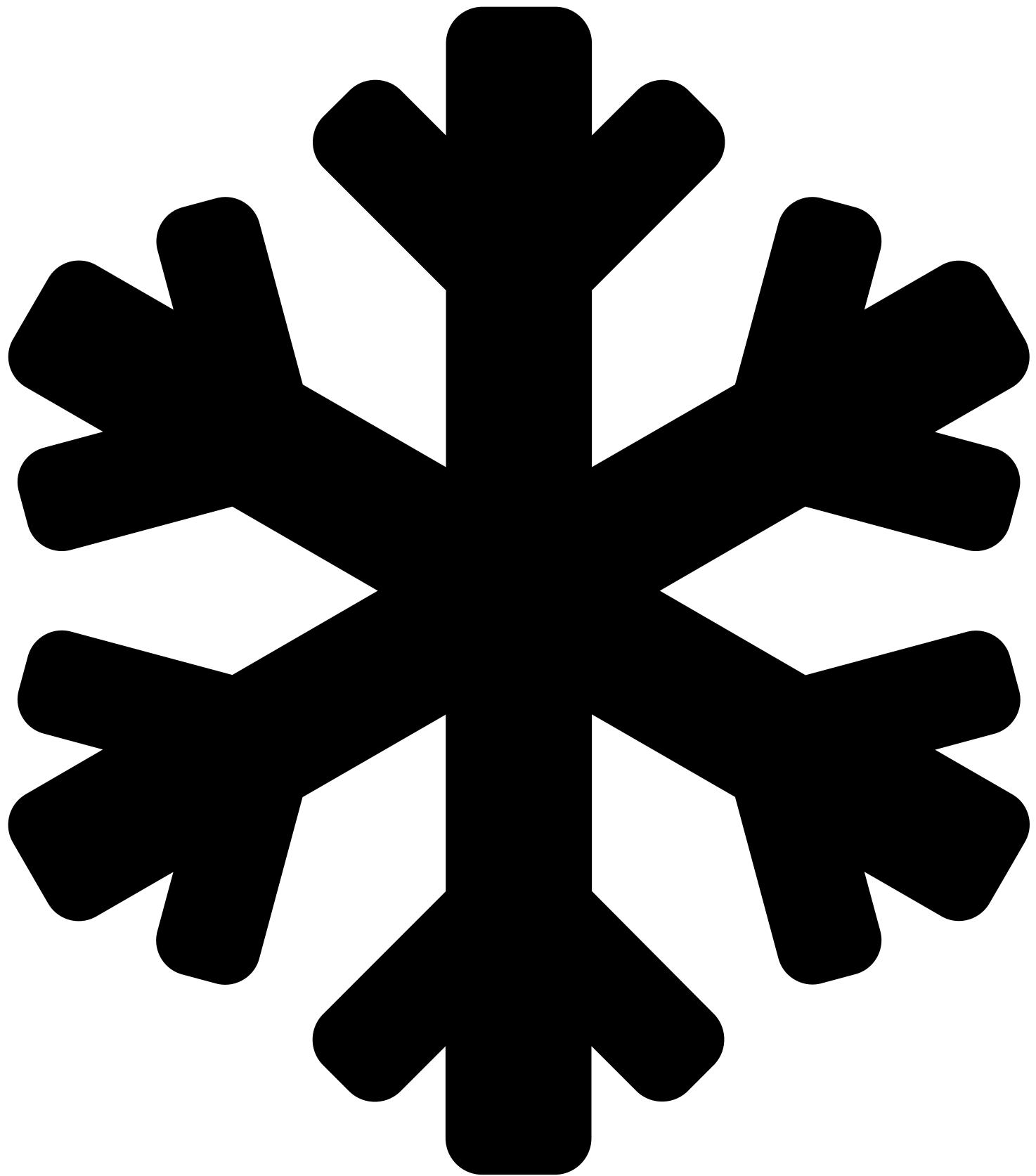


F

Bonus 2:**View exercise history**

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Air Squat,
- Right-Side SL High-Knee,
- Push-Up,
- Left-Side SL High-Knee.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

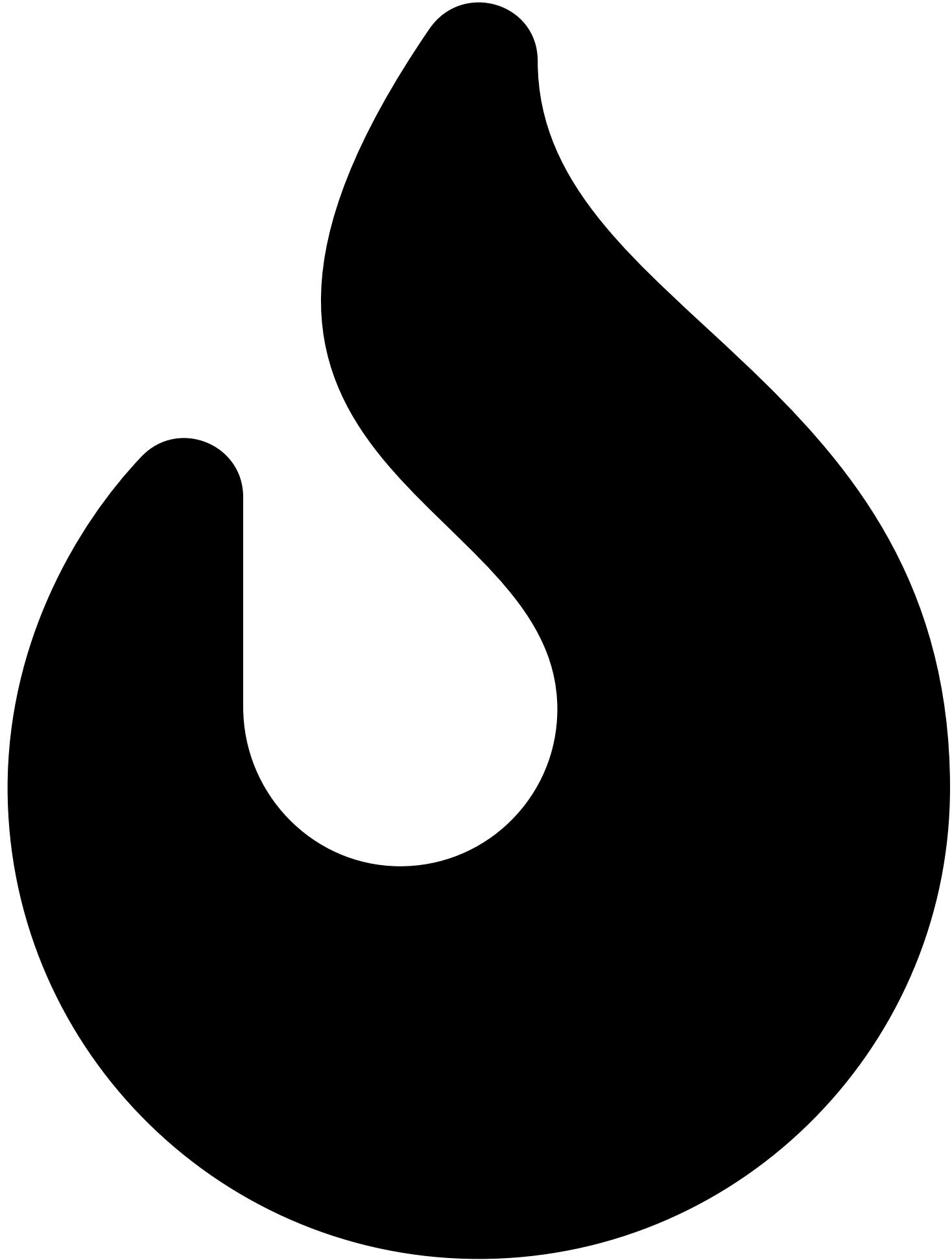
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Dec 25

Stabilization Endurance Cycle 2 Day 2



Warmup

- Remember, this is your second time through this cycle. You'll be adding a set to everything this week. If you can, you'll be adding weight to everything this week.
-
- Let's get it.
-
- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

RKC Plank



[View exercise history](#)

- 3 sets x
- 30 second holds with max hold on final set.

A2

Alternating Side Plank



[View exercise history](#)

- 3 sets x
- 12 repetitions (4121 tempo) with max reps on final set.
- Rest 0-90 seconds b/t sets.


B

Deadlift



- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 50%, 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


C

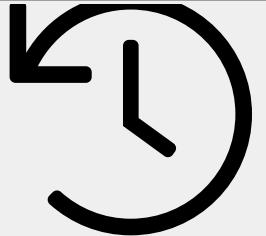
Pendlay Row



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


D1

Single Leg Seesaw



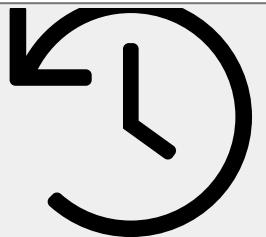
[View exercise history](#)

- 3 x 12 repetitions (4121 tempo) with max reps on your final set.



D2

Reverse Table



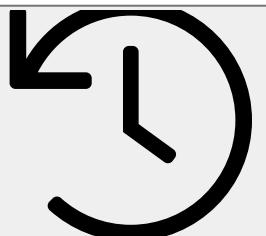
[View exercise history](#)

- 3 x 12 repetitions (4121 tempo) with max reps on your final set.



E

Bonus 1:



[View exercise history](#)

- Sled Push:
- 3 x 20 yards @ +10# to what you pushed last time.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Bear crawl back to your starting point, then...
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



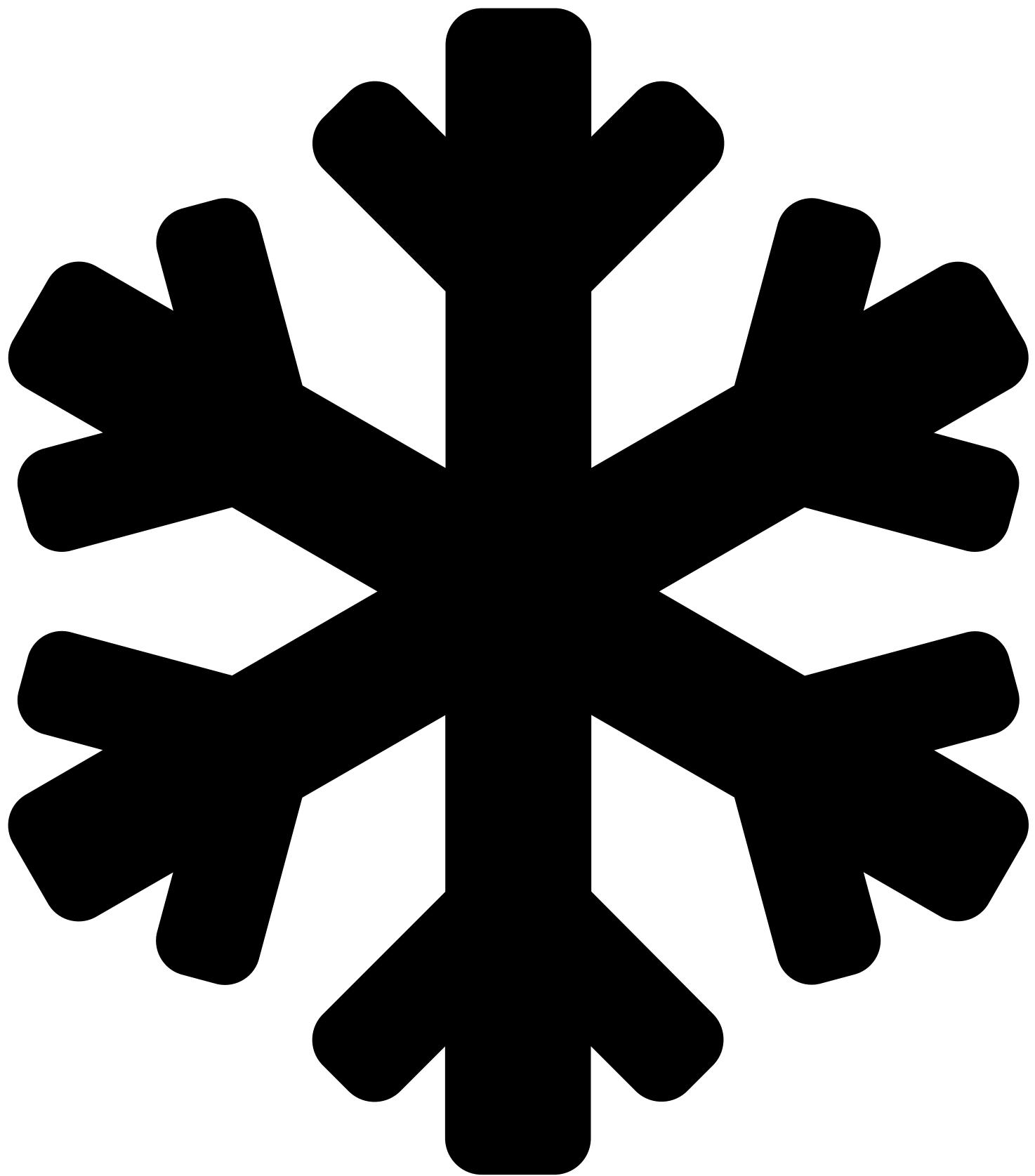
F

Bonus 2:

View exercise history

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side SL High-Knee,
- Inverted Row,
- Left-Side SL High-Knee.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

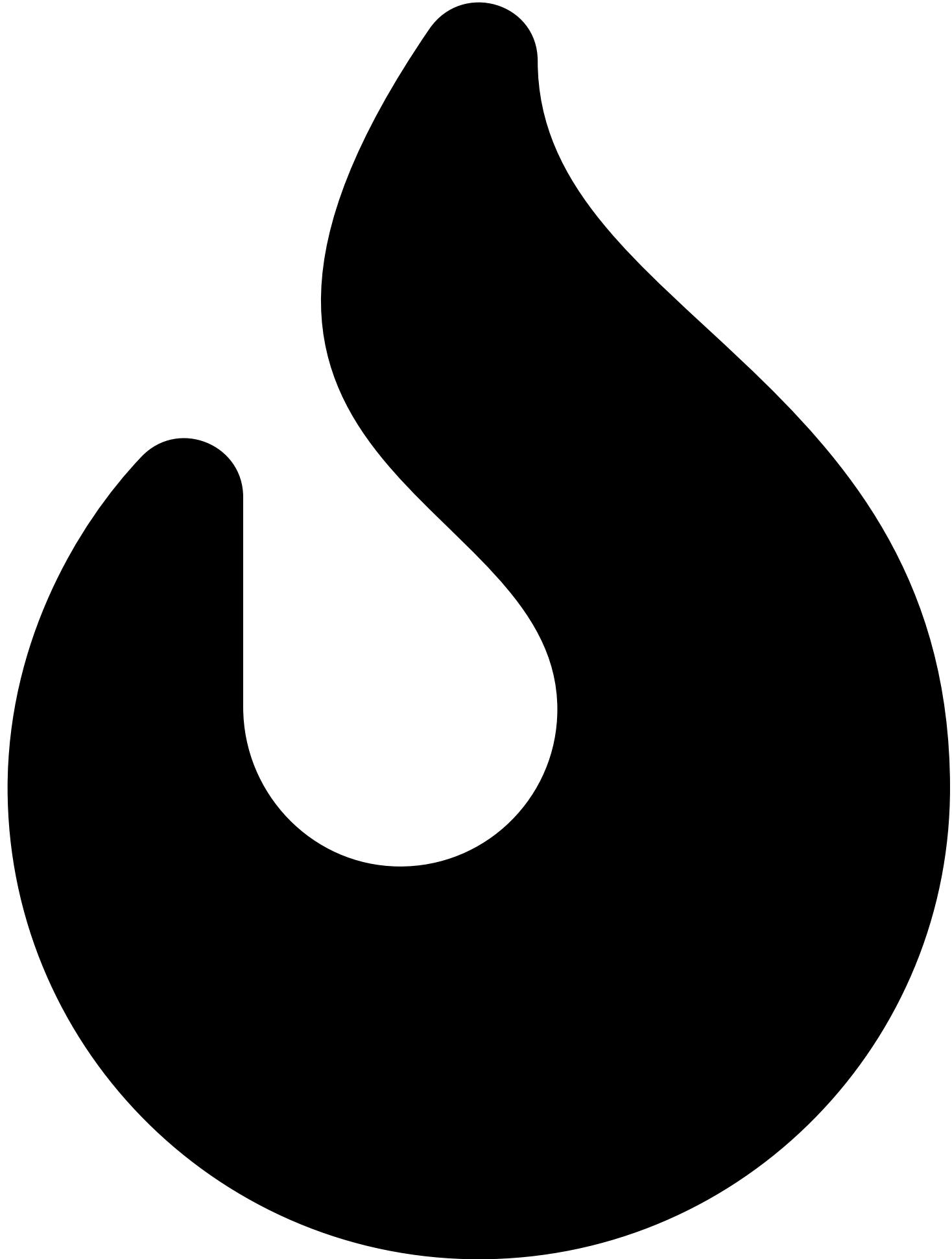


GIF

Send

Mon, Dec 28

Stabilization Endurance Cycle 2 Day 3



Warmup

- Remember, you're adding a set to everything this week. Weights remain the same or increase.
-
- Let's get it.
-
- Foundation 1:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bent Hollow Hold



- 30 second holds with max hold on final set.



Side Arch Body Hold



- 30 second holds with max hold on final set.
- Rest 0-90 seconds between sets.



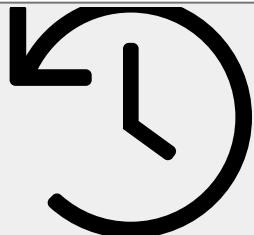
Strict Press[View exercise history](#)

- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 50%, 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

**Front Squat**[View exercise history](#)

- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

**Side Lunge**

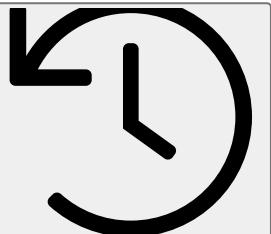
[View exercise history](#)

- 3 x 6 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Dumbbell Push Press

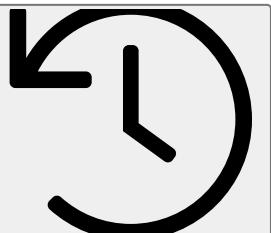
[View exercise history](#)

- 3 x 6 repetitions per side (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Bonus 1:

[View exercise history](#)

- Farmers Walk:
- 3 x 20 yards @ +5# to what you carried last time.
-
- Bear crawl back to starting point, then...
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

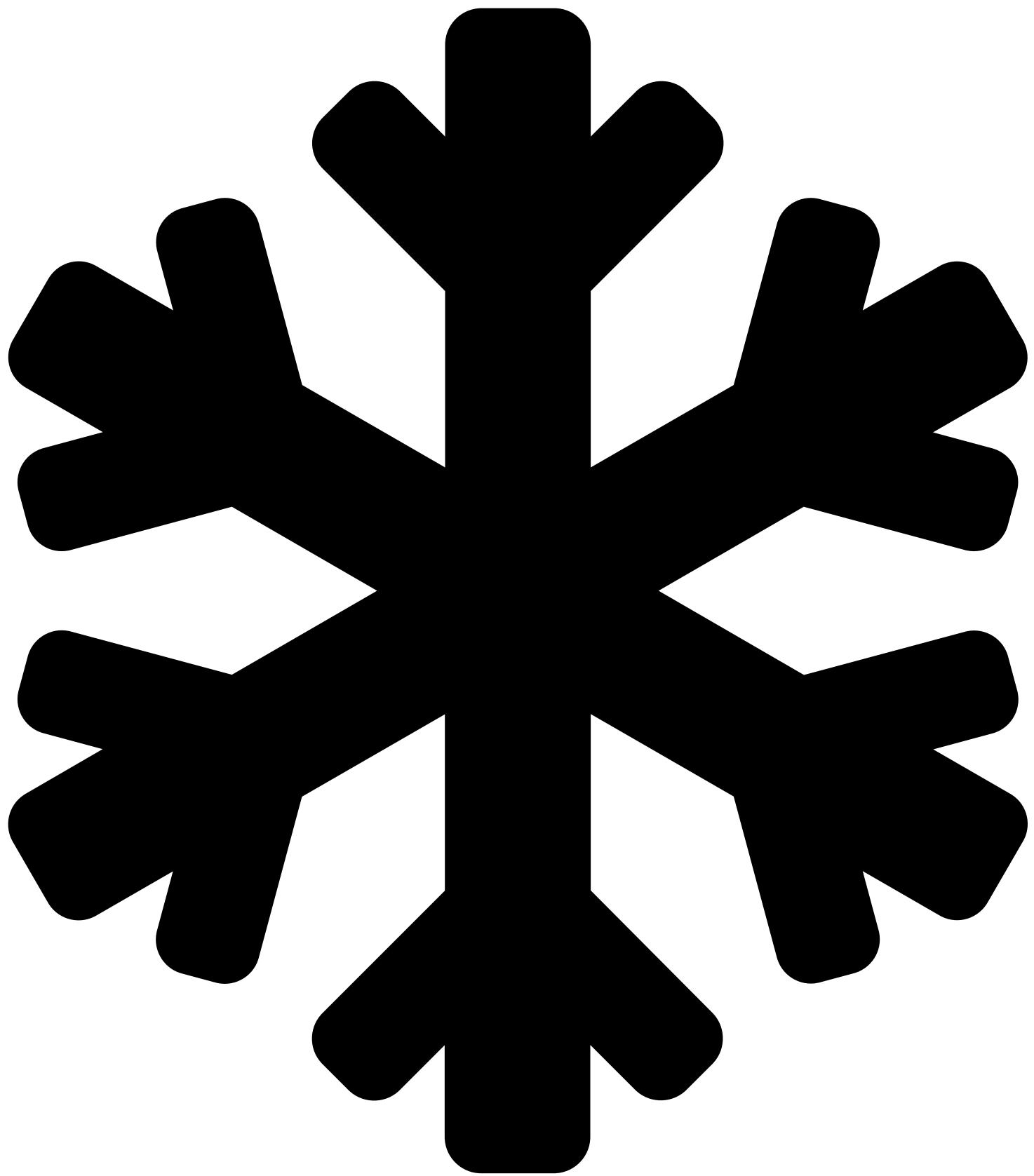


F

Bonus 2:[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Air Squat,
- Right-Side SL High-Knee,
- Push-Up,
- Left-Side SL High-Knee.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

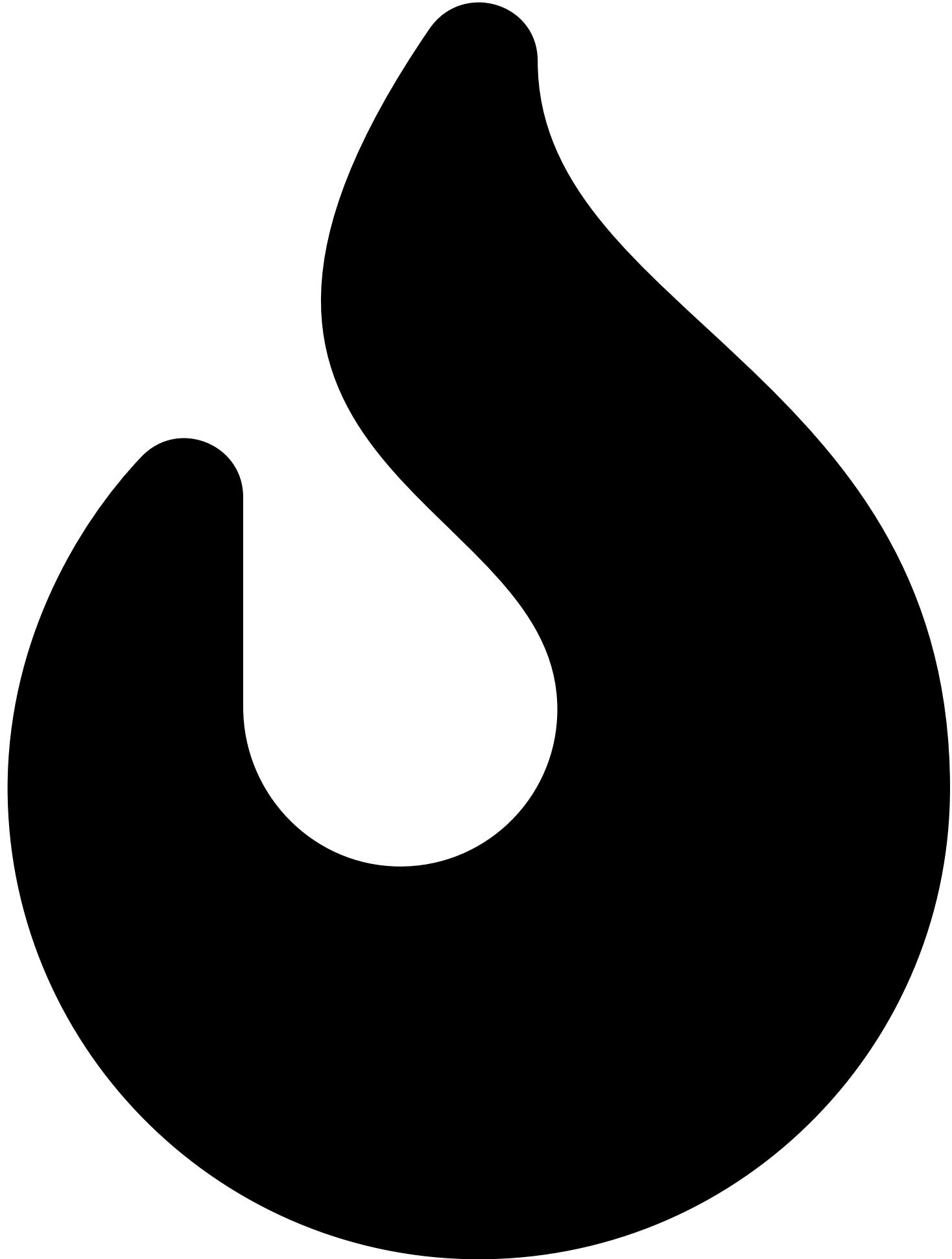
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Dec 30

Stabilization Endurance Cycle 2 Day 4



Warmup

- You know what to do.
-
- Let's get it.
-
- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Get Up Sit Up



[View exercise history](#)

- 3 sets x
- 6 repetitions per side (4121 tempo) with max reps per side on final set. Make sure you match reps on each side.

A2

Cable Chop



[View exercise history](#)

- 3 sets x
- 6 repetitions per side (4121 tempo) with max reps on final set. Perform at the heaviest weight that you can complete high quality repetitions at.
-

- Rest 0-90 seconds b/t sets.

B

Pendlay Row



- 3 sets x
-
- 12 repetitions per side (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 50%, 12 @ 60%, 12+ @ 70% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

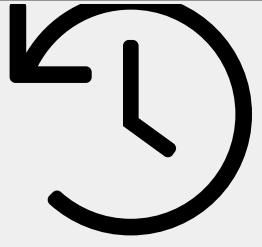
Deadlift



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

D1

Box Step Up



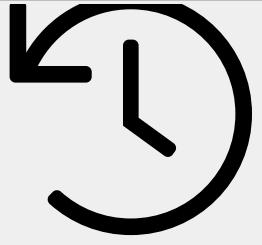
[View exercise history](#)

- 3 x 5 repetitions per side (4121 tempo) at a height at which your femur is at parallel.
-
- Do not alternate legs.
-
- Max reps on your final set.



D2

Bench Dips



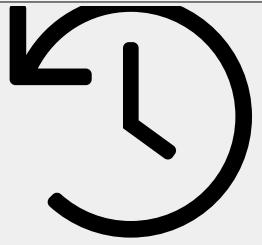
[View exercise history](#)

- 3 x 10 repetitions (4121 tempo) with max reps on your final set.



E

Bonus 1:



[View exercise history](#)

- Sled Push:
- 3 x 20 yards @ same weight as last time.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.

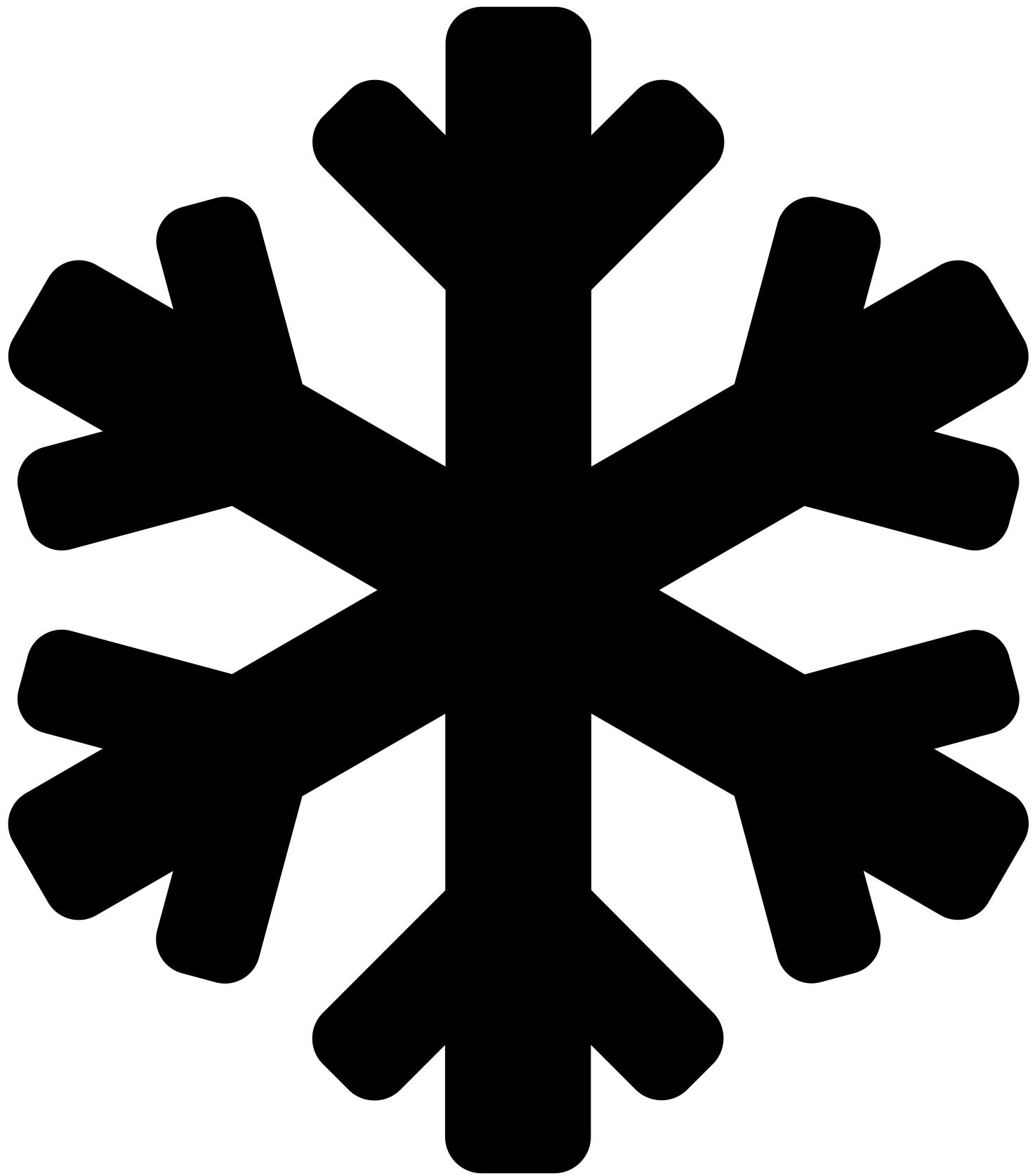
- Bear Crawl back to starting poing, then....
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

Bonus 2:

[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side SL High-Knee,
- Inverted Row,
- Left-Side SL High-Knee.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

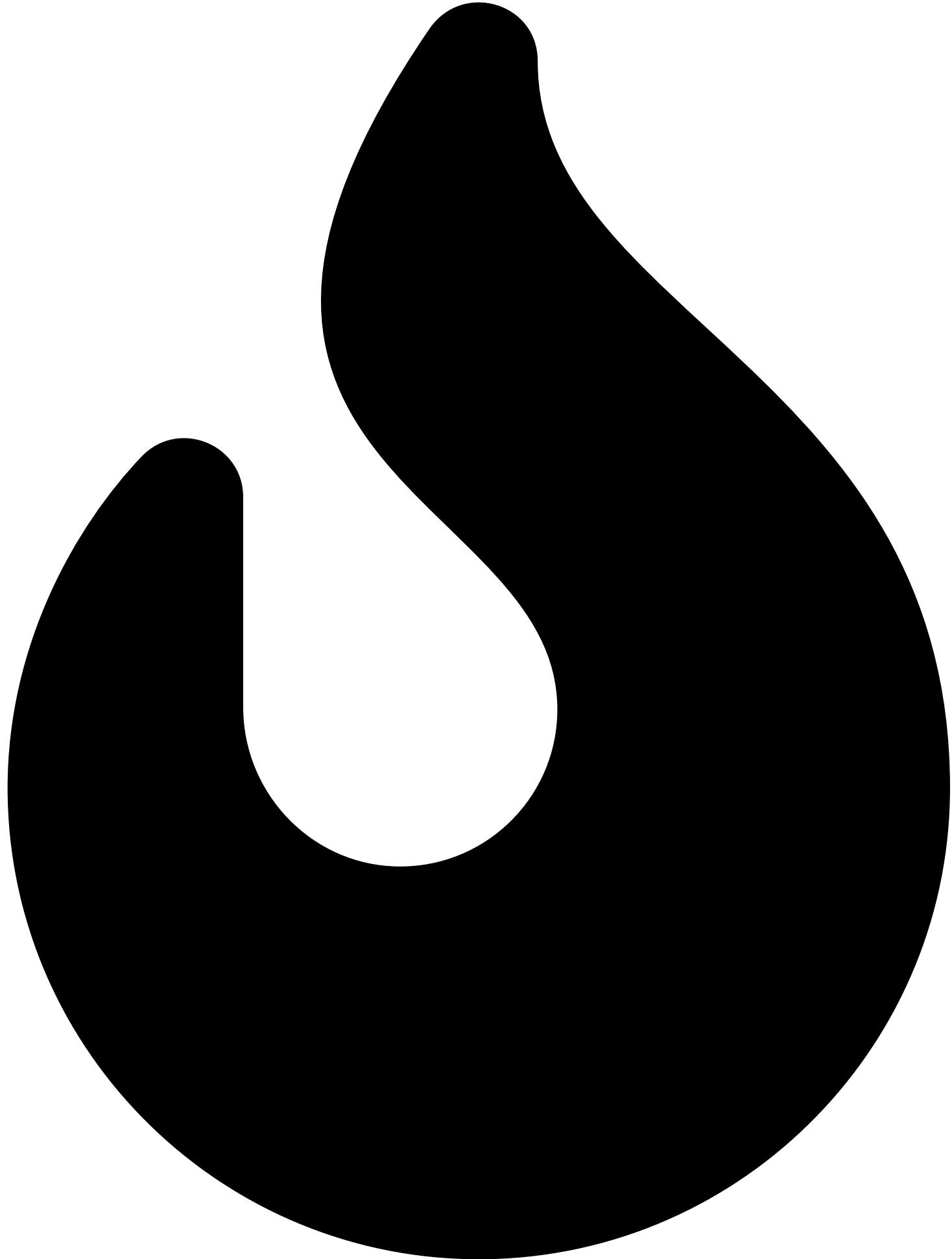
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jan 1

Stabilization Endurance Cycle 3 Day 1



Warmup

- Today marks your THIRD time through this cycle. You might say that it's going to be less fun. Me? I think it's going to be more fun.
-
- You'll be adding some weight this week. Remember, every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 1:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bird-Dog



[View exercise history](#)

- 3 sets x
- 16 repetitions (4121 tempo) with max reps on final set.

A2

Deadbug



[View exercise history](#)

- 3 sets x

- 16 repetitions (4121 tempo) with max reps on final set.

B

Front Squat



- 3 sets x
-
- 15 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 15 repetitions with.
-
- If you're working with %'s, go for 15 @ 45%, 15 @ 55%, 15+ @ 65% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

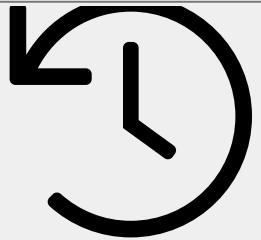
Strict Press



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

D1

Kettlebell Rack Lunge

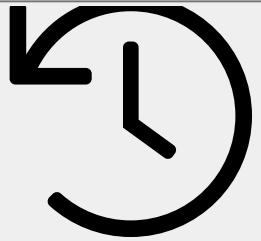
[View exercise history](#)

- 3 x 15 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Dumbbell Push Press

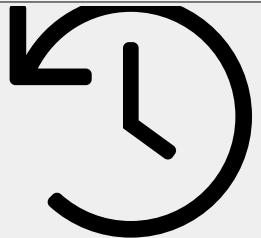
[View exercise history](#)

- 3 x 15 repetitions per side (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Bonus 1

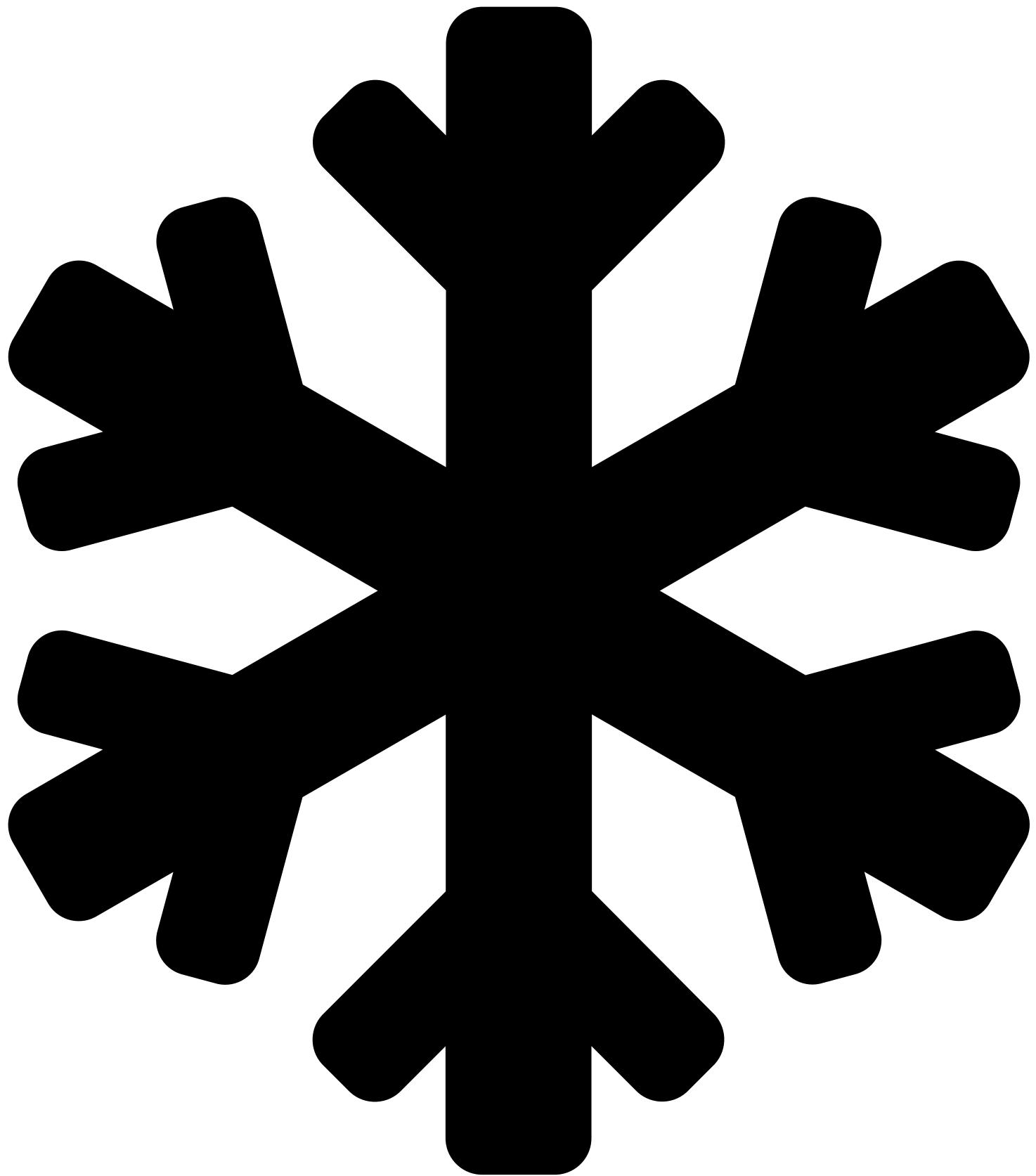
[View exercise history](#)

- Farmer Carry
- 3 x 20 yards @ the weight you finished at last week. If it was easy, you better add 5-10#.
-
- Then, Frogger back to start.
-

- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Air Squat,
- Right-Side Elevated Hip Switch,
- Push-Up,
- Left-Side Elevated Hip Switch.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

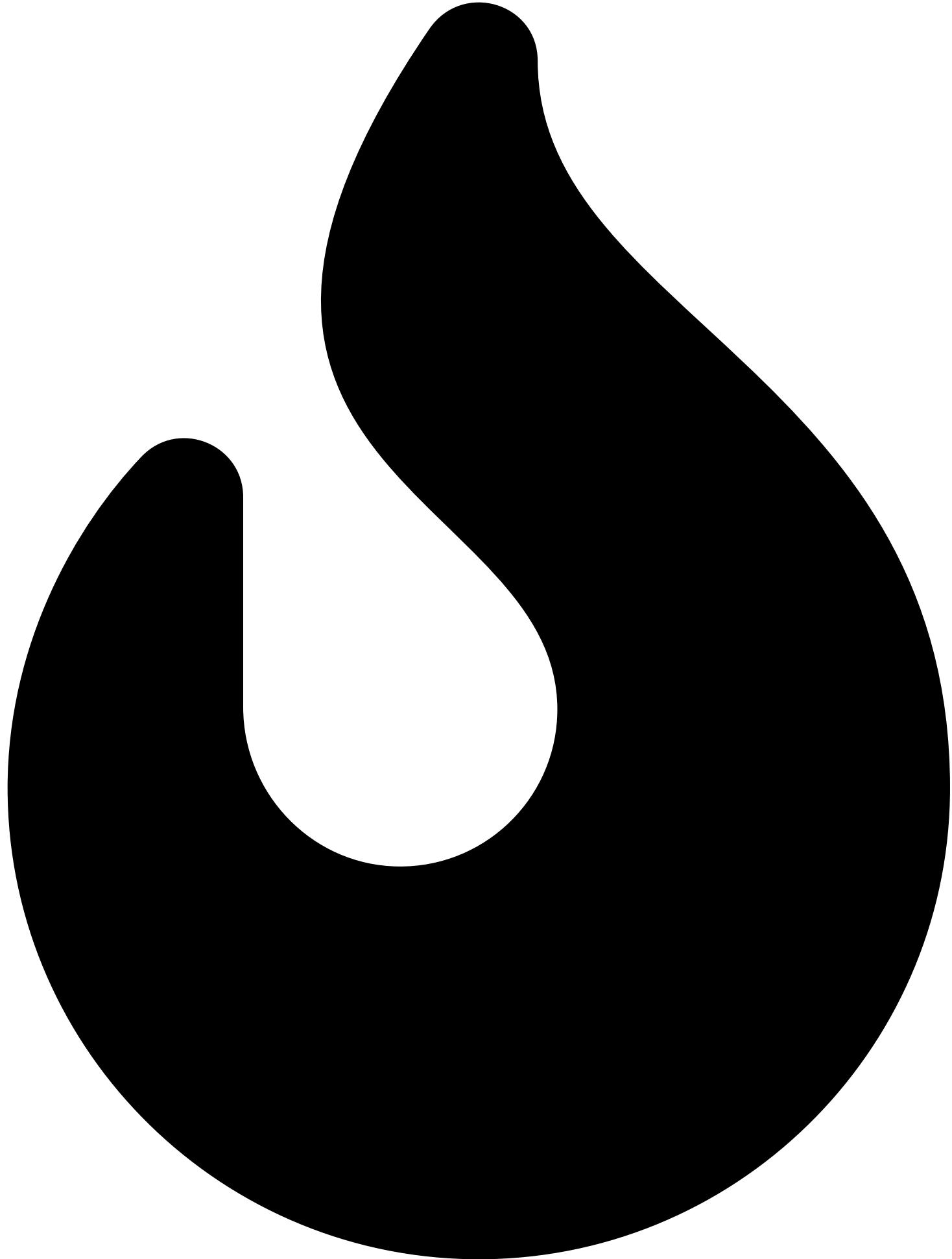


GIF

Send

Mon, Jan 4

Stabilization Endurance Cycle 3 Day 2



Warmup

- You know what to do.
- Maximum effort.
- Let's get it.
- Foundation 1:
- Complete 1-3 rounds as a super-set:
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

RKC Plank



[View exercise history](#)

- 3 sets x
- 30 second holds with max hold on final set.



A2

Alternating Side Plank



[View exercise history](#)

- 3 sets x
- 16 repetitions (4121 tempo) with max reps on final set.
- Rest 0-90 seconds b/t sets.



Deadlift



- 3 sets x
-
- 15 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 45%, 12 @ 55%, 12+ @ 65% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



Pendlay Row

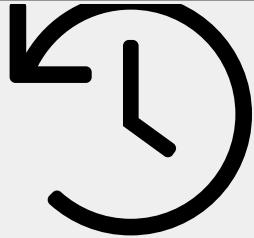


- 3 sets x
-
- 20 repetitions per side (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



D1

Single Leg Seesaw



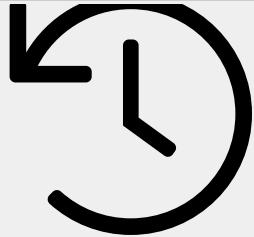
[View exercise history](#)

- 3 x 8 repetitions per side (4121 tempo) with max reps on your final set.



D2

Reverse Table



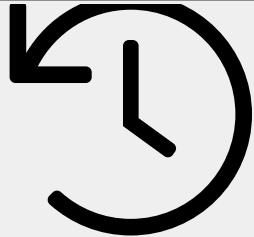
[View exercise history](#)

- 3 x 15 repetitions (4121 tempo) with max reps on your final set.



E

Bonus 1

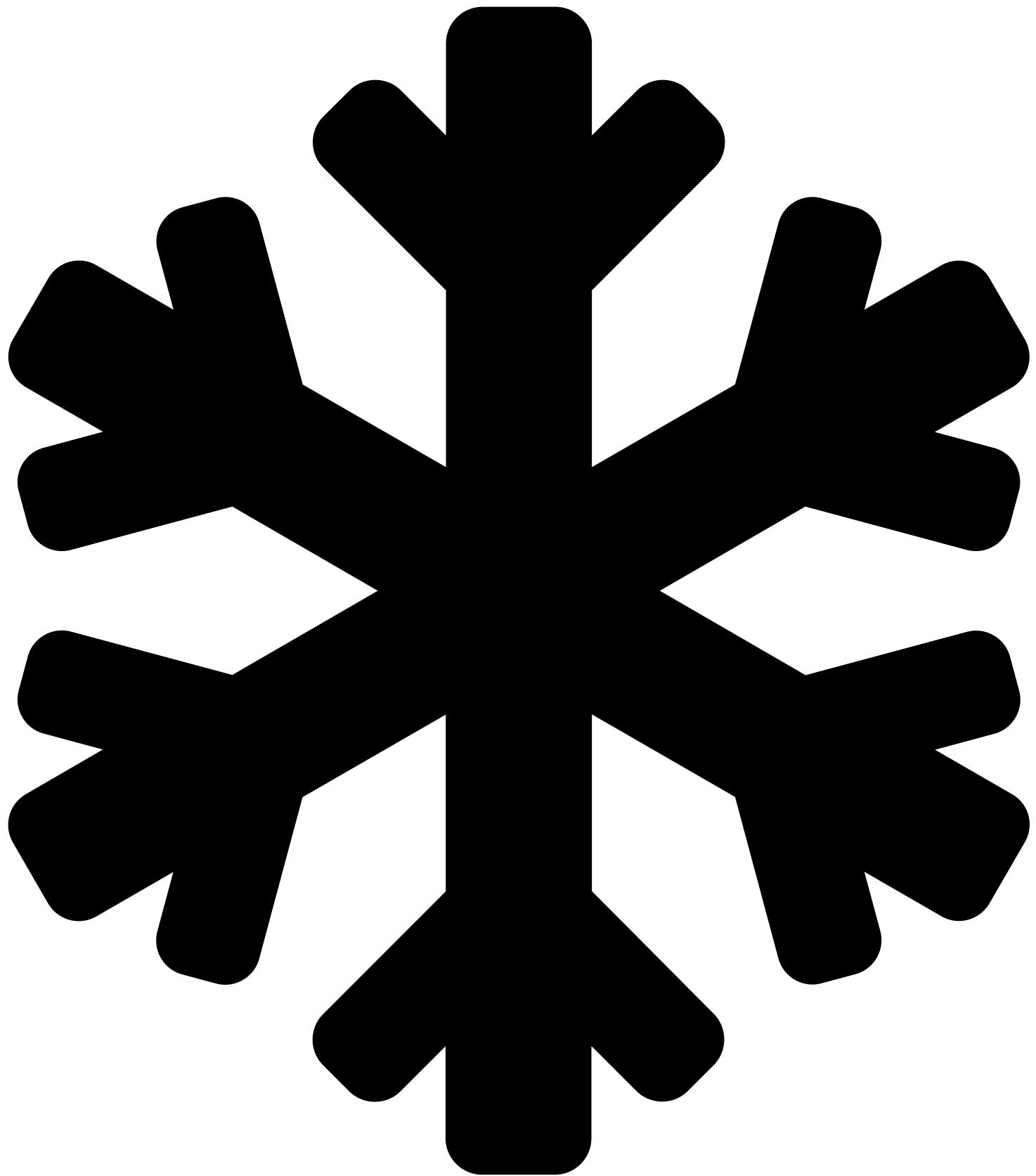


[View exercise history](#)

- Sled Push
- 3 x 20 yards @ same weight you used last time. If it was easy, add 5-10#.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Then, Frogger back to start.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side Elevated Hip Switch,
- Inverted Row,
- Left-Side Elevated Hip Switch.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

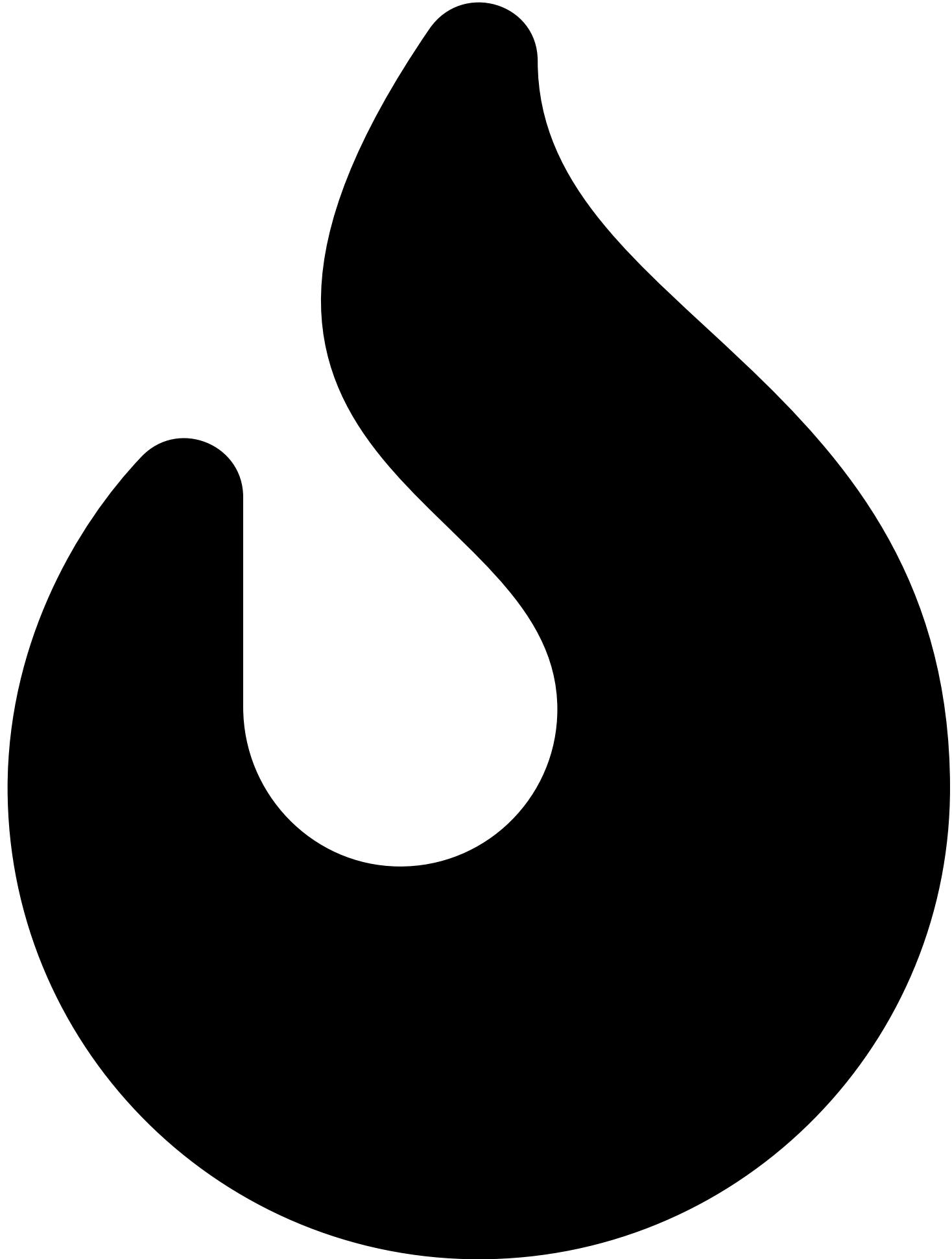


GIF

Send

Wed, Jan 6

Stabilization Endurance Cycle 3 Day 3



Warmup

- You know what to do.
- Maximum effort.
- Let's get it.
- Foundation 1:
- Complete 1 round as a super-set:
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bent Hollow Hold



[View exercise history](#)

- 3 x
- 30 second holds with max hold on final set.



A2

Side Arch Body Hold



[View exercise history](#)

- 3 x
- 30 second holds with max hold on final set.
- Rest 0-90 seconds between sets.



Strict Press



- 3 sets x
-
- 15 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 15 repetitions with.
-
- If you're working with %'s, go for 15 @ 45%, 12 @ 55%, 12+ @ 65% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



Front Squat

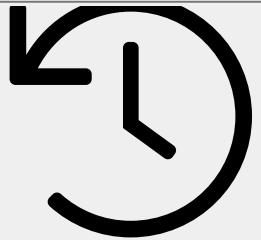


- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to your weight from last week if you can.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



D1

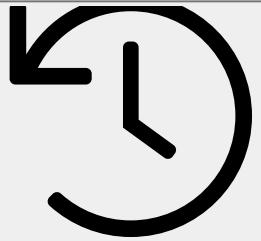
Goblet Side Lunge

[View exercise history](#)

- 3 x 8 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.

D2

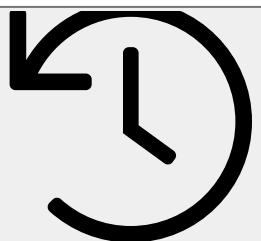
Behind the Neck Snatch Grip Push Press

[View exercise history](#)

- 3 x 15 repetitions (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.

E

Bonus

[View exercise history](#)

- Farmer's Walk
- 3 x 20 yards @ +5# to what you carried last time.
-
- Then, Frogger back to start.
-

- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Air Squat,
- Right-Side Elevated Hip Switch,
- Push-Up,
- Left-Side Elevated Hip switch.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

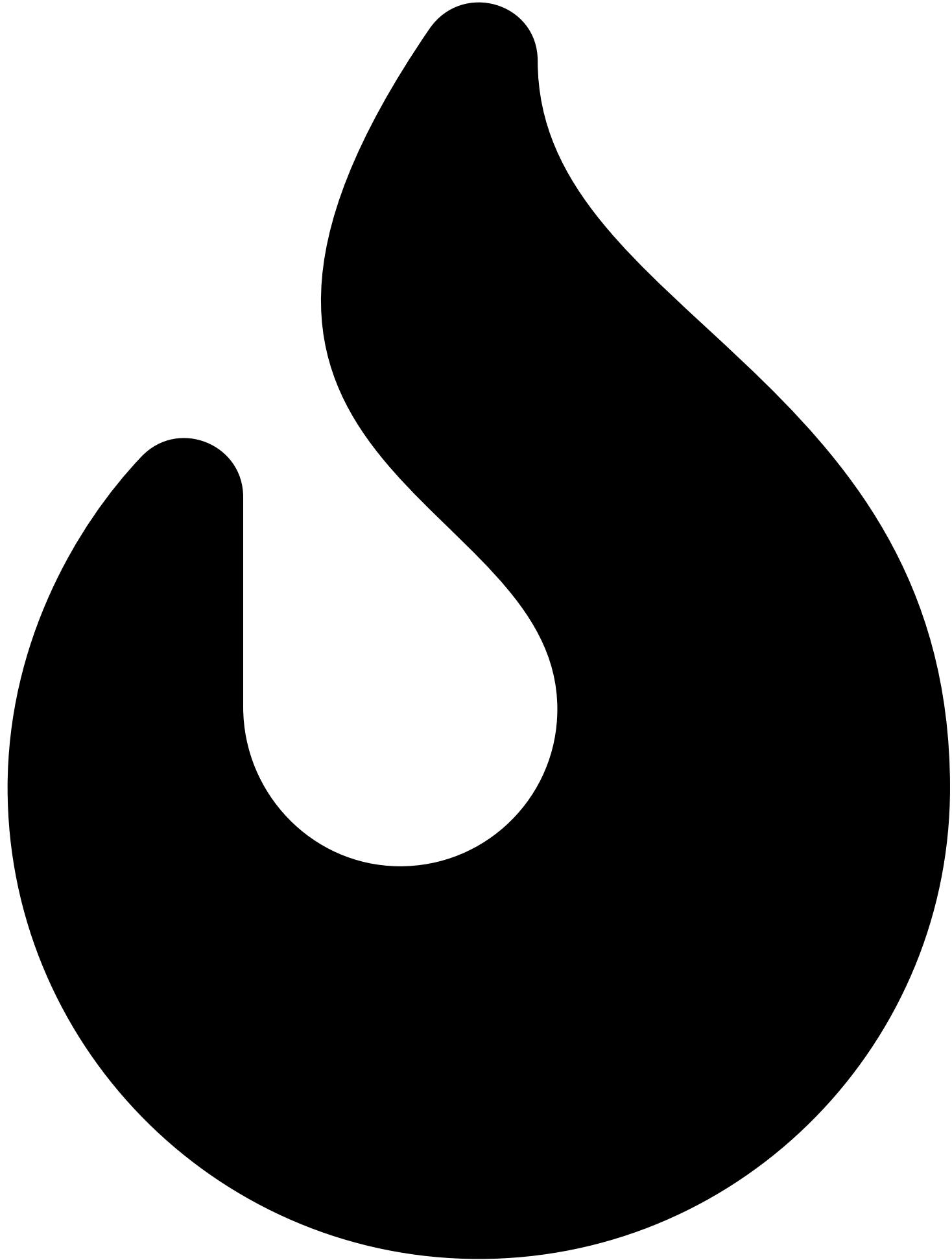
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jan 8

Stabilization Endurance Cycle 3 Day 4



Warmup

- You know what to do.
-
- Let's get it.
-
- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Get Up Sit Up



[View exercise history](#)

- 3 sets x
- 8 repetitions per side (4121 tempo) with max reps per side on final set. Make sure you match reps on each side.

A2

Cable Chop



[View exercise history](#)

- 3 sets x
- 8 repetitions per side (4121 tempo) with max reps on final set. Perform at the heaviest weight that you can complete high quality repetitions at.
-

- Rest 0-90 seconds b/t sets.

B

Pendlay Row



- 3 sets x
-
- 15 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with.
-
- If you're working with %'s, go for 12 @ 45%, 12 @ 55%, 12+ @ 65% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

Deadlift



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

D1

Box Step Up



[View exercise history](#)

- 3 x 8 repetitions per side (4121 tempo) at a height at which your femur is at parallel.
-
- Do not alternate legs.
-
- Max reps on your final set.



Bench Dips



[View exercise history](#)

- 3 x 16 repetitions (4121 tempo) with max reps on your final set.



Bonus



[View exercise history](#)

- Sled Push
- 3 x 20 yards @ same weight as last time.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.

- Then, Frogger back to start.
- Perform the next set as quickly as possible, 0-90 seconds rest.

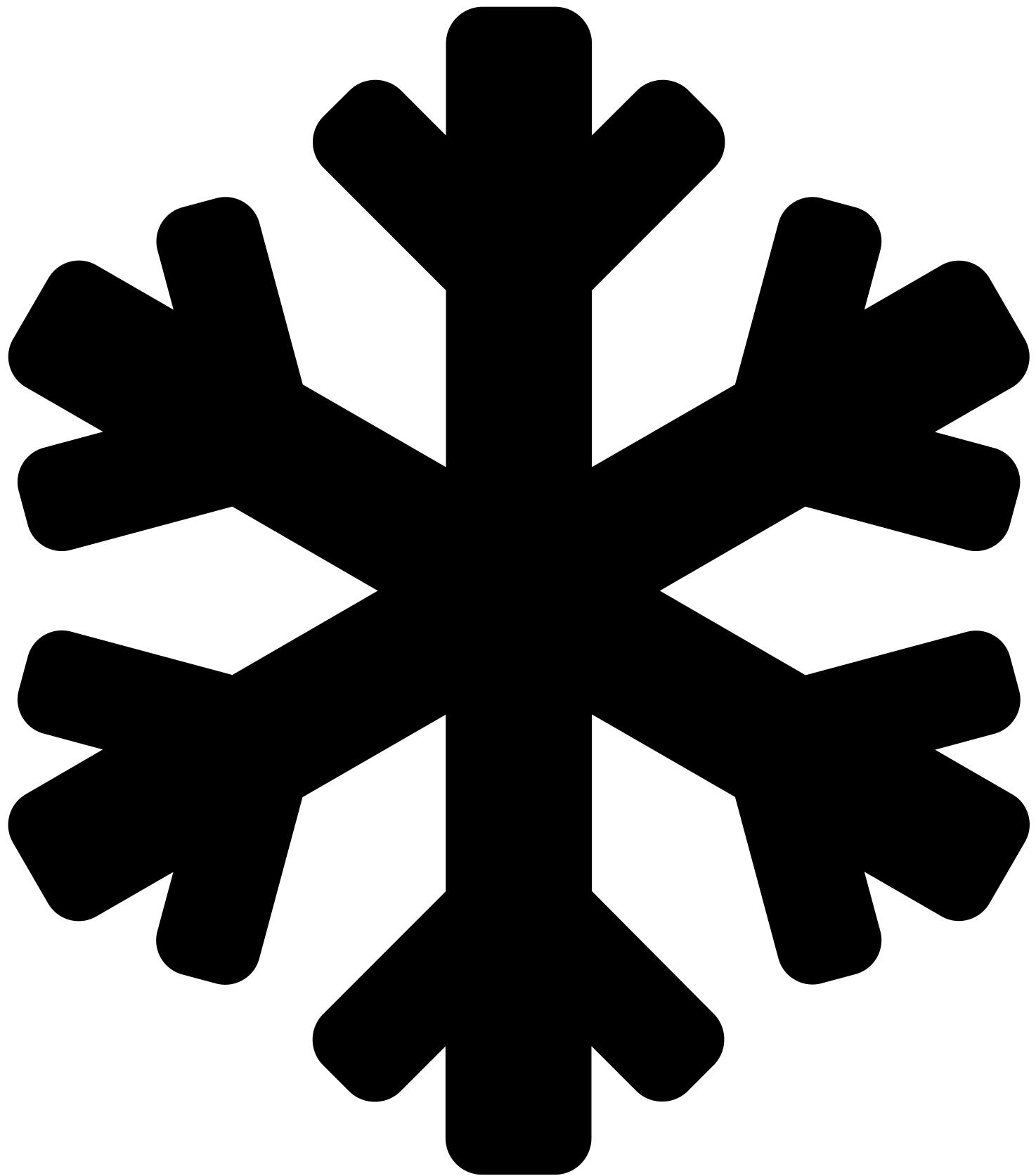
F

Bonus 2



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side Elevated Hip Switch,
- Inverted Row,
- Left-Side Elevated Hip Switch.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

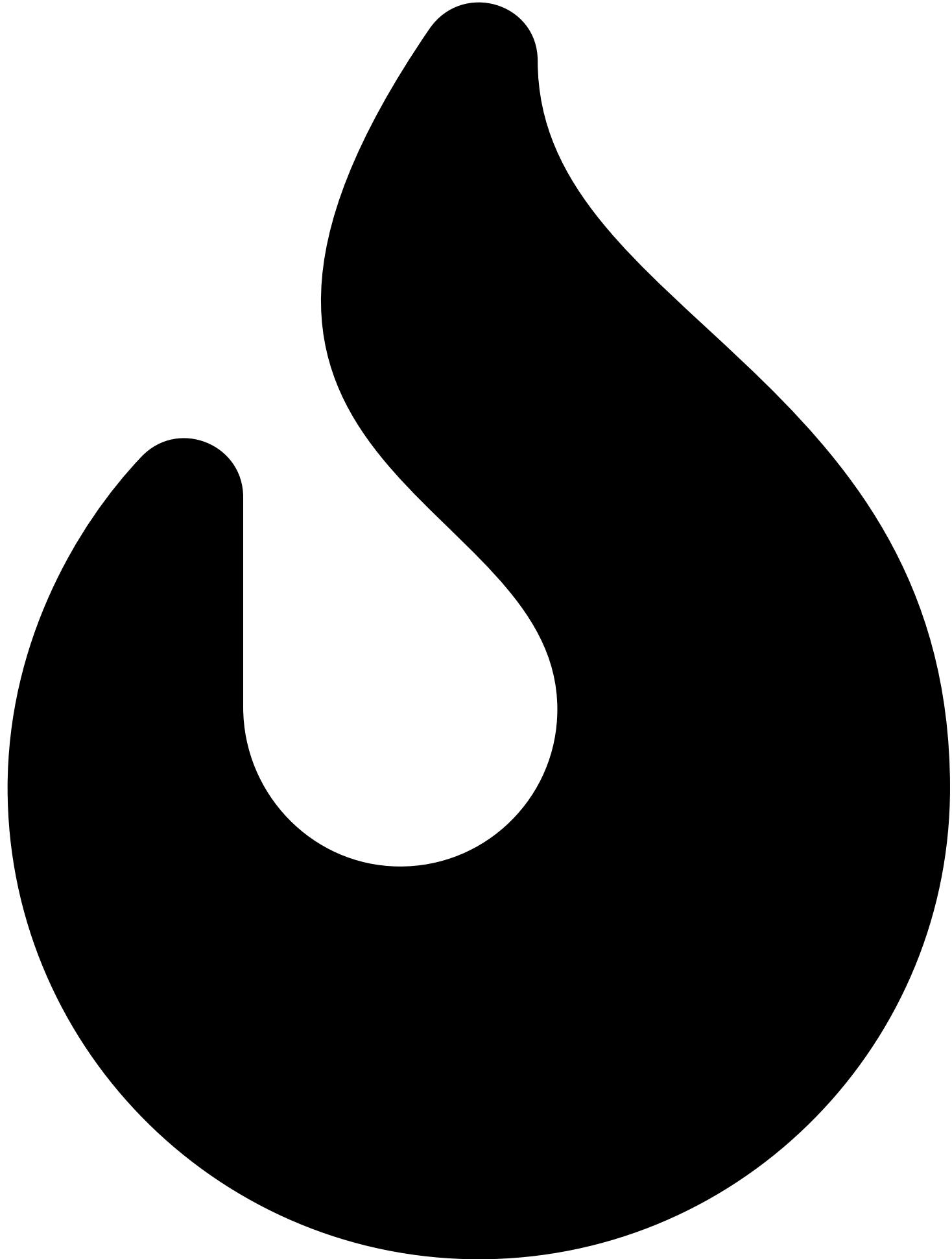
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Jan 11

Stabilization Endurance Cycle 4 Day 1



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be adding some weight this week.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 1:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bird-Dog



[View exercise history](#)

- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.



A2

Deadbug



[View exercise history](#)

- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.

B

Front Squat



- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- Build up to the heaviest weight you can complete 12 repetitions with. The mission is to end this set at a heavier weight than you EVER HAVE.
-
- If you're working with %'s, go for 12 @ 55%, 12 @ 65%, 12+ @ 75% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

Strict Press



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



D1

Front Rack Walking Lunge

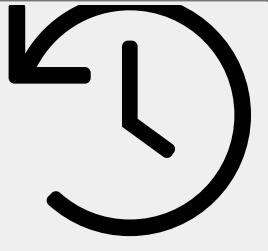
[View exercise history](#)

- 3 x 20 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.



D2

Dumbbell Push Press

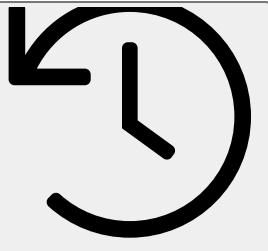
[View exercise history](#)

- 3 x 20 repetitions per side (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.



E

Bonus

[View exercise history](#)

- Farmer's Walk
- 3 x 20 yards @ the weight you finished at last week. If it was easy, you better add 5-10#.

- Bear Crawl (quadruped) back to starting point.
- Perform the next set as quickly as possible, 0-90 seconds rest.

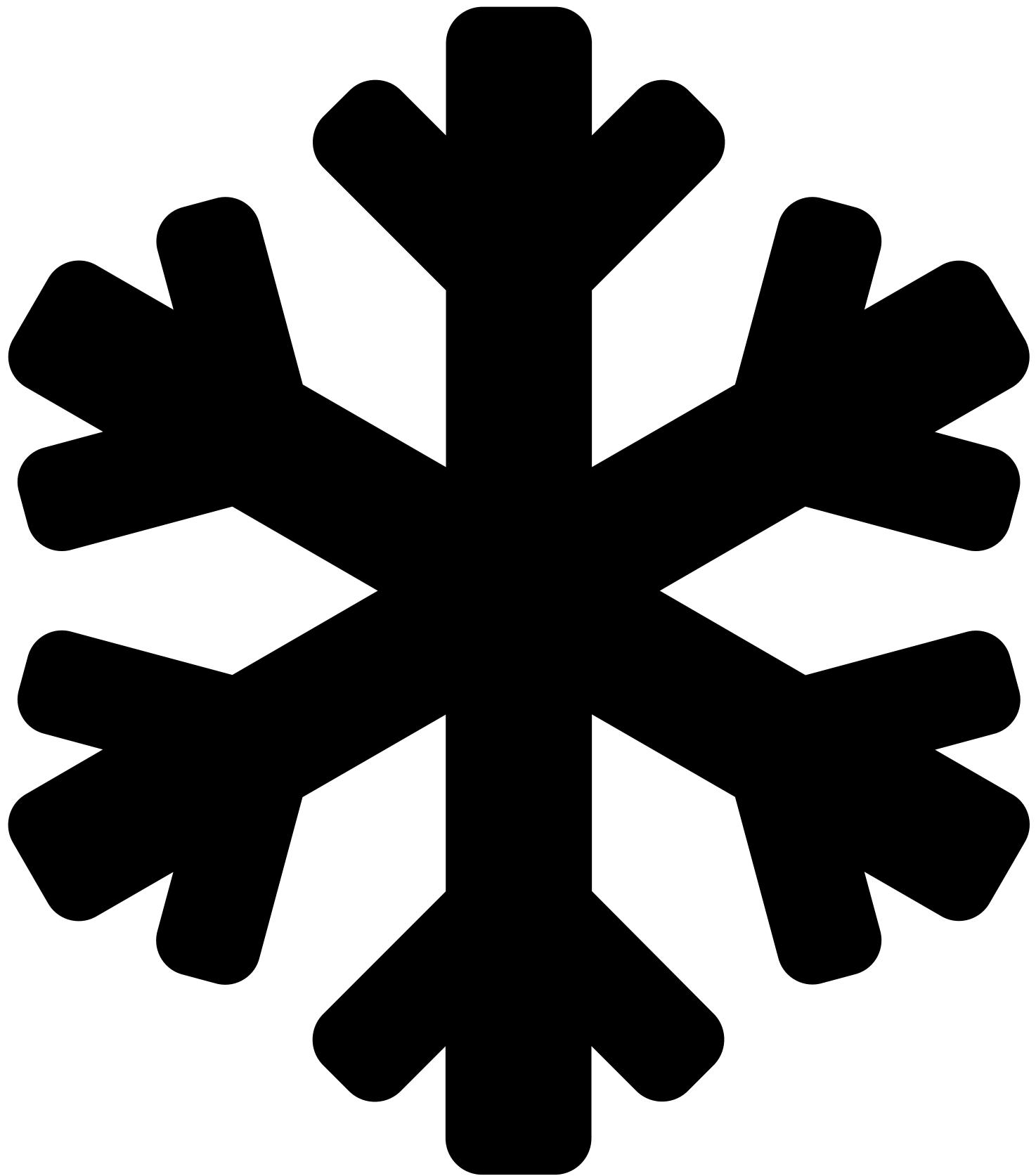
F

Bonus 2



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
- 20-15-10-5
- Air Squat,
- Right-Side SL Sprinter Pogos,
- Push-Up,
- Left-Side SL Sprinter Pogos.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

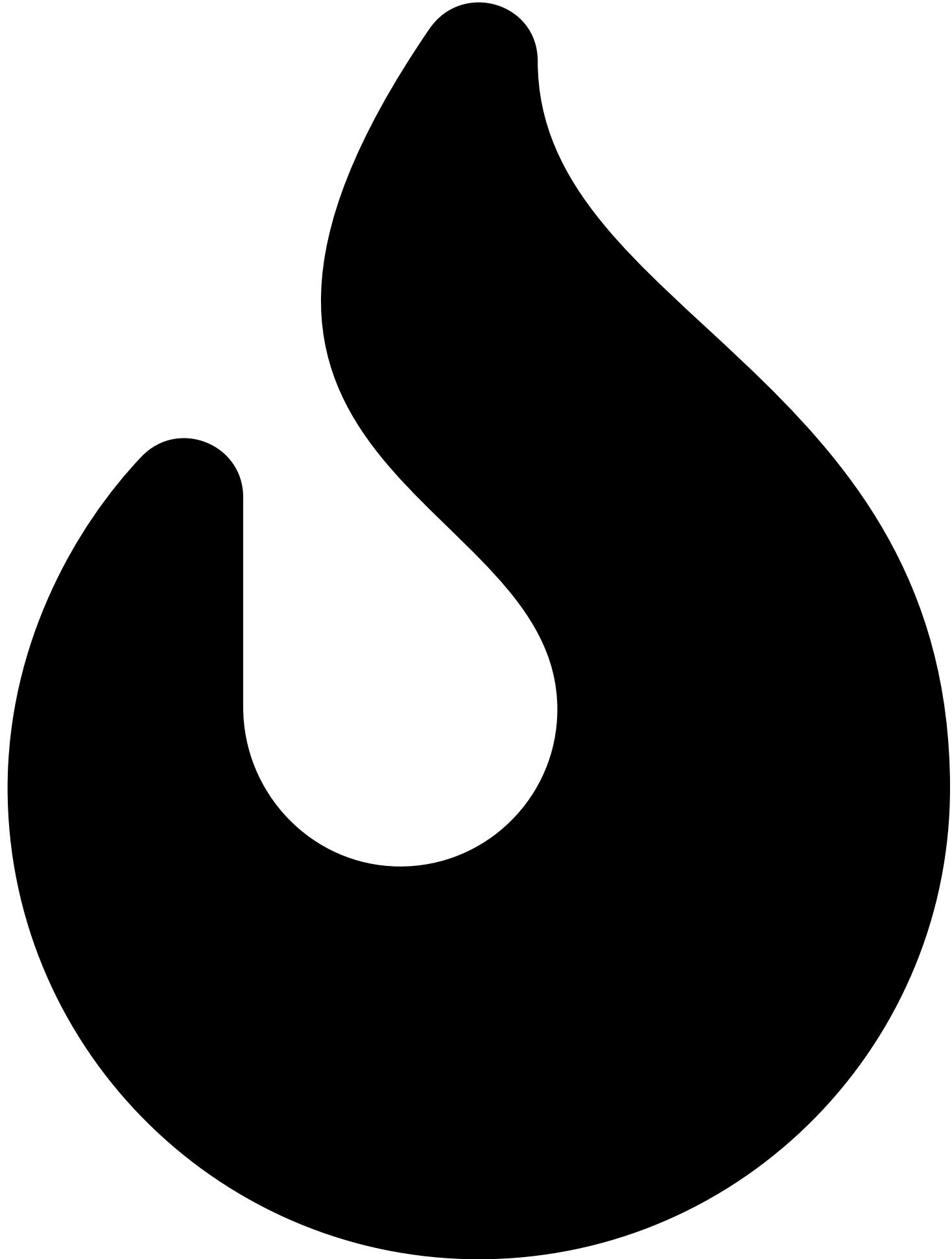


GIF

Send

Wed, Jan 13

Stabilization Endurance Cycle 4 Day 2



Warmup

- You know what to do.
- Maximum effort. It's game-time.
- Let's get it.
- Foundation 1:
- Complete 1-3 rounds as a super-set:
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

RKC Plank



- 3 sets x
- max holds.



A2

Alternating Side Plank



- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.
- Rest 0-90 seconds b/t sets.


B

Deadlift



- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- If you're working with %'s, go for 12 @ 55%, 12 @ 65%, 12+ @ 75% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


C

Pendlay Row



- 3 sets x
-
- 20 repetitions per side (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


D1

Seesaw Walk to Burpee



[View exercise history](#)

- 3 x 10 repetitions per side (4121 tempo) with max reps on your final set.



D2

Reverse Table



[View exercise history](#)

- 3 x 20 repetitions (4121 tempo) with max reps on your final set.



E

Bonus



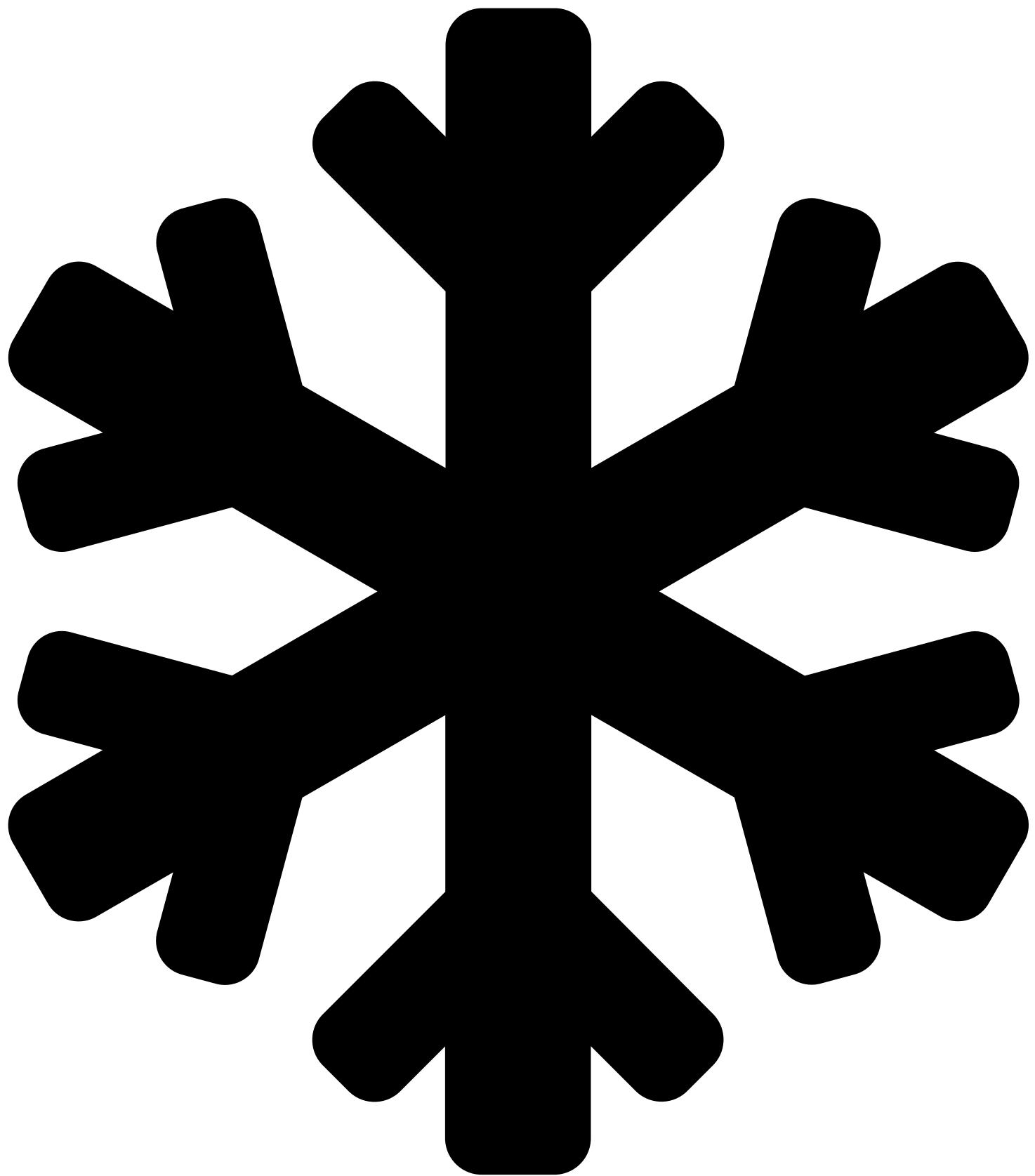
[View exercise history](#)

- Sled Push
- 3 x 20 yards @ same weight you used last time. If it was easy, add 5-10#.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Bear Crawl (quadruped) back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**

View exercise history

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side SL Sprinter Pogo,
- Inverted Row,
- Left-Side SL Sprinter Pogo.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

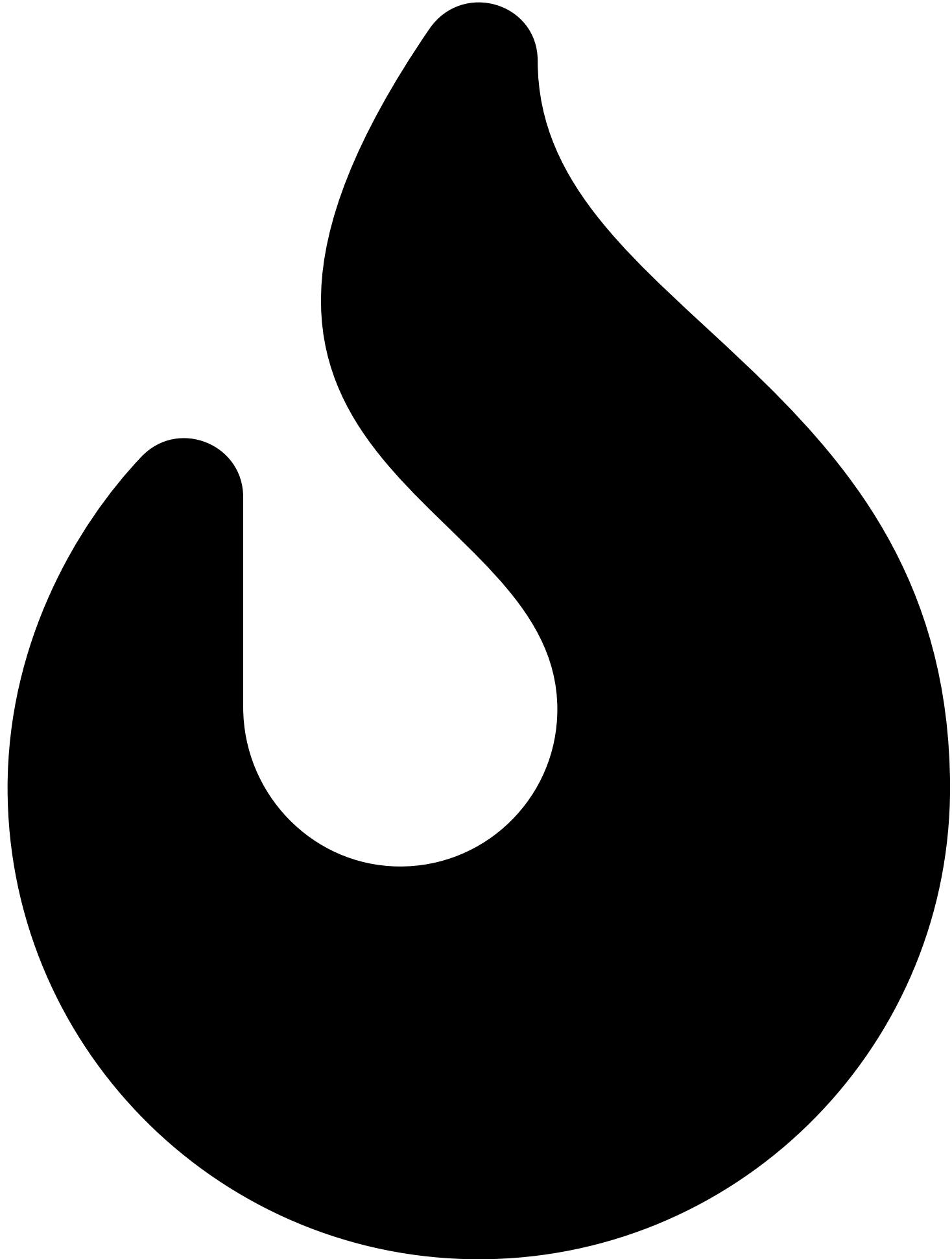
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jan 15

Stabilization Endurance Cycle 4 Day 3



Warmup

- You know what to do.
- Maximum effort.
- Let's get it.
- Foundation 1:
- Complete 1 round as a super-set:
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Bent Hollow Hold



[View exercise history](#)

- 3 x
- max holds.



A2

Side Arch Body Hold



[View exercise history](#)

- 3 x
- max holds.
- Rest 0-90 seconds between sets.


B

Strict Press



- 3 sets x
-
- 12 repetitions (4121 tempo) with max reps on final set.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- If you're working with %'s, go for 12 @ 55%, 12 @ 65%, 12+ @ 75% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


C

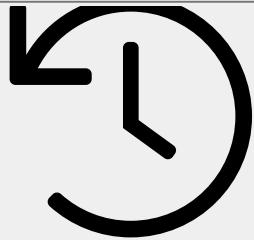
Front Squat



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to your weight from last week if you can.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.


D1

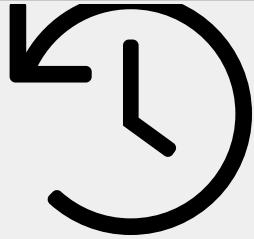
Knee-Hug Side Lunge

[View exercise history](#)

- 3 x 10 repetitions per side (4121 tempo) with max reps on your final set.
-
- Too easy, grab a dumbbell.

D2

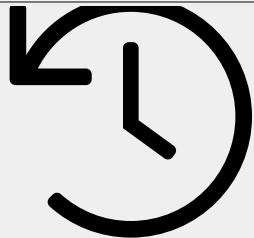
Behind the Neck Snatch Grip Push Press

[View exercise history](#)

- 3 x 10 repetitions per side (4121 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.

E

Bonus

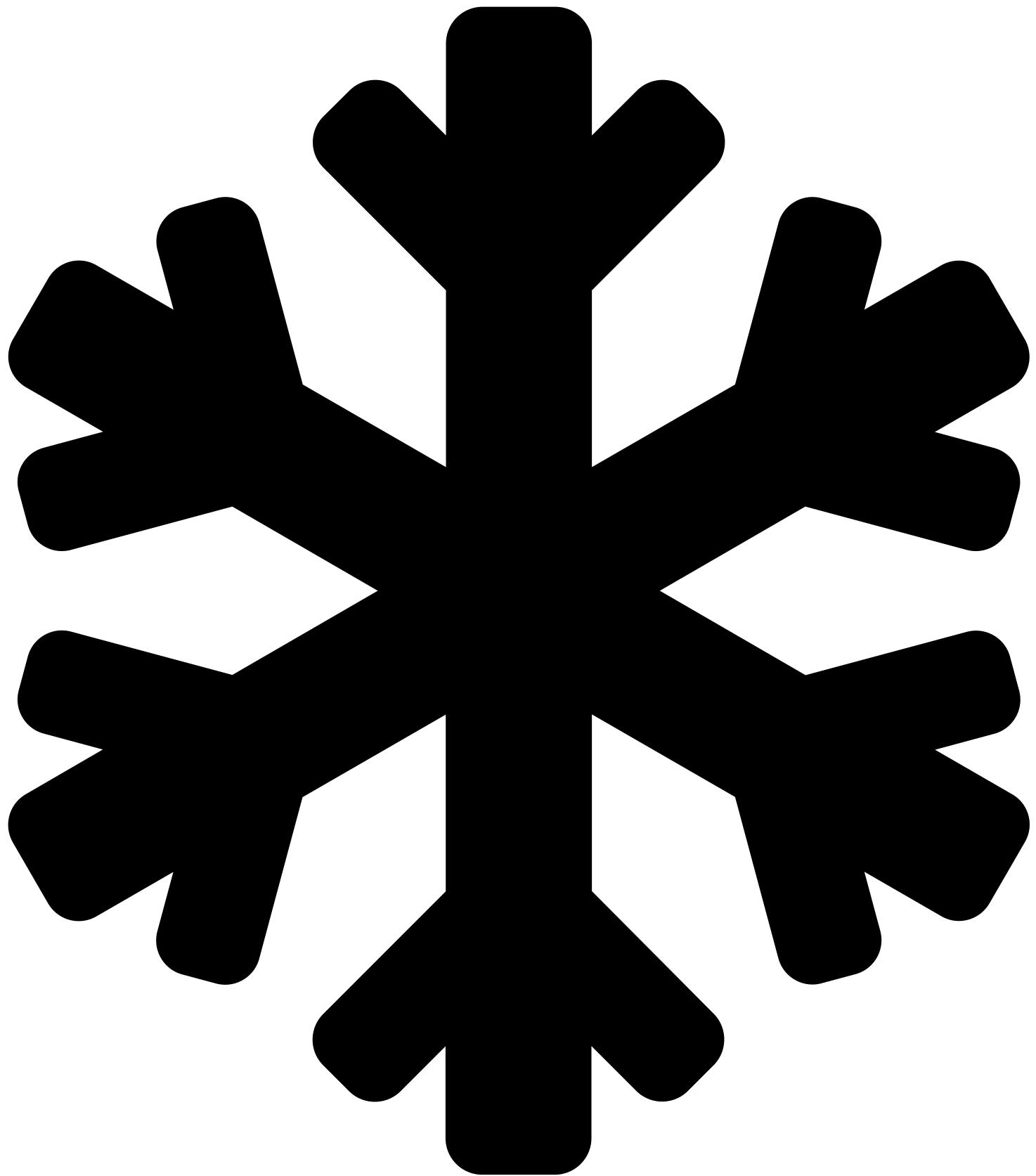
[View exercise history](#)

- Farmers Walk
- 3 x 20 yards @ your heaviest farmer walk of all time.
-
- Bear Crawl (quadruped) back to starting point.
-

- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Air Squat,
- Right-Side SL Sprinter Pogo,
- Push-Up,
- Left-Side SL Sprinter Pogo.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

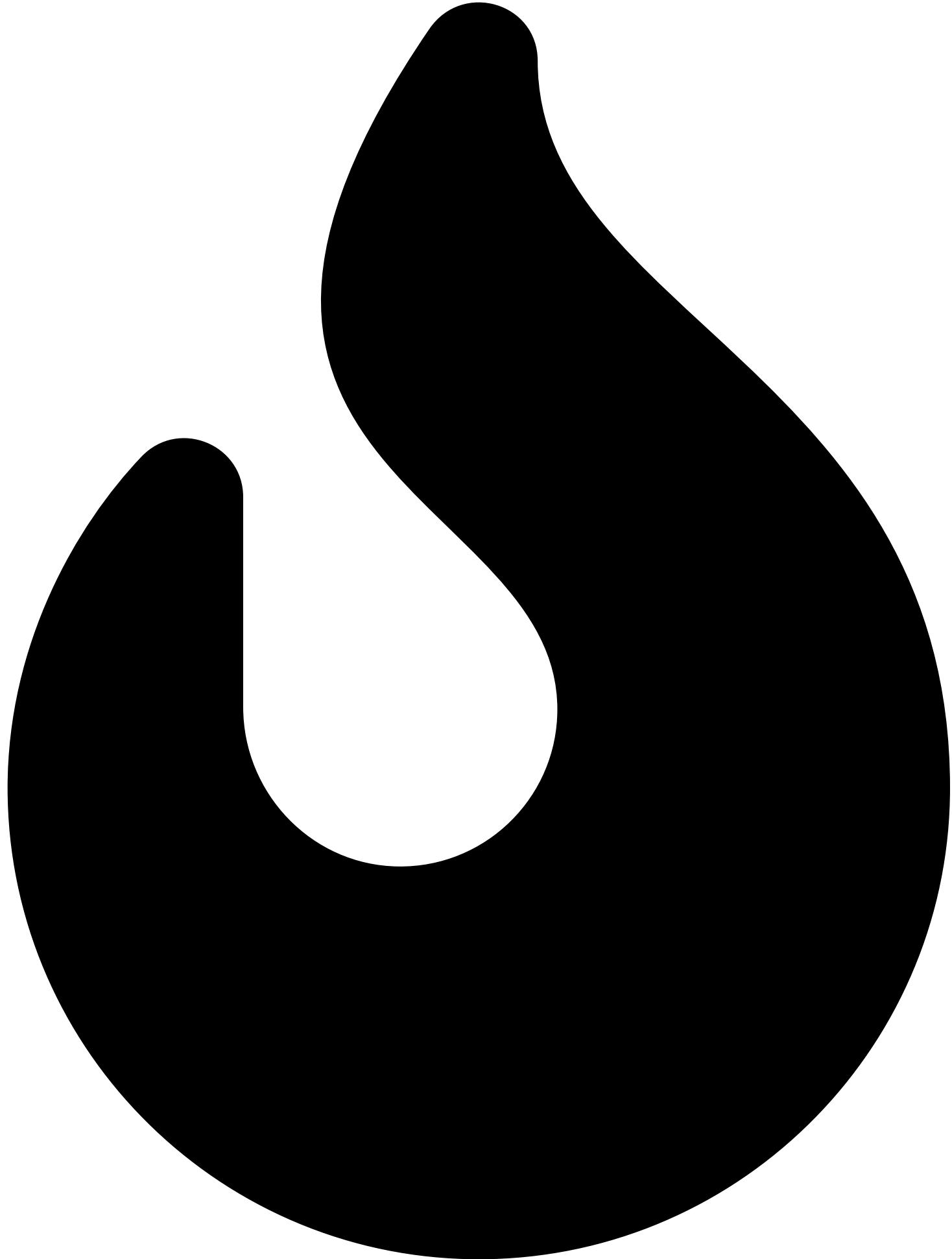


GIF

Send

Mon, Jan 18

Stabilization Endurance Cycle 4 Day 4



Warmup

- You know what to do.
-
- Let's get it. It's your final day.
-
- Foundation 1:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Get Up Sit Up



[View exercise history](#)

- 3 sets x
- 12 repetitions per side (4121 tempo) with max reps per side on final set. Make sure you match reps on each side.



A2

Cable Chop



[View exercise history](#)

- 3 sets x
- 12 repetitions per side (4121 tempo) with max reps on final set. Perform at the heaviest weight that you can complete high quality repetitions at.
-

- Rest 0-90 seconds b/t sets.

B

Pendlay Row



- 3 sets x
-
- 12 repetitions per side (4121 tempo) with max reps on final set.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- If you're working with %'s, go for 12 @ 55%, 12 @ 65%, 12+ @ 75% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

C

Deadlift



- 3 sets x
-
- 20 repetitions (4121 tempo) with max reps on final set.
-
- Perform these sets at the heaviest weight that you can complete all 60+ reps with. I suggest adding 5-10# to what you used last time.
-
- If you're working with %'s, go for ~ 50% of your training max.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

D1

Box Step Up



[View exercise history](#)

- 3 x 10 repetitions per side (4121 tempo) at a height at which your femur is at parallel.
-
- Do not alternate legs.
-
- Max reps on your final set.



Bench Dips



[View exercise history](#)

- 3 x 20 repetitions (4121 tempo) with max reps on your final set.



Bonus



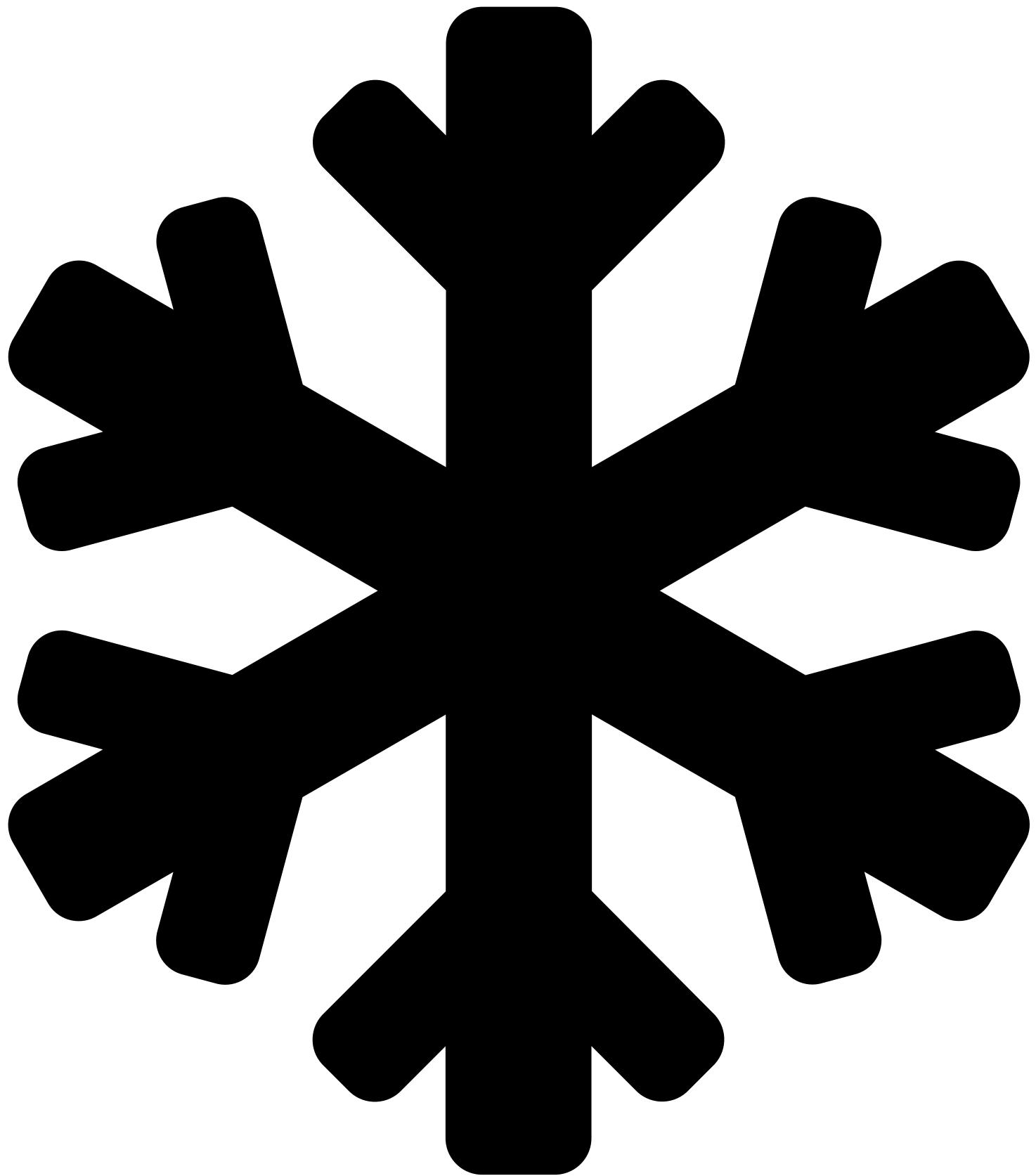
[View exercise history](#)

- 3 x 20 yards @ same weight as last time.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-

- Bear Crawl (quadruped) back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5 reps.
- Sit and Drive,
- Right-Side SL Sprinter Pogo,
- Inverted Row,
- Left-Side SL Sprinter Pogo.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

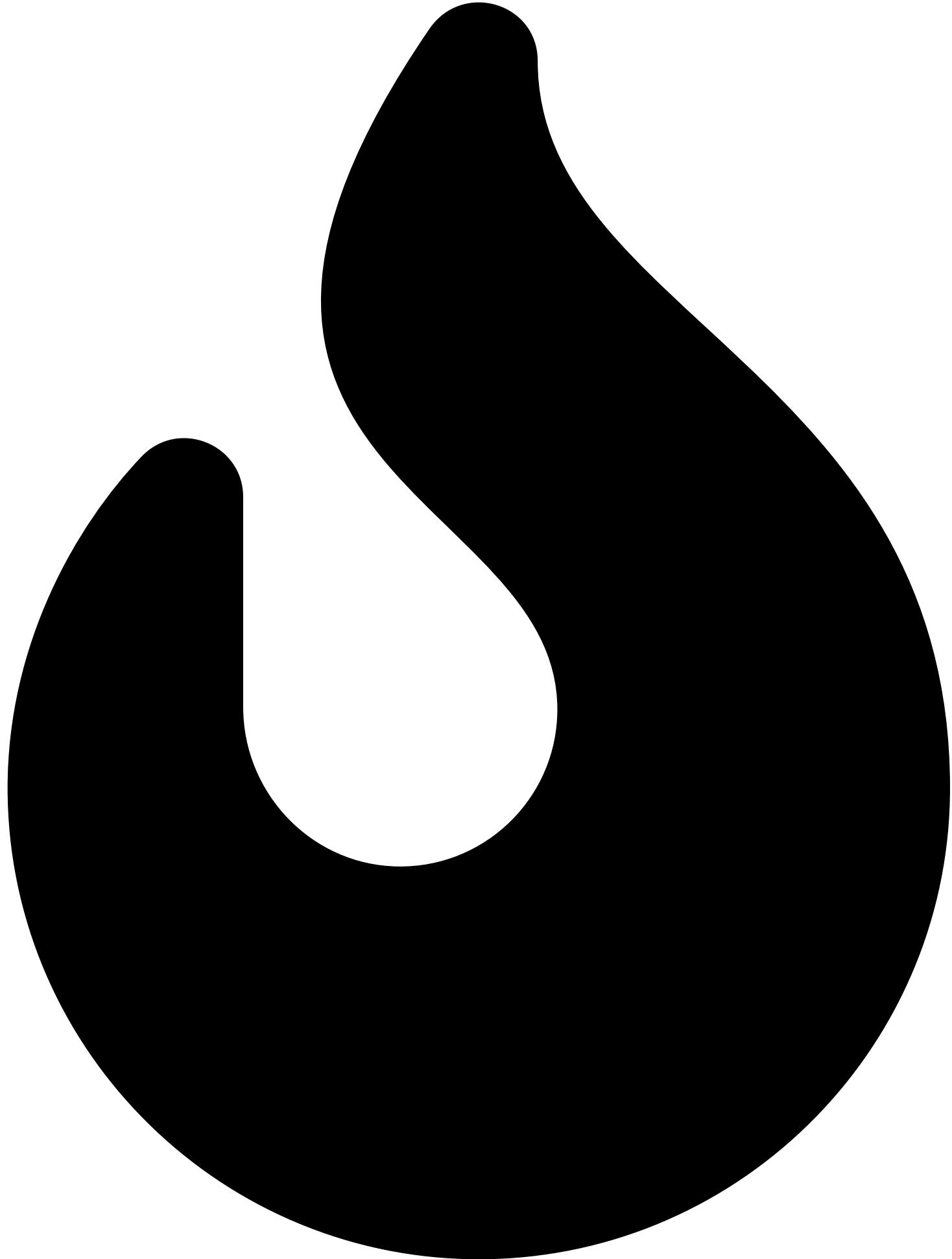
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Jan 20

Stabilization Endurance Assessment 1



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be adding some weight this week.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 1:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A

Front Squat



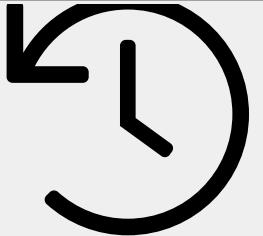
[View exercise history](#)

- Document these sets on video / photo.
-
- X sets x 12 repetitions
-
- Build up to the heaviest weight you can complete high-quality 20 repetitions with.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- Ready? Go.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.



B

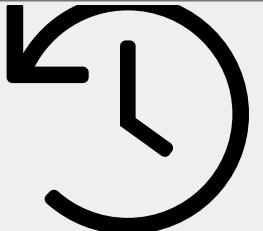
Strict Press

[View exercise history](#)

- Document these sets on video / photo.
-
- X sets x 12 repetitions
-
- Build up to the heaviest weight you can complete high-quality 20 repetitions with.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- Ready? Go.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 C

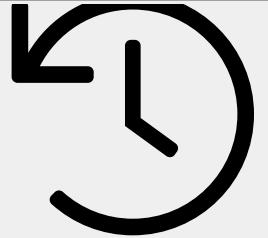
Walking Lunges

[View exercise history](#)

- Document this set on video / photo.
-
- 50 reps.
-
- Go get it.

 D1

Bird-Dog

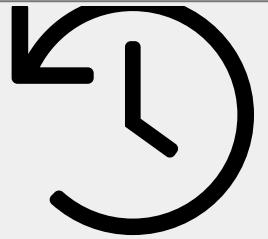


[View exercise history](#)

- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.



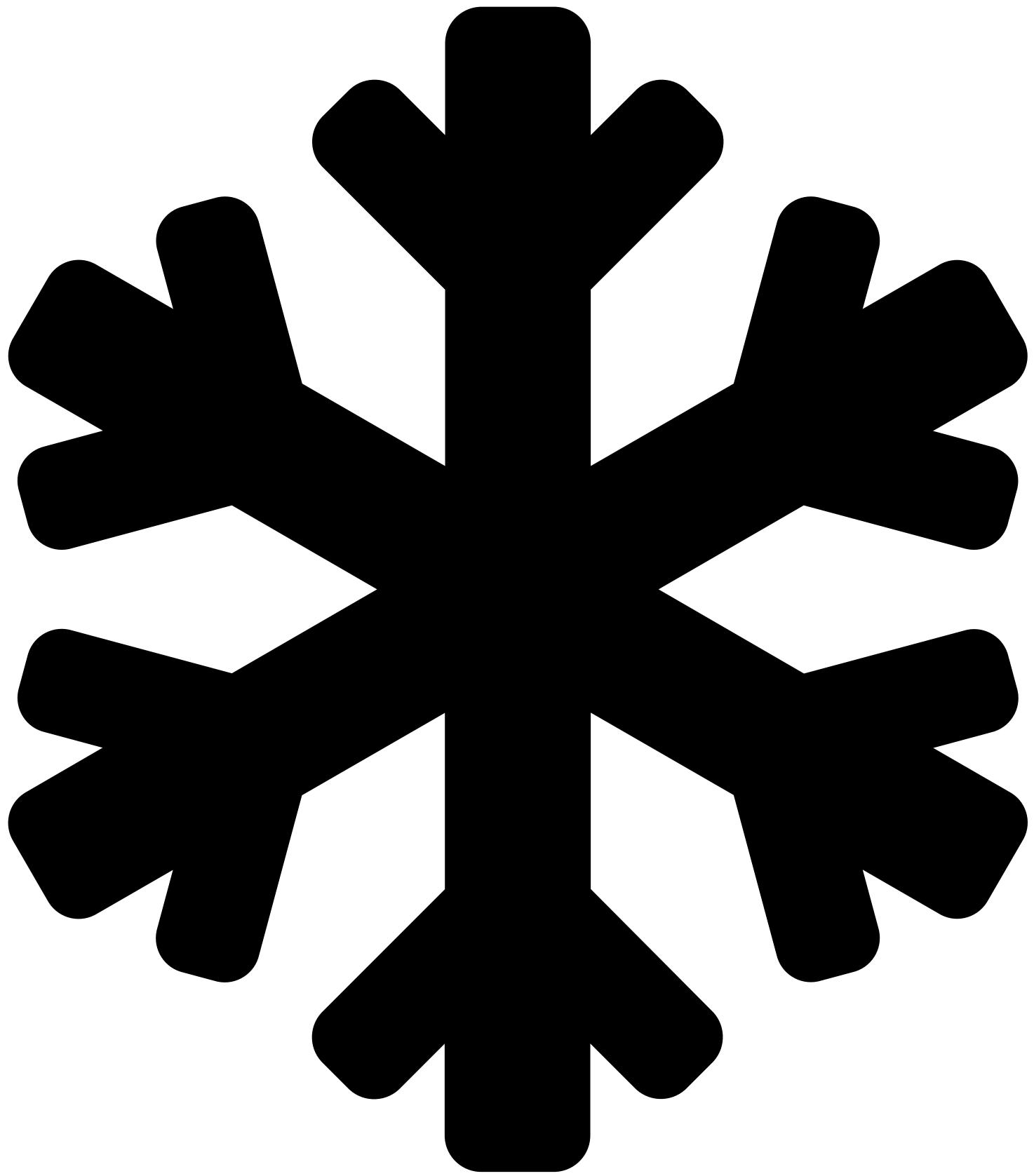
Deadbug



[View exercise history](#)

- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

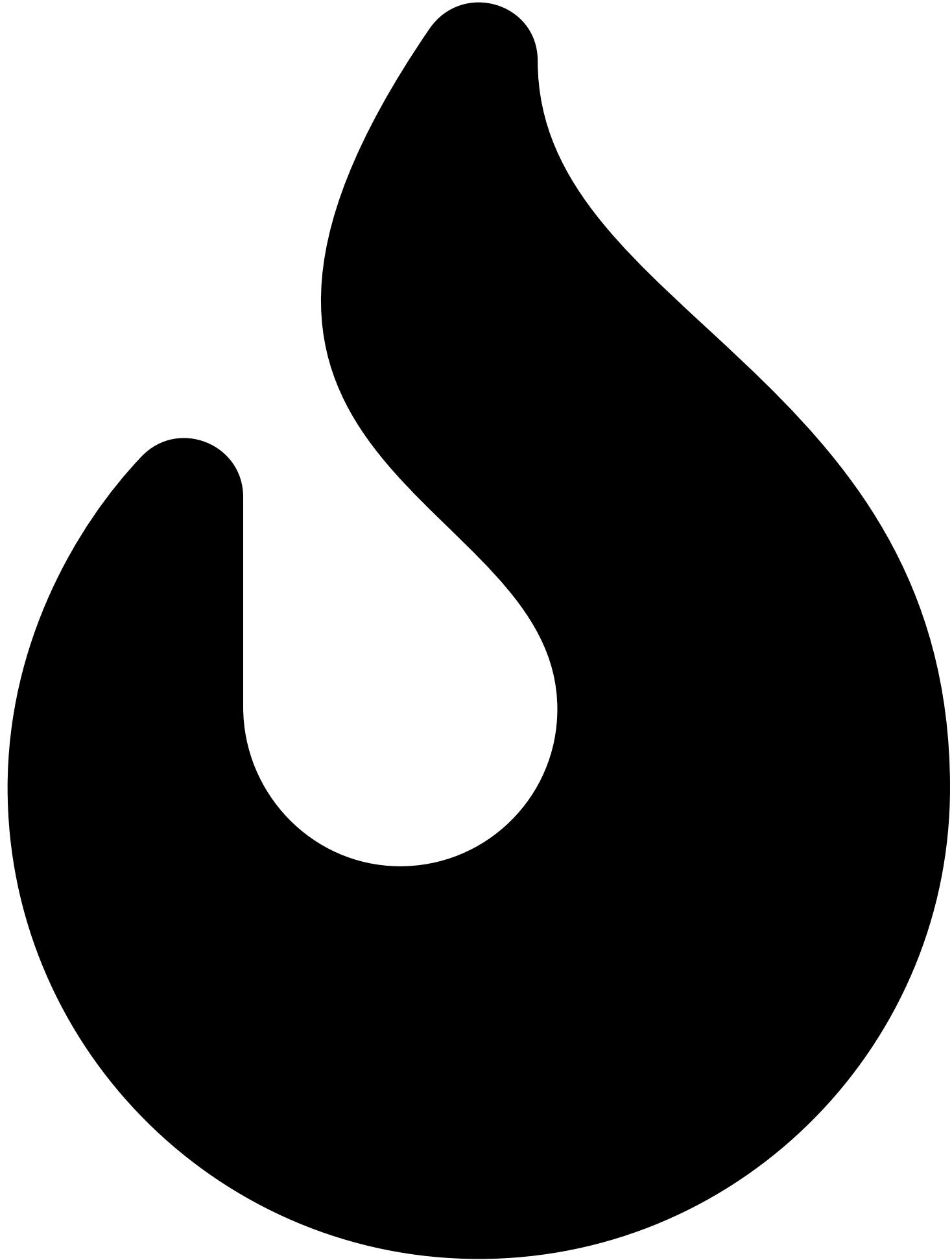
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jan 22

Stabilization Endurance Assessment 2



Warmup

- You know what to do.
- Maximum effort. It's game-time.
- Let's get it.
- Foundation 1:
- Complete 1-3 rounds as a super-set:
- 1 Founder Flow
- 10 repetition Anchored Back Extension
- 3-5 breath Adductor Assisted Back Extension Hold
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A

Deadlift



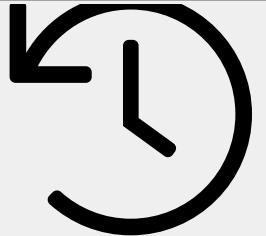
[View exercise history](#)

- Document these sets on video / photo.
- X sets x 12 repetitions
- Build up to the heaviest weight you can complete 12 repetitions with.
- The mission is to end this set at a heavier weight than you EVER HAVE.
- Ready? Go.
- Perform the next set as quickly as possible, 0-90 seconds rest.



B

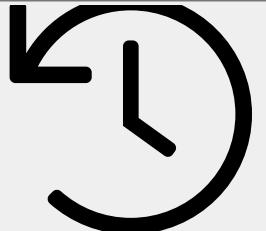
Pendlay Row

[View exercise history](#)

- Document these sets on video / photo.
-
- X sets x 12 repetitions
-
- Build up to the heaviest weight you can complete 20 repetitions with.
-
- The mission is to end this set at a heavier weight than you EVER HAVE.
-
- Ready? Go.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 C

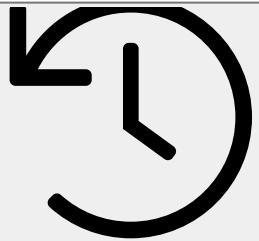
Inverted Row

[View exercise history](#)

- Document this set on video / photo.
-
- 50 reps.
-
- Go get it.

 D1

RKC Plank



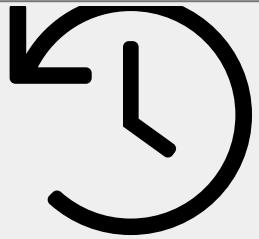
[View exercise history](#)

- 3 sets x
- max holds.



D2

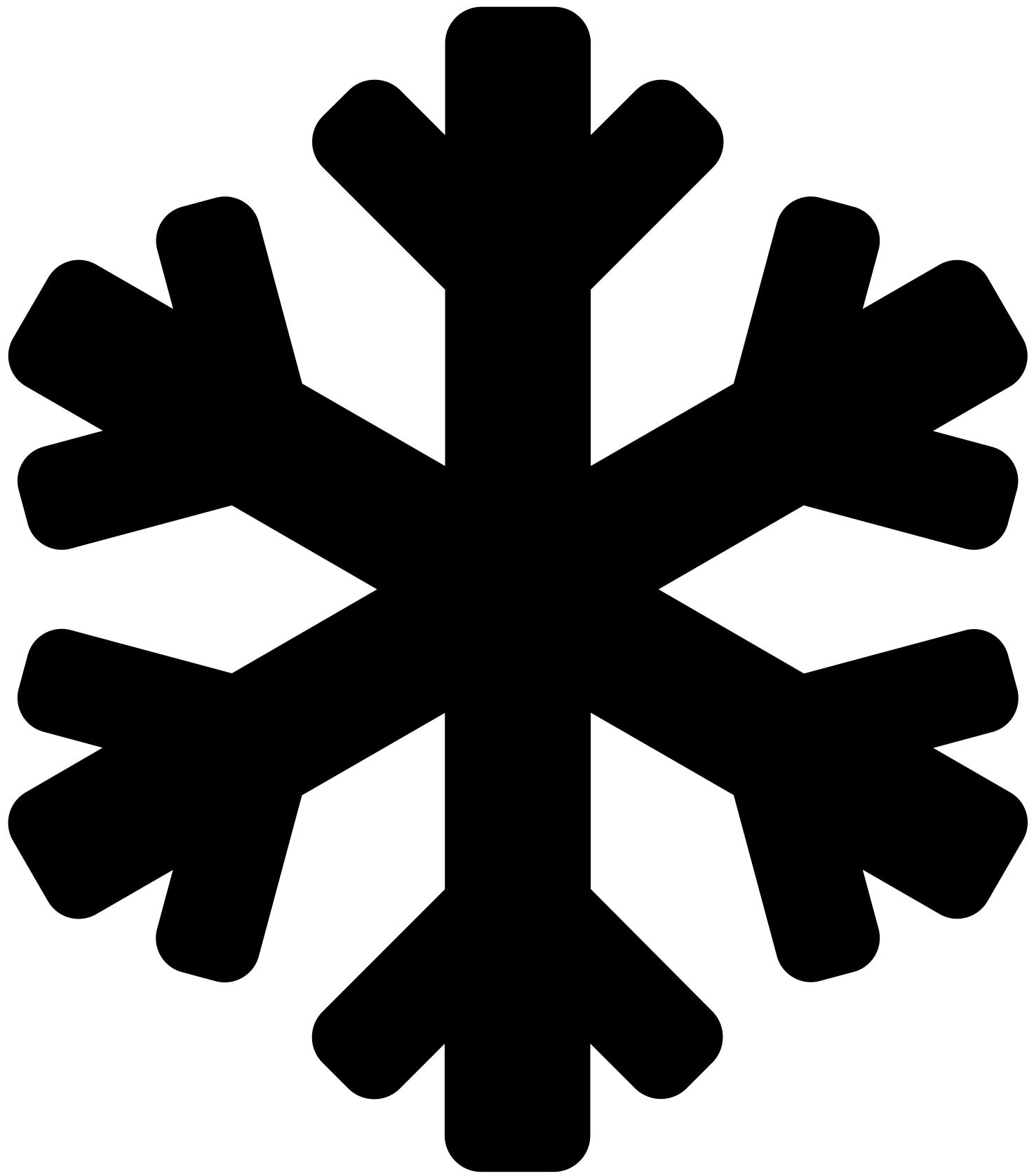
Alternating Side Plank



[View exercise history](#)

- 3 sets x
- 20 repetitions (4121 tempo) with max reps on final set.
- Rest 0-90 seconds b/t sets.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

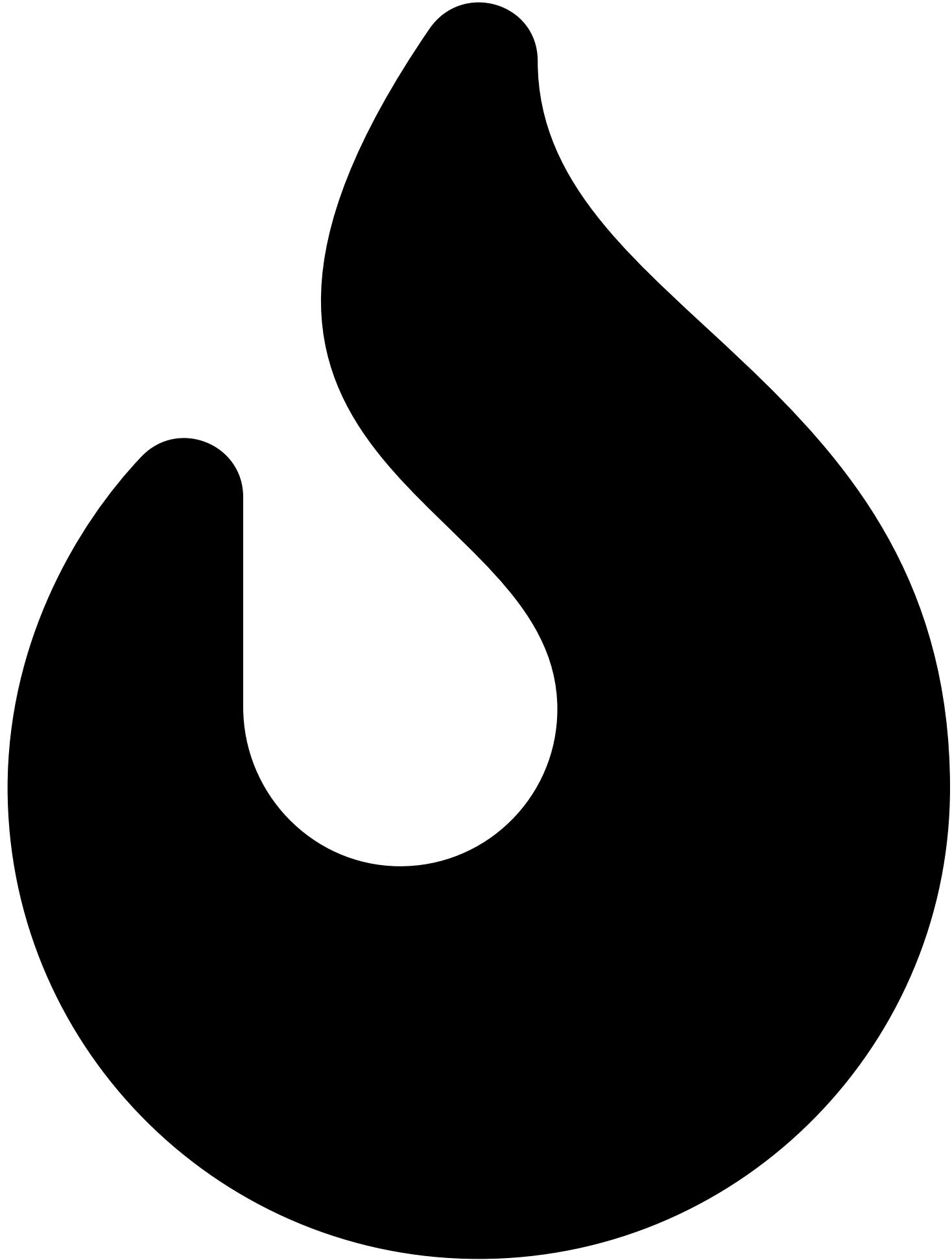
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Jan 25

Strength Endurance Cycle 1 Day 1



Warmup

- Agile 8
-
- Couch Stretch x 10 reps + 30 second hold,
- Band Overhead Tricep Stretch x 10 reps + 30 sec hold.

A1

Back Squat



- Document these sets on video / photo.
-
- 2 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73% of your training max.
-
- Perform the following exercise immediately.

A2

Bosu/Indo Squat



- 2 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Dumbbell Floor Press



[View exercise history](#)

- Document these sets on video / photo.
-
- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 24+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.



C1

Leg Cradle Lunge



[View exercise history](#)

- 2 x 8 repetitions per side (2020 tempo) with max reps on your final set.



C2

Single Leg Band Pull Aparts



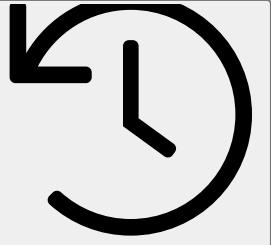
[View exercise history](#)

- 2 x 8 repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest band possible.



D1

Pillar Plank Bird-Dog

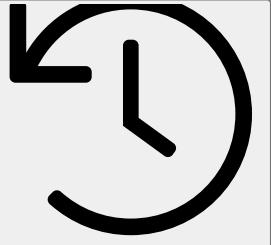
[View exercise history](#)

- 2 sets x
- 8 repetitions (moderate tempo).



D2

Band Resisted Deadbug

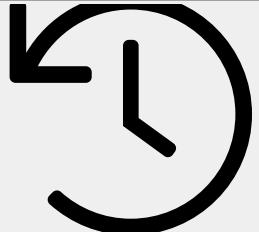
[View exercise history](#)

- 2 sets x
- 8 repetitions (moderate tempo) @ the heaviest load you can work up to with clean and coordinated movement.
-
- Max reps on final set.
-
- Rest for 0-60 seconds depending on your need.



E

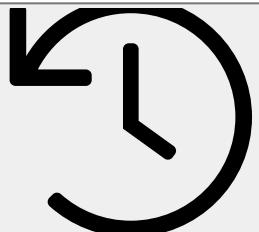
Bonus

[View exercise history](#)

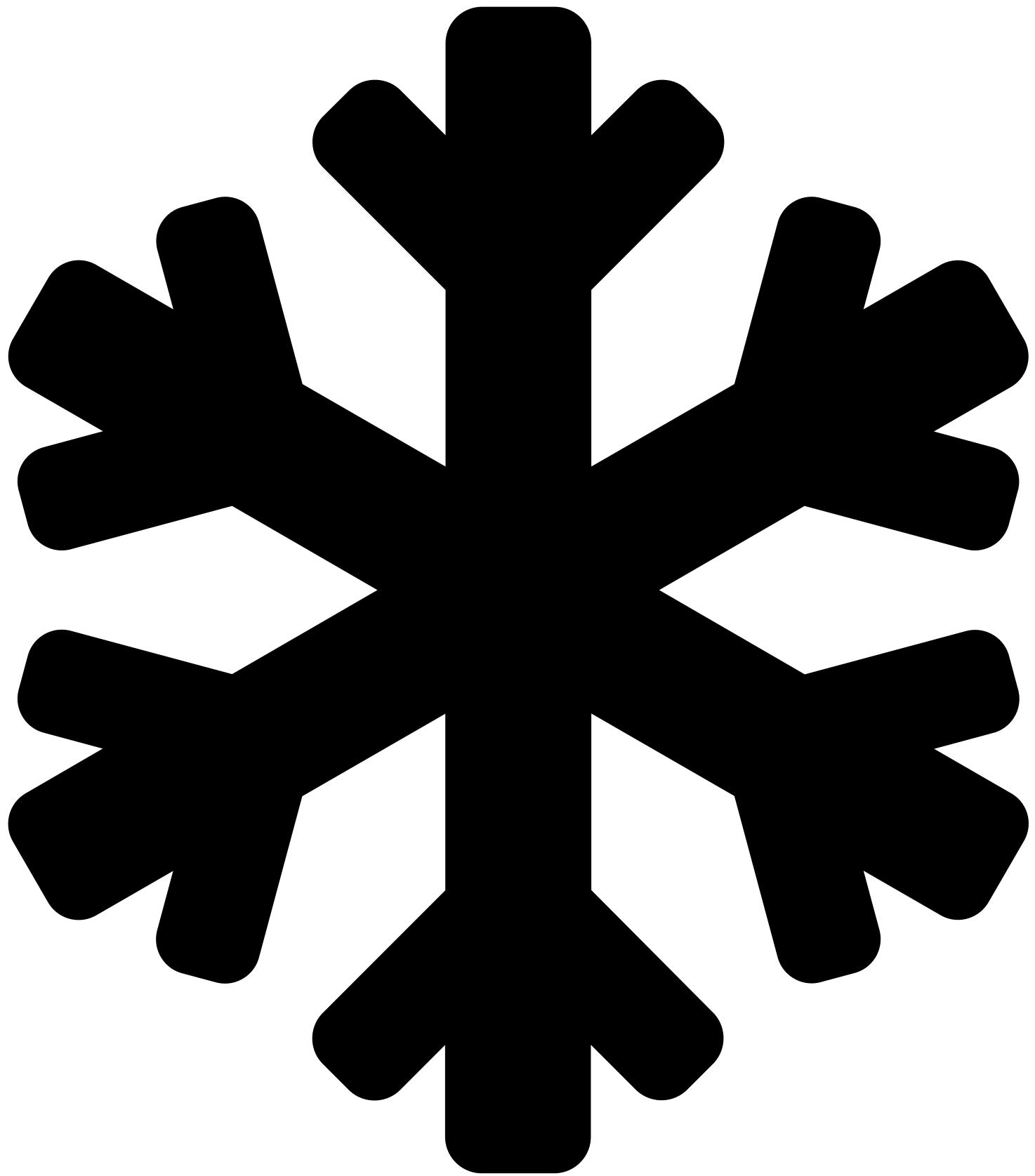
- Single-Arm Rack Carry
- 2 x 20 yards @ max weight.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F

Bonus 2

[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Box Jump Step Down,
- Front Squat ,
- Ball Slam,
- Single Leg Cycling.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

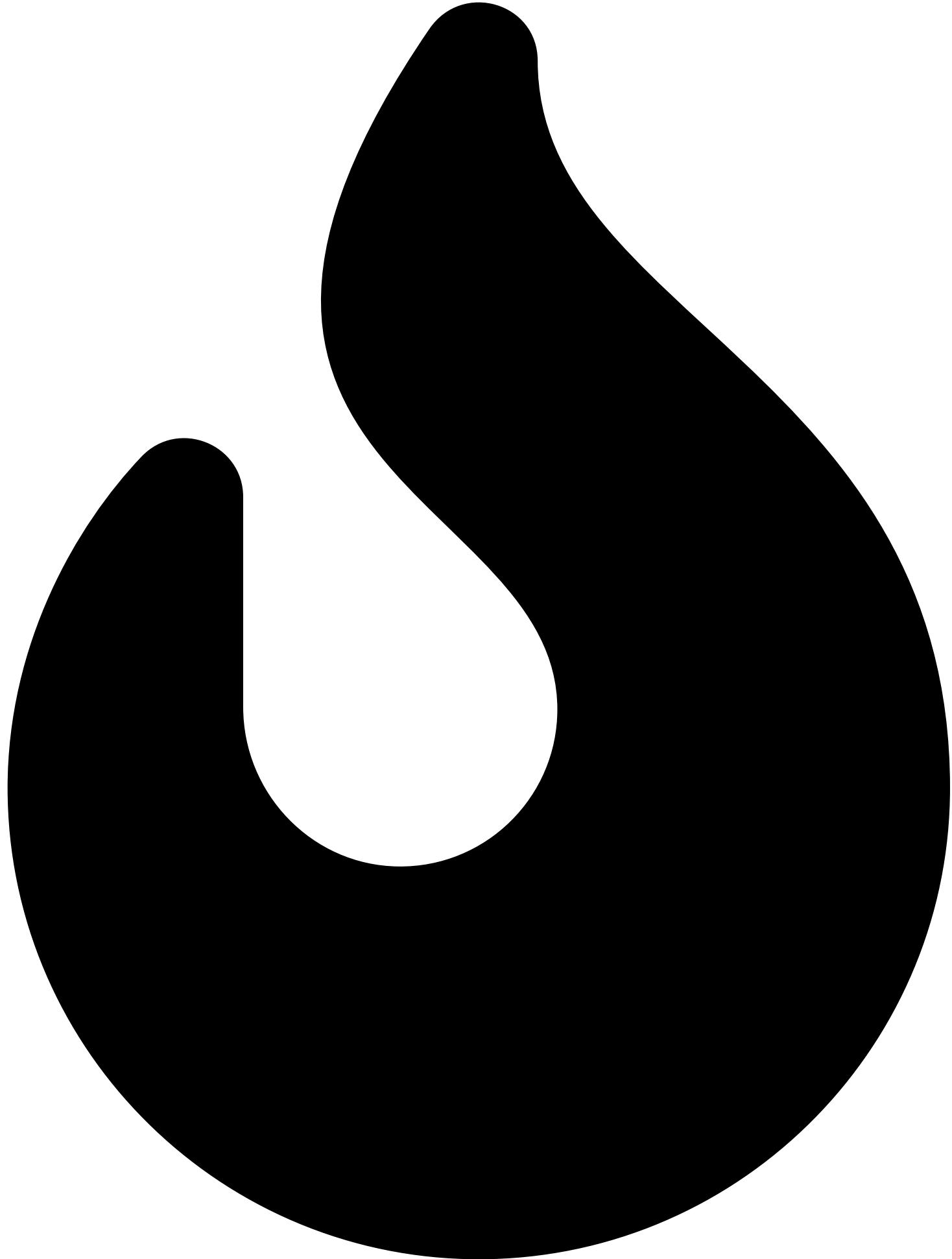


GIF

Send

Wed, Jan 27

Strength Endurance Cycle 1 Day 2



Warmup

- Foundation 2:
- Complete 1-3 rounds as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Frog Stretch x 10 reps + 30 second hold,
 - Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Deadlift



[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73% of your training max.
-
- Perform the following exercise immediately.



A2

Stability Ball Bridge



[View exercise history](#)

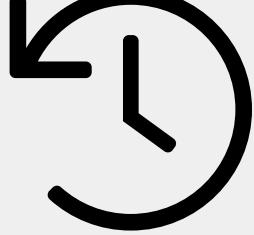
- 2 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Push Press[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 24+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

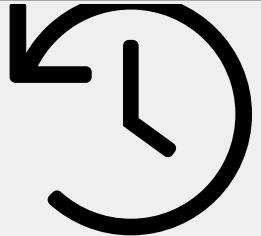
C1

Monster Walk (Lateral, Forward, Backward)[View exercise history](#)

- 2 x 8 repetitions per direction with max reps on your final set.

C2

Bench Dips

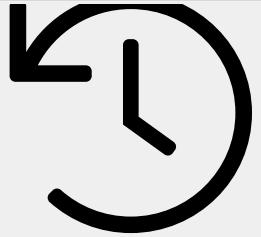
[View exercise history](#)

- 2 x 8+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups

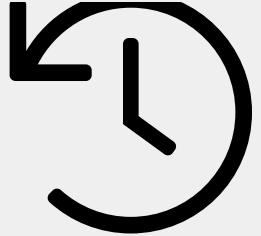
[View exercise history](#)

- 2 sets x
- 8 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.



D2

Alternating Side Plank

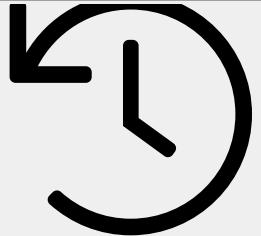
[View exercise history](#)

- 2 sets x
- 8 repetitions (moderate tempo).
- Rest 0-60 seconds b/t sets.



E

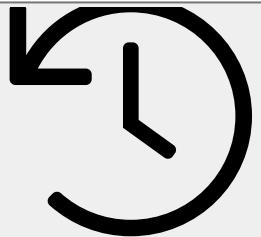
Bonus

[View exercise history](#)

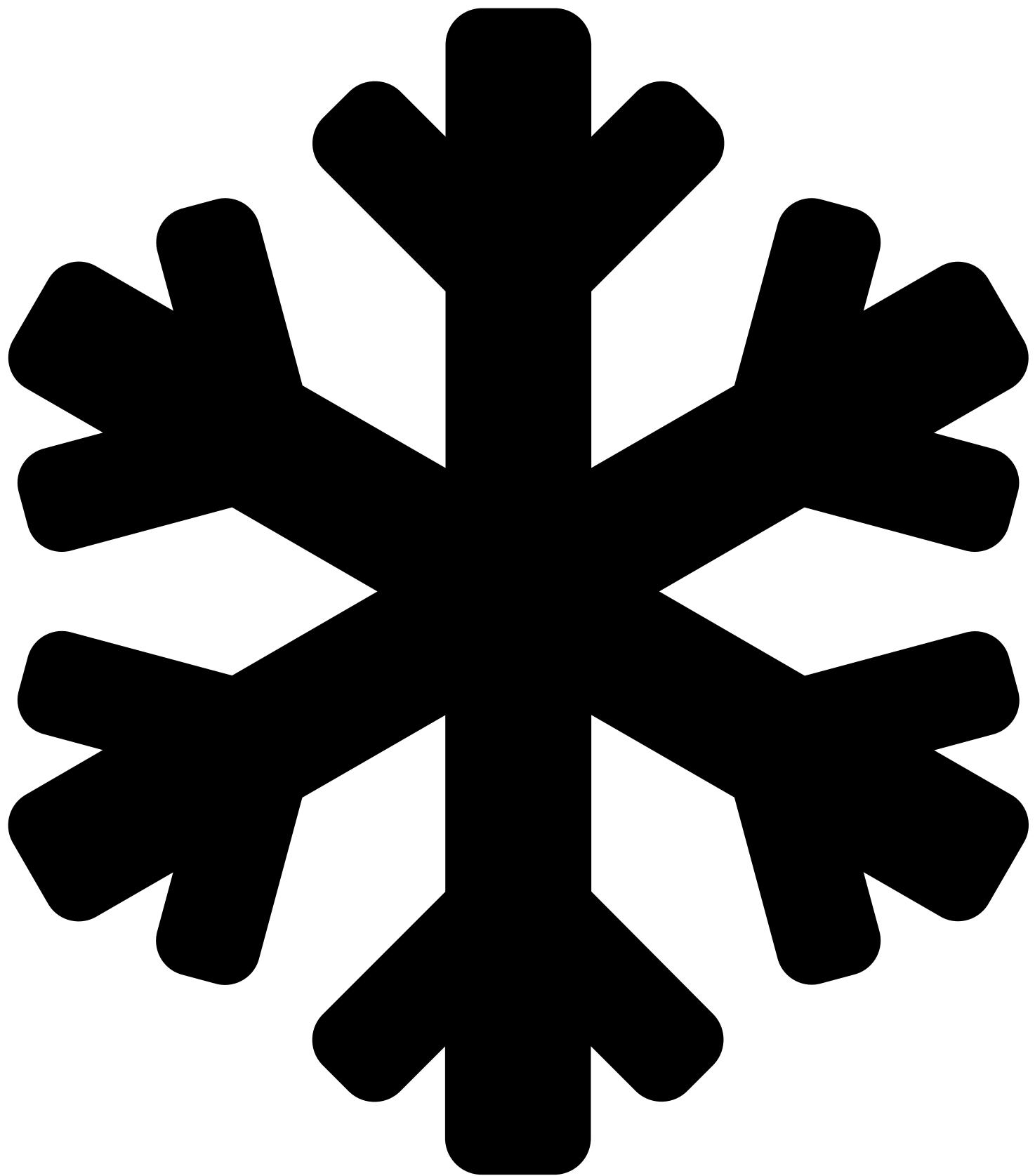
- Sled Push
- 2 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F

Bonus 2

[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 3 x 10 reps
- Hang Power Clean,
- RT Leg Single Leg Cycling,
- Lateral Plyo Skiers,
- LT Leg Single Leg Cycling.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

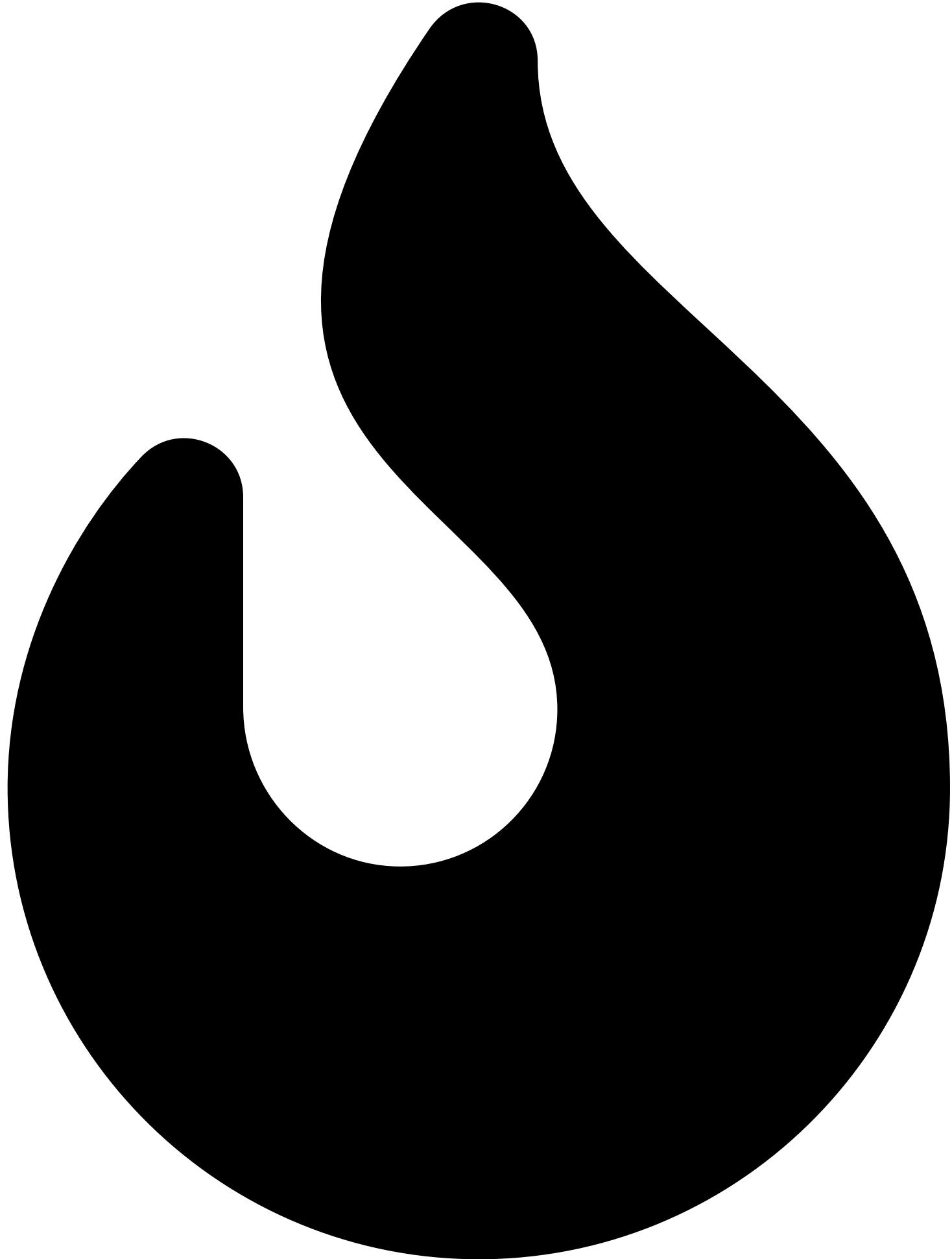
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jan 29

Strength Endurance Cycle 1 Day 3



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Dumbbell Floor Press



[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73% of your training max.
-
- Perform the following exercise immediately.



A2

Stability Ball Push-Up

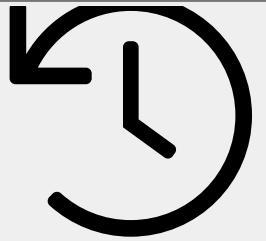


[View exercise history](#)

- 2 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

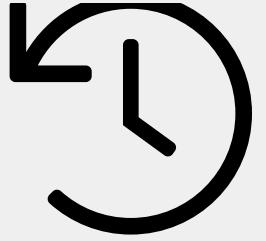
Back Squat

[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 24+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

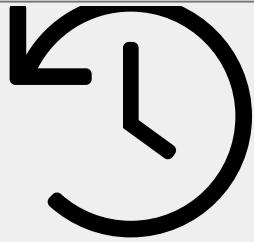
Leg Cradle Lateral Lunge

[View exercise history](#)

- 2 x 8 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.

C2

Single Leg Bent Over Dumbbell Row

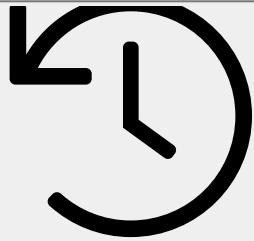
[View exercise history](#)

- 2 x 8 repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.
-
- Rest for 0-60 seconds b/t sets.



D1

Canoe to Boat

[View exercise history](#)

- 2 x
- 8 repetitions (medium tempo) with max reps on final set.
-
- Perform the following exercise immediately.



D2

Hollow Body Roll to Superman

[View exercise history](#)

- 2 x
- 8 repetitions (medium tempo)

- Rest 0-60 seconds between sets.

E

Bonus



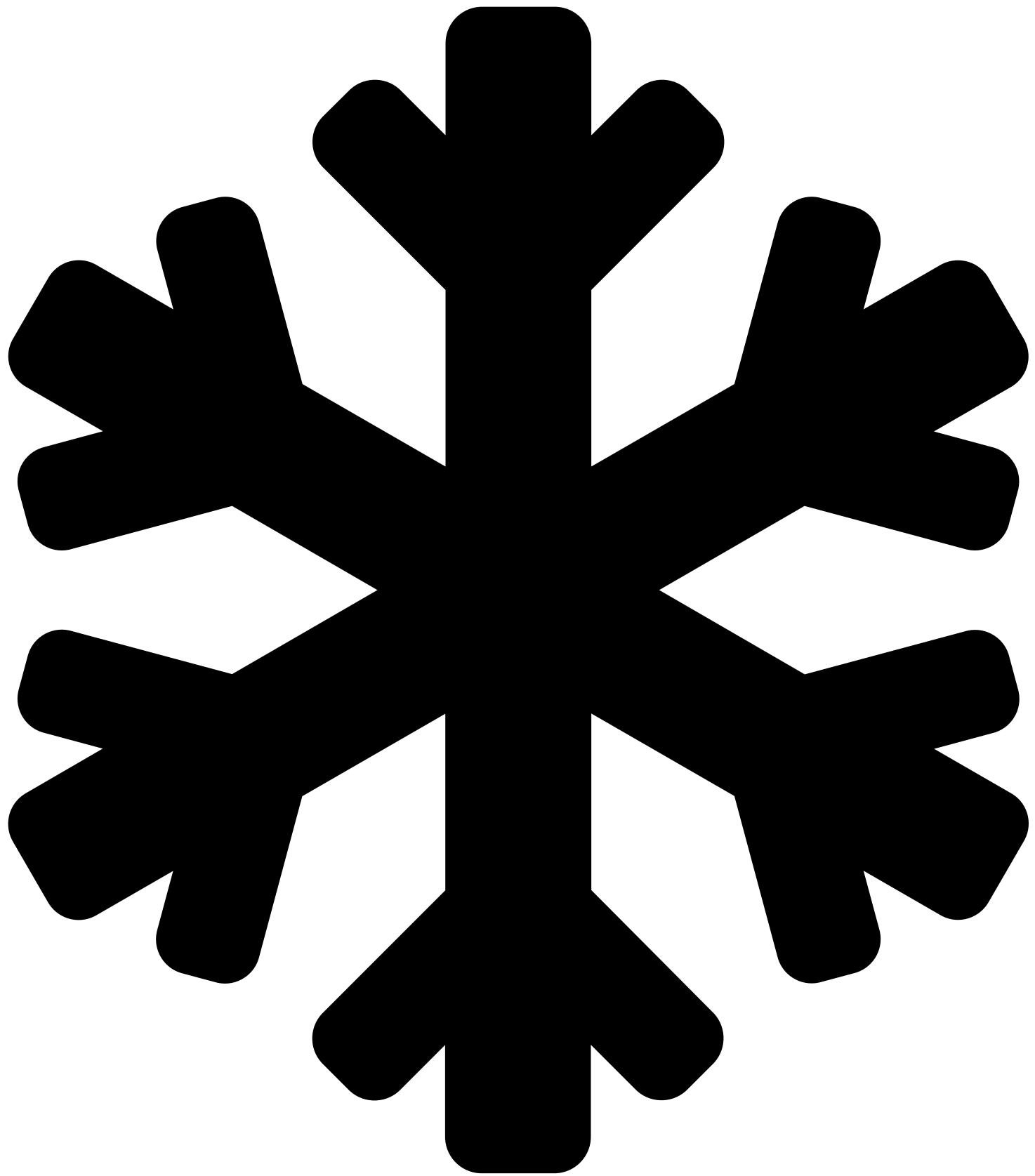
- Single Arm Rack Carry
- 2 x 20 yards @ +5# to what you carried on day one.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

Bonus 2



- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
-
- 20-15-10-5
- Russian Swing,
- RT Leg Single Leg Cycling,
- 2-Hand Side-Swing,
- LT Leg Single Leg Cycling.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

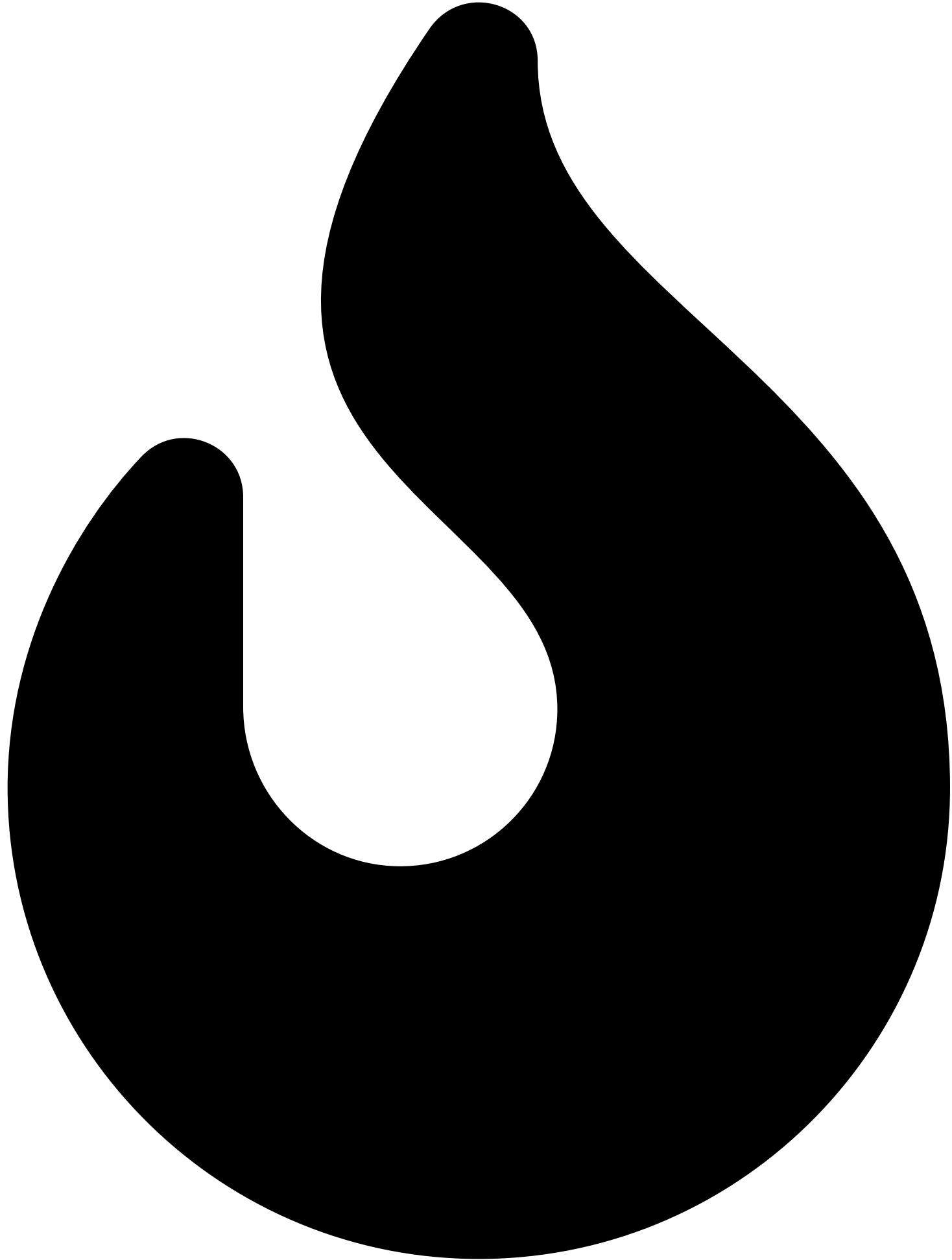


GIF

Send

Mon, Feb 1

Stabilization Endurance Cycle 1 Day 4



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position.
 -
 - Frog Stretch x 10 reps + 30 second hold,
 - Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Push Press



[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73% of your training max.
-
- Perform the following exercise immediately.



A2

Kettlebell Iron Cross

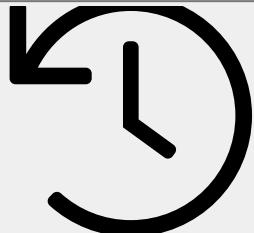


[View exercise history](#)

- On a Bosu ball!
- 2 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Deadlift

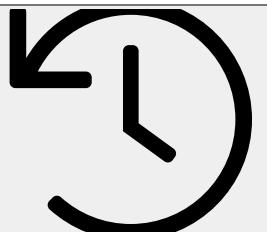


[View exercise history](#)

- Document these sets on video / photo.
-
- 2 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 24+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Seesaw Walk to Vertical Jump

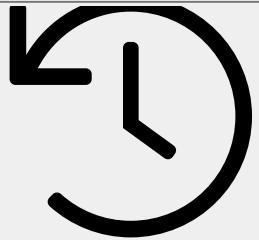


[View exercise history](#)

- 2 x 8 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.

C2

Narrow Assisted Pull-Up

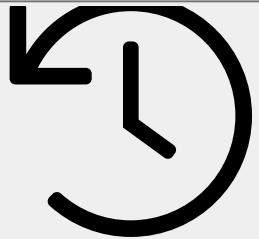
[View exercise history](#)

- 2 x 8 repetitions (2020 tempo) with max reps on your final set.



D1

Get Up Sit Up to Bridge

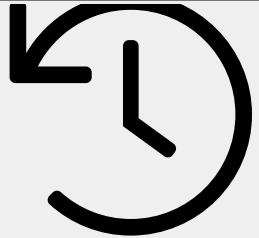
[View exercise history](#)

- 2 sets x
- 8 repetitions per side (medium tempo) with max reps per side on final set.
-
- Make sure you match reps on each side.



D2

Kneeling Pallof Press

[View exercise history](#)

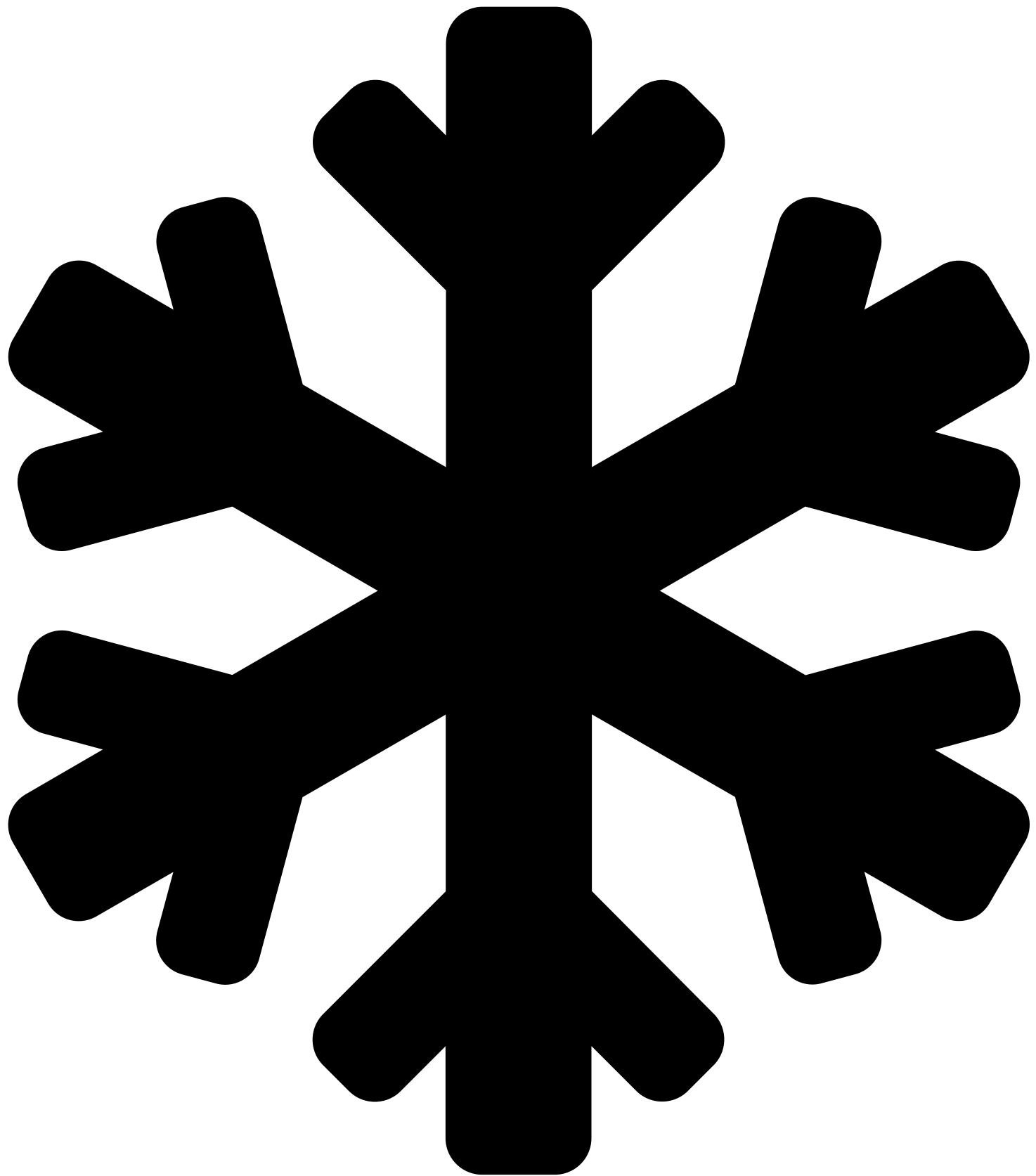
- 2 sets x
- 8 repetitions per side (medium tempo) with max reps on final set.
-
- Perform at the heaviest weight that you can complete high quality repetitions at.
-
- Rest 0-60 seconds b/t sets.

E**Bonus**[View exercise history](#)

- Sled Push
- 2 x 20 yards @ +5# to what you pushed on day one.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-60 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 10 Sandbag Primal Complex #1
- Squat,
- lunge LT, lunge RT,
- Step up LT, Step up, RT.
- Repeat with SB on other shoulder.
- That's 1 set.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

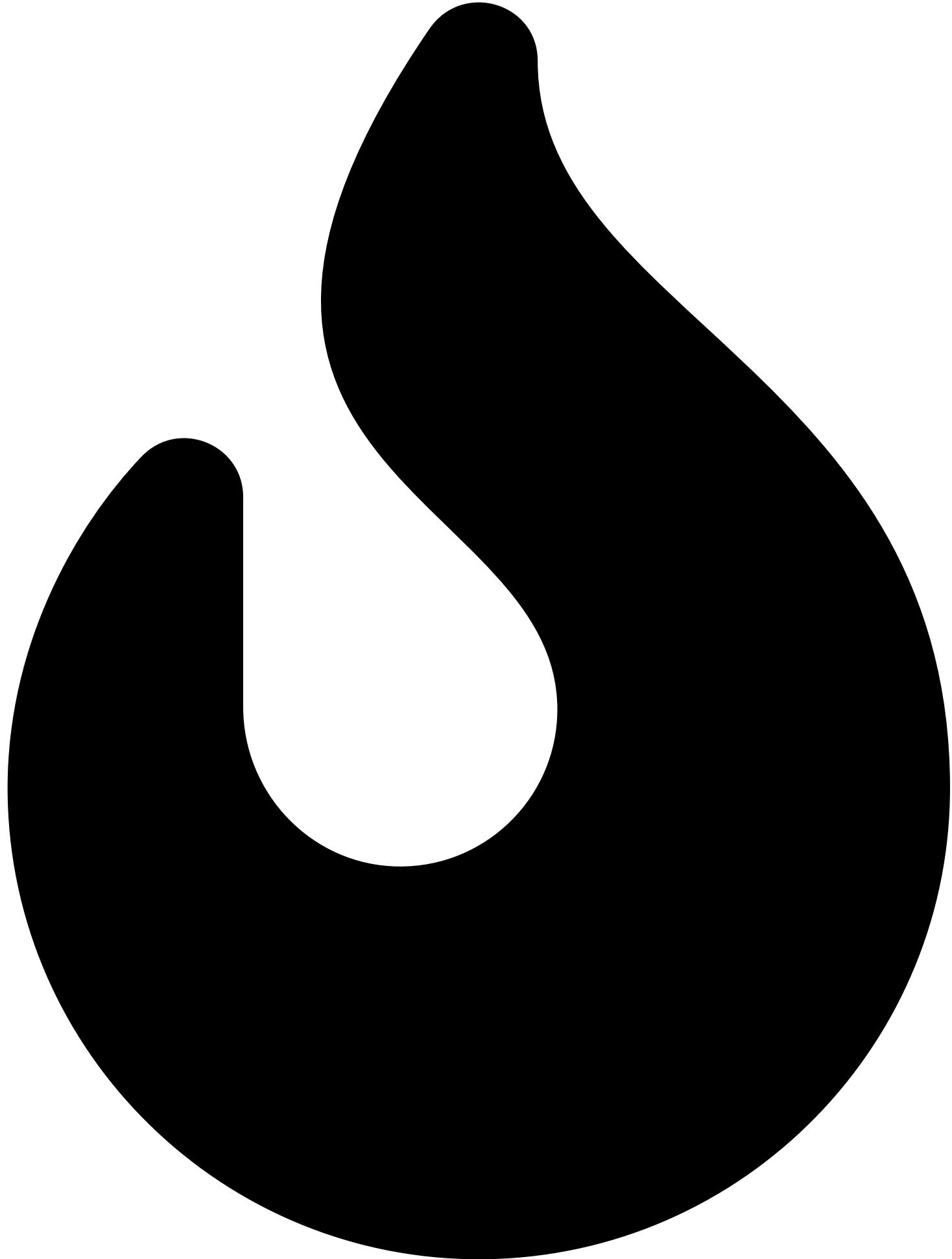
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Feb 3

Strength Endurance Cycle 2 Day 1



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Back Squat



[View exercise history](#)

- 3 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8 ~ 73%, 8+ ~ 77% of your training max.
-
- Perform the following exercise immediately.

A2

Bosu/Indo Squat



[View exercise history](#)

- 3 sets x
-

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Dumbbell Floor Press



- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

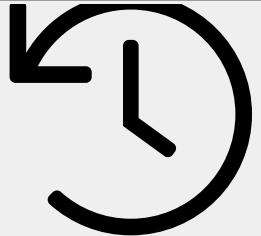
Band RDL



- 3 x 8 repetitions per side (2020 tempo) with max reps on your final set.

C2

Band Pull Aparts

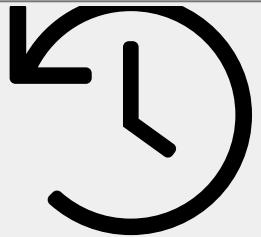
[View exercise history](#)

- 3 x 8 repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest band possible.



D1

Bird-Dog

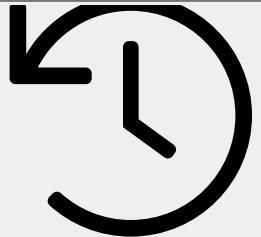
[View exercise history](#)

- 2-3 sets x
- 8 repetitions (moderate tempo) @ the heaviest load you can work up to with clean and coordinated movement.
-
- Max reps on final set.



D2

Band Resisted Deadbug

[View exercise history](#)

- 2-3 sets x
- 8 -12 repetitions (moderate tempo).
-
- Rest for 0-60 seconds depending on your need.



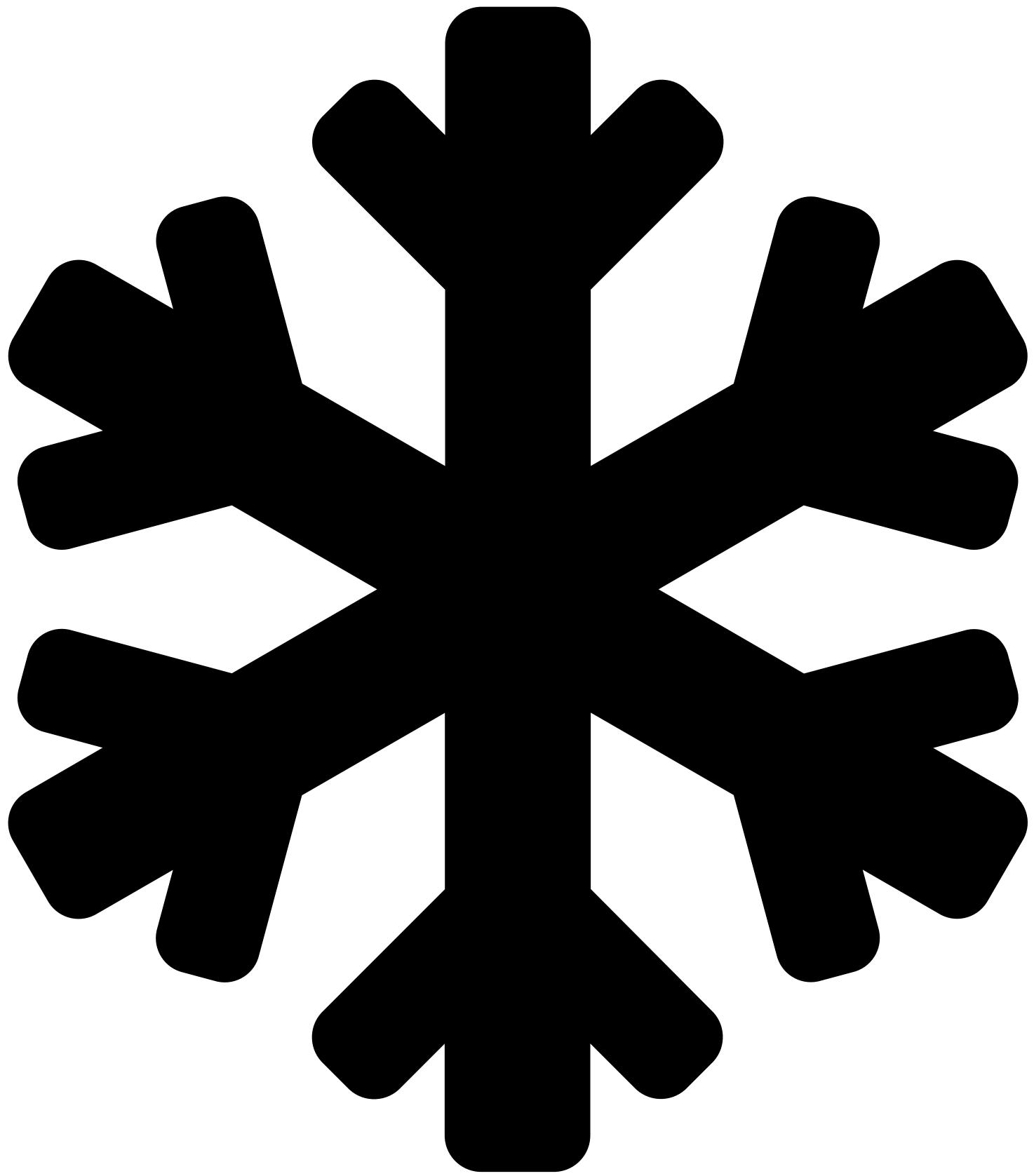
E

Bonus[View exercise history](#)

- Single-Arm Rack Carry
- 3 x 20 yards @ max weight.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Box Jump Step Down,
- Front Squat ,
- Ball Slam,
- Alternate Bounding.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

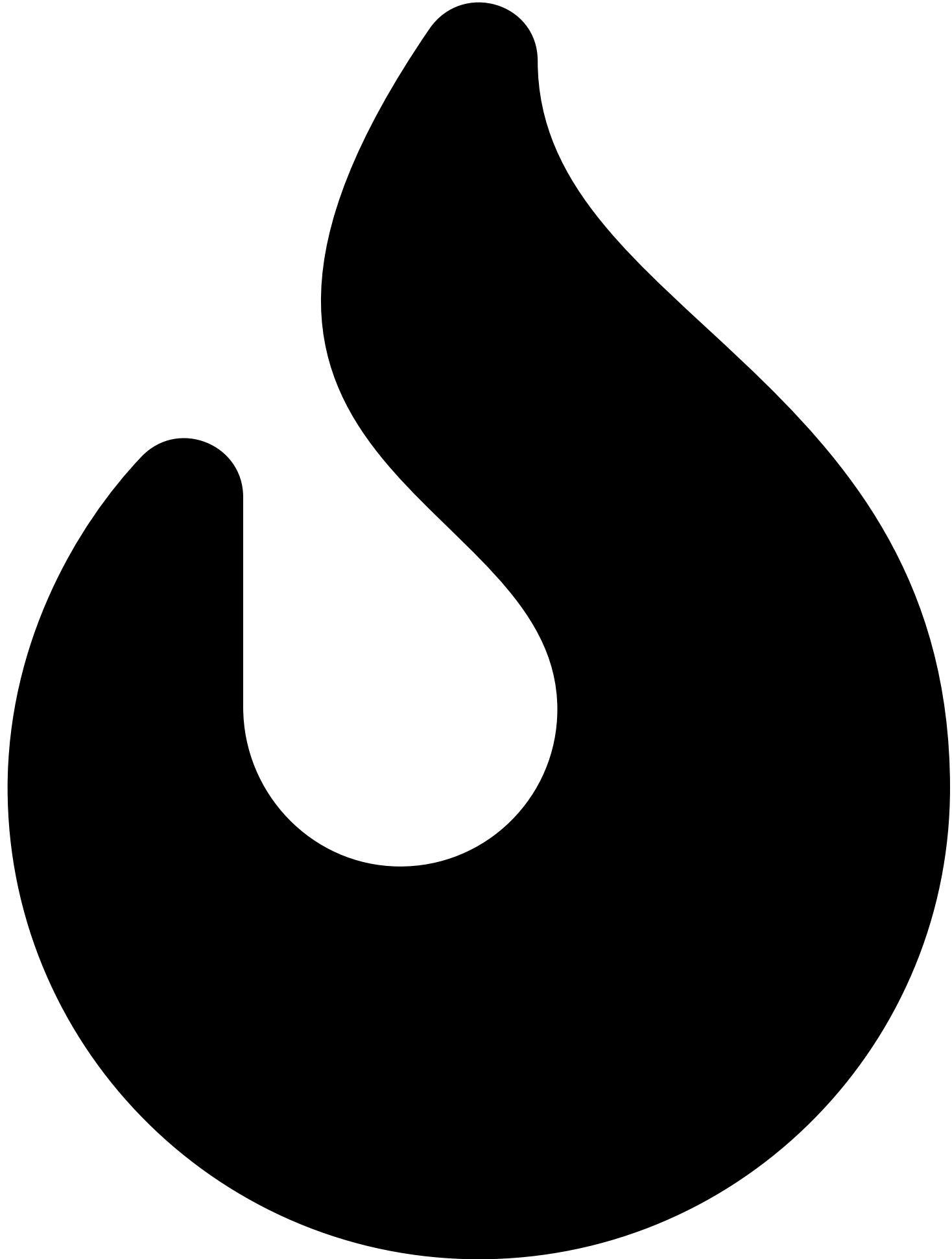
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Feb 5

Strength Endurance Cycle 2 Day 2



Warmup

- Foundation 2:
- Complete 1-3 rounds as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Frog Stretch x 10 reps + 30 second hold,
 - Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

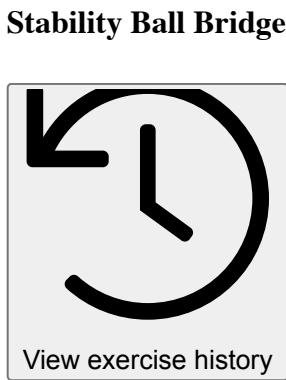
Deadlift



[View exercise history](#)

- 3 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73%, 8+ ~77% of your training max.
-
- Perform the following exercise immediately.

A2



[View exercise history](#)

- 3 sets x
-

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Push Press



[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Monster Walk (Lateral, Forward, Backward)

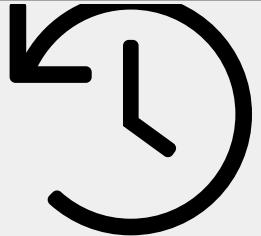


[View exercise history](#)

- 3 x 8 repetitions per direction with max reps on your final set.

C2

Bench Dips

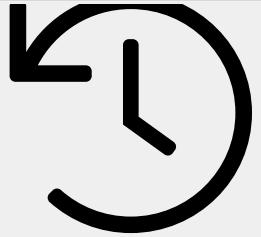
[View exercise history](#)

- 3 x 8+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups

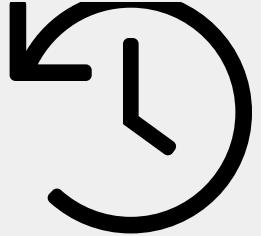
[View exercise history](#)

- 2-3 sets x
- 8 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.



D2

Alternating Side Plank

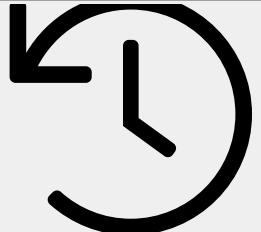
[View exercise history](#)

- 2-3 sets x
- 8 repetitions (moderate tempo).
- Rest 0-60 seconds b/t sets.



E

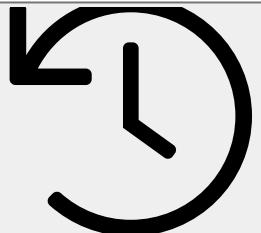
Bonus

[View exercise history](#)

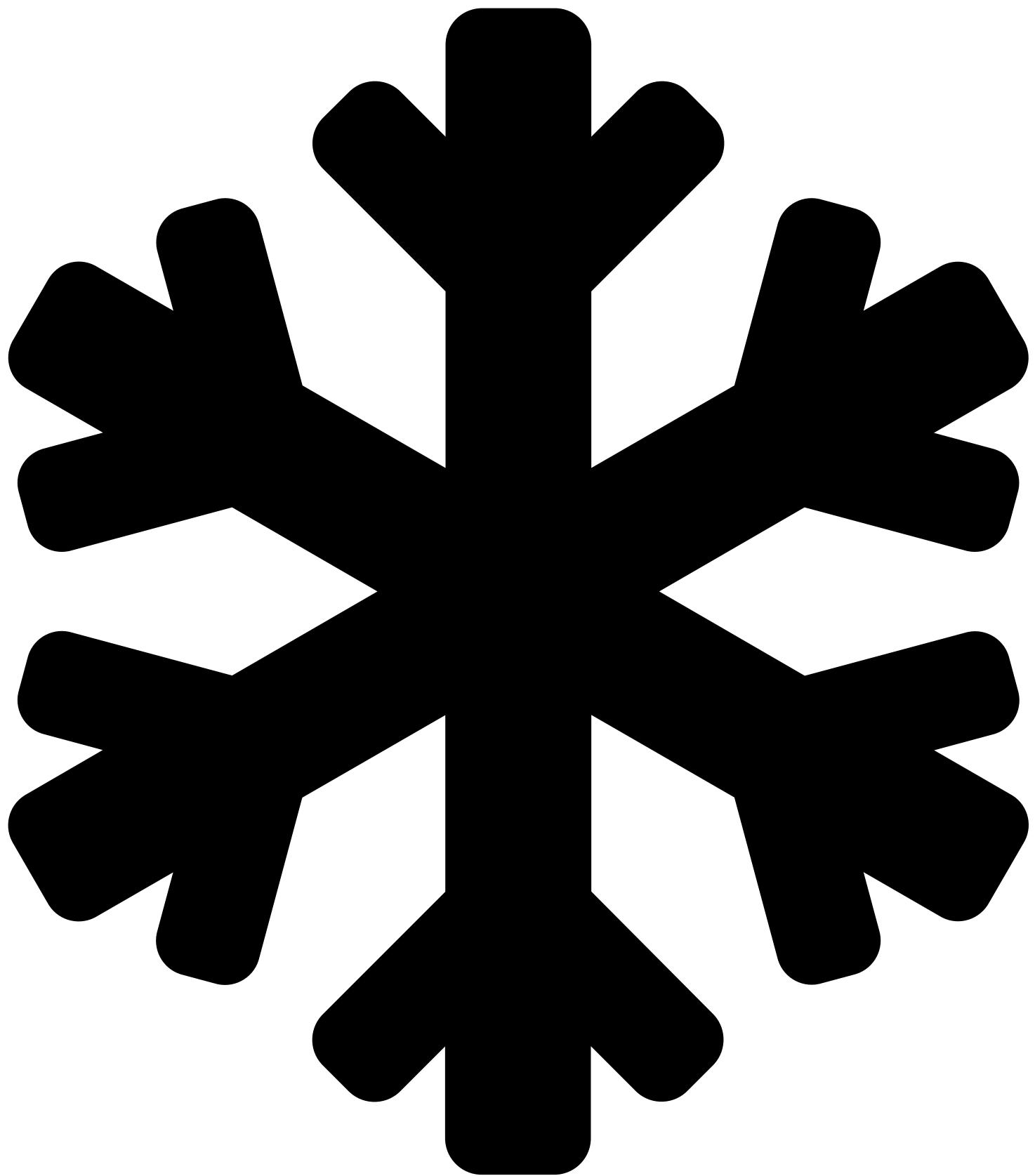
- Sled Push
- 3 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F

Bonus 2

[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 3 x 10 reps
- Hang Power Clean,
- Alternate Bounding,
- Lateral Plyo Skiers,
- Rope Alternating Waves.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

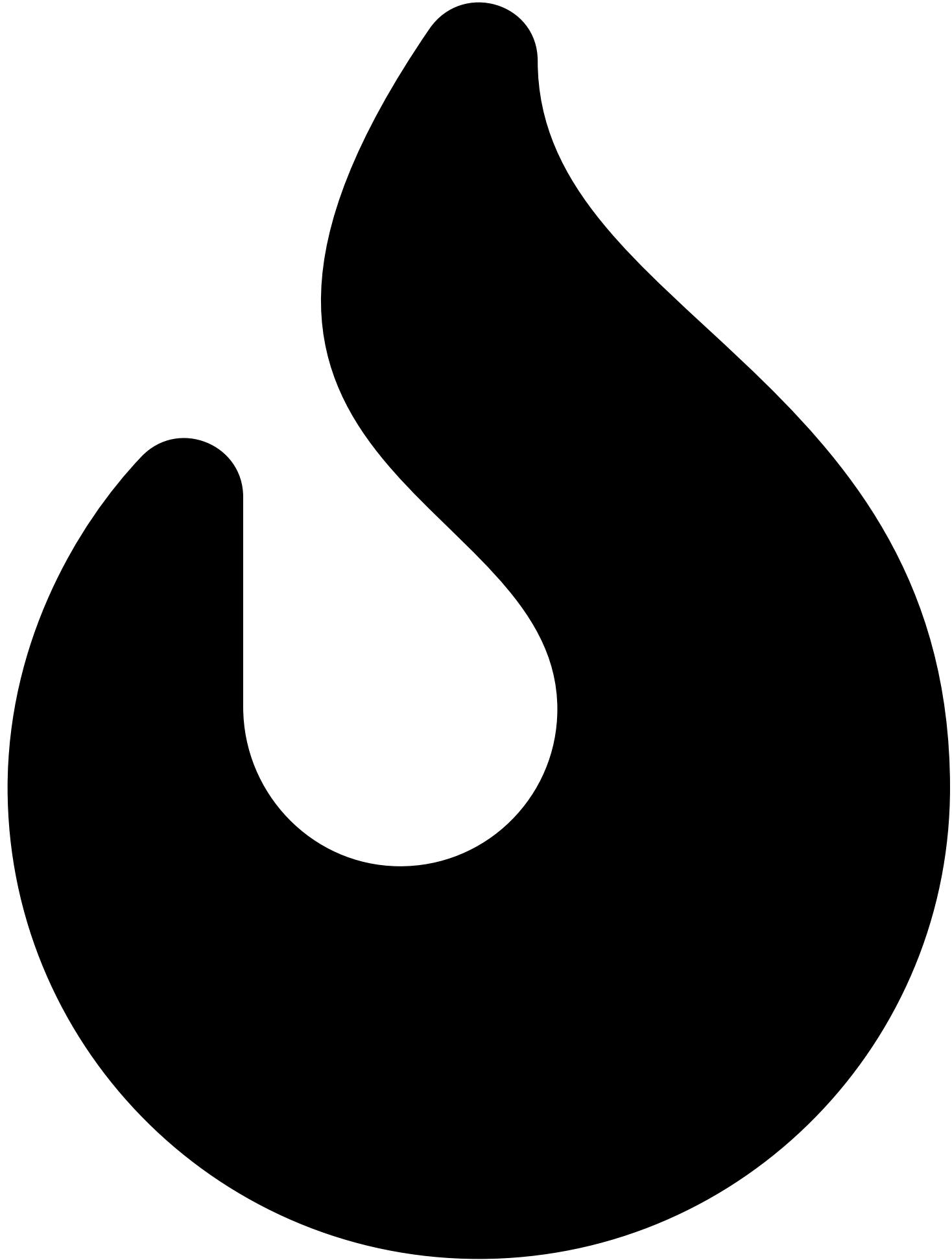


GIF

Send

Mon, Feb 8

Strength Endurance Cycle 2 Day 3



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Dumbbell Floor Press



[View exercise history](#)

- 3 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8 ~ 73%, 8+ ~ 77% of your training max.
-
- Perform the following exercise immediately.



A2

Stability Ball Push-Up



[View exercise history](#)

- 3 sets x
-

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Back Squat



- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

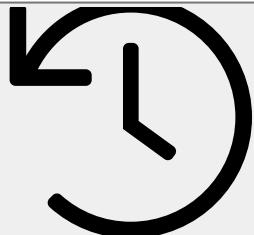
Leg Cradle Lateral Lunge



- 3 x 8 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.

C2

Single Arm Dumbbell Press

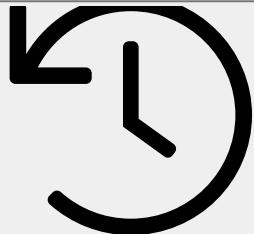
[View exercise history](#)

- 3 x 8 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.
-
- Rest for 0-60 seconds b/t sets.



D1

Canoe to Boat

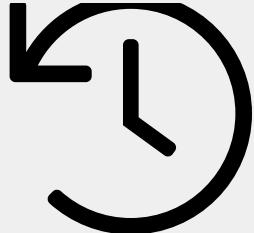
[View exercise history](#)

- 2-3 x
- 8 repetitions (medium tempo) with max reps on final set.
-
- Perform the following exercise immediately.



D2

Hollow Body Roll to Superman

[View exercise history](#)

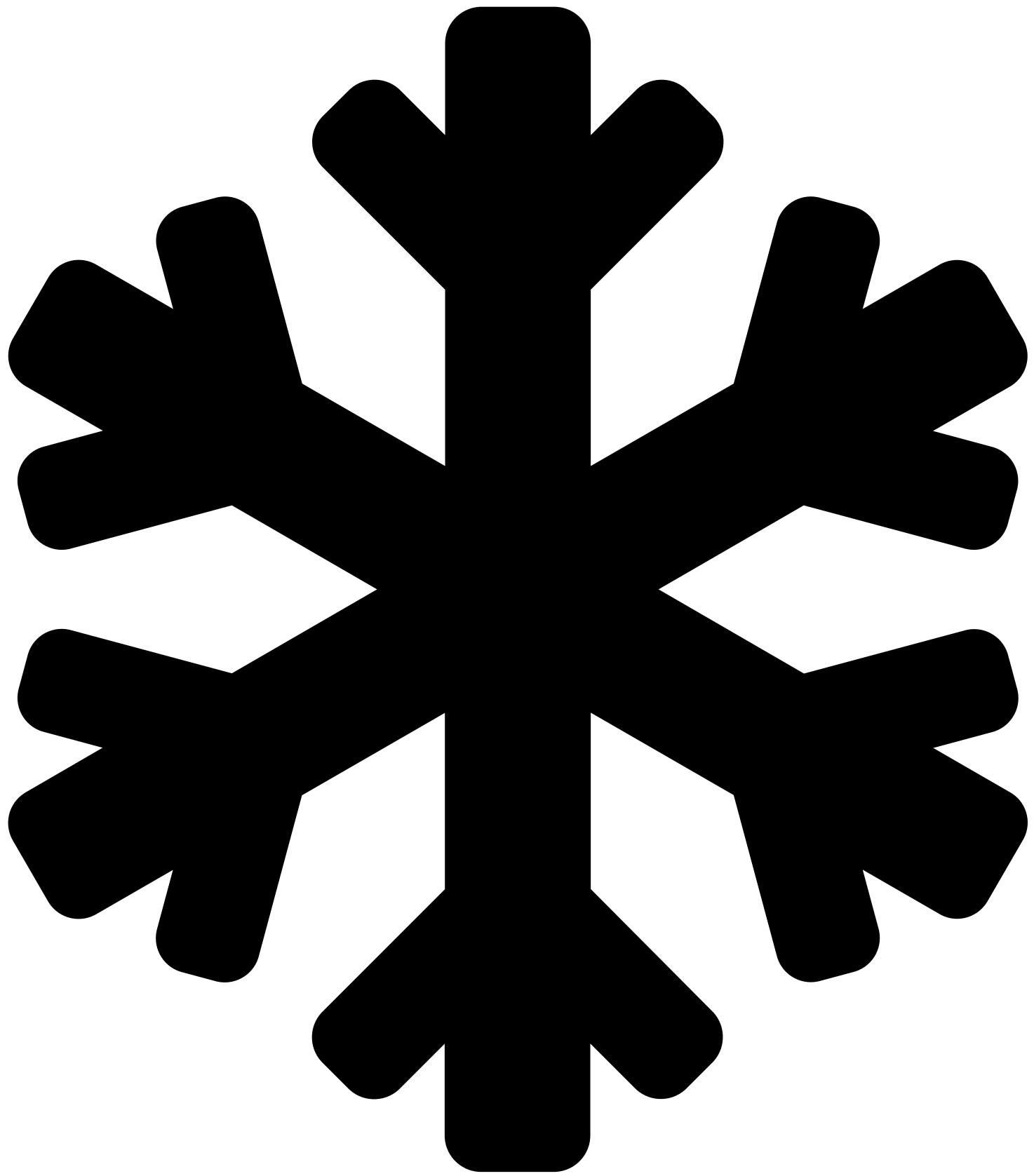
- 2-3 x
- 8 repetitions (medium tempo)
-
- Rest 0-60 seconds between sets.

E**Bonus**

- Single Arm Rack Carry
- 3 x 20 yards @ +5# to what you carried on day one.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
-
- 20-15-10-5
- Alternate Bounding,
- 2-Hand Side-Swing,
- Double Rope Slams.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

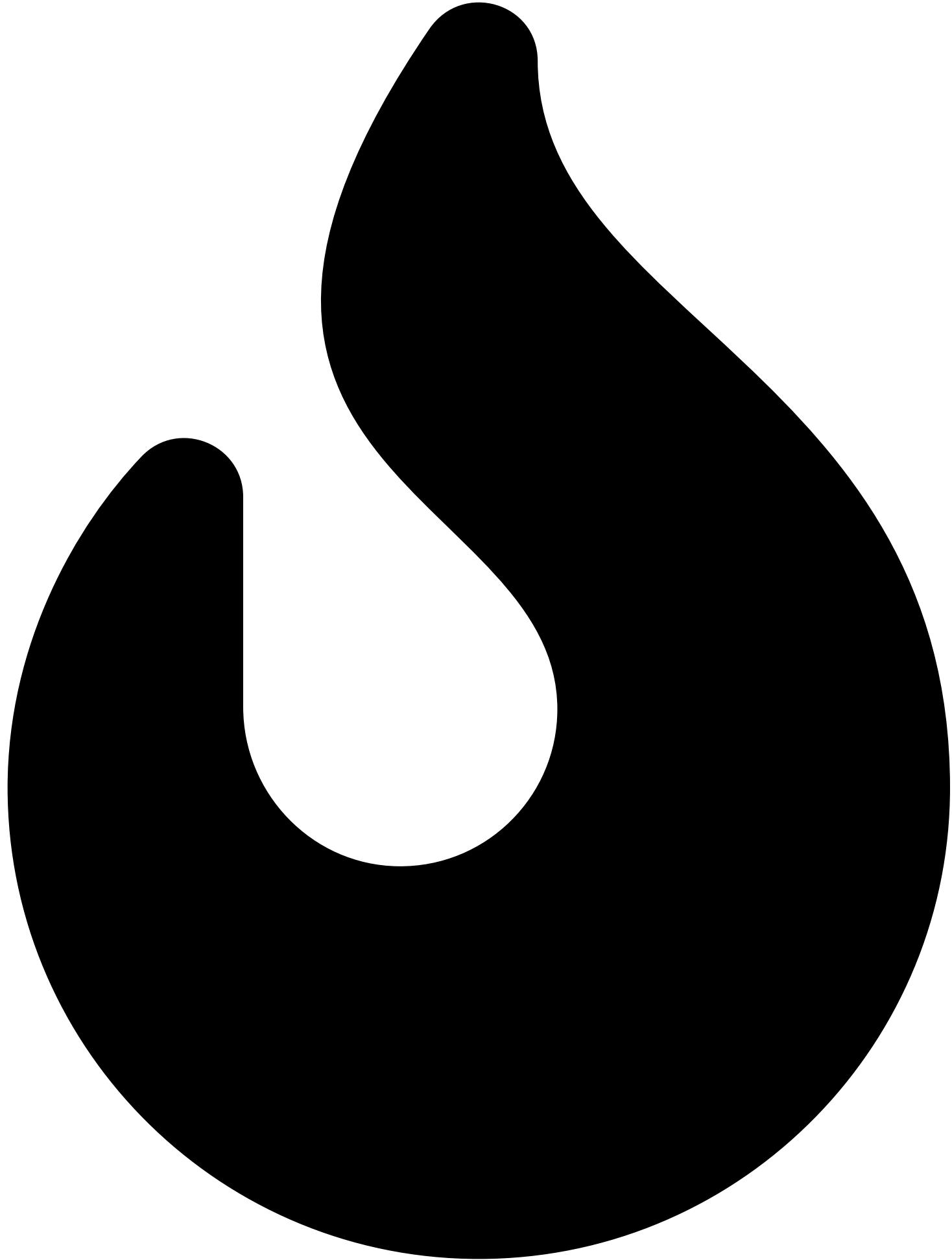


GIF

Send

Wed, Feb 10

Stabilization Endurance Cycle 2 Day 4



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position.
 -
 - Frog Stretch x 10 reps + 30 second hold,
 - Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Push Press



- 3 sets x
-
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 8 ~ 70%, 8+ ~73%, 8+ ~77% of your training max.
-
- Perform the following exercise immediately.



Dumbbell Strict Press



- On a bosu!
- 3 sets x

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
- Perform the next set after resting as needed for 0-60 seconds.

B

Deadlift



[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Seesaw Walk to Vertical Jump

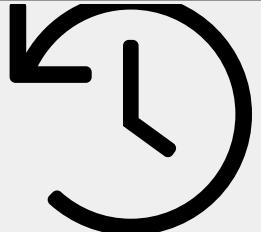


[View exercise history](#)

- 3 x 8 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.

C2

Inverted Row

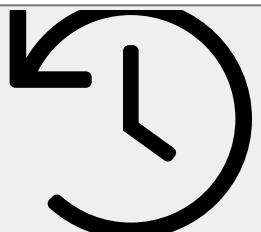
[View exercise history](#)

- 3 x 8 repetitions (4121 tempo) with max reps on your final set.



D1

Get Up Sit Up to Bridge

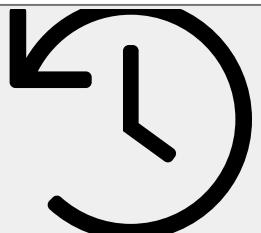
[View exercise history](#)

- 2-3 sets x
- 8 repetitions per side (medium tempo) with max reps per side on final set.
-
- Make sure you match reps on each side.



D2

Kneeling Palloff Press

[View exercise history](#)

- 2-3 sets x
- 8 repetitions per side (medium tempo) with max reps on final set.
-
- Perform at the heaviest weight that you can complete high quality repetitions at.
-
- Rest 0-60 seconds b/t sets.



E

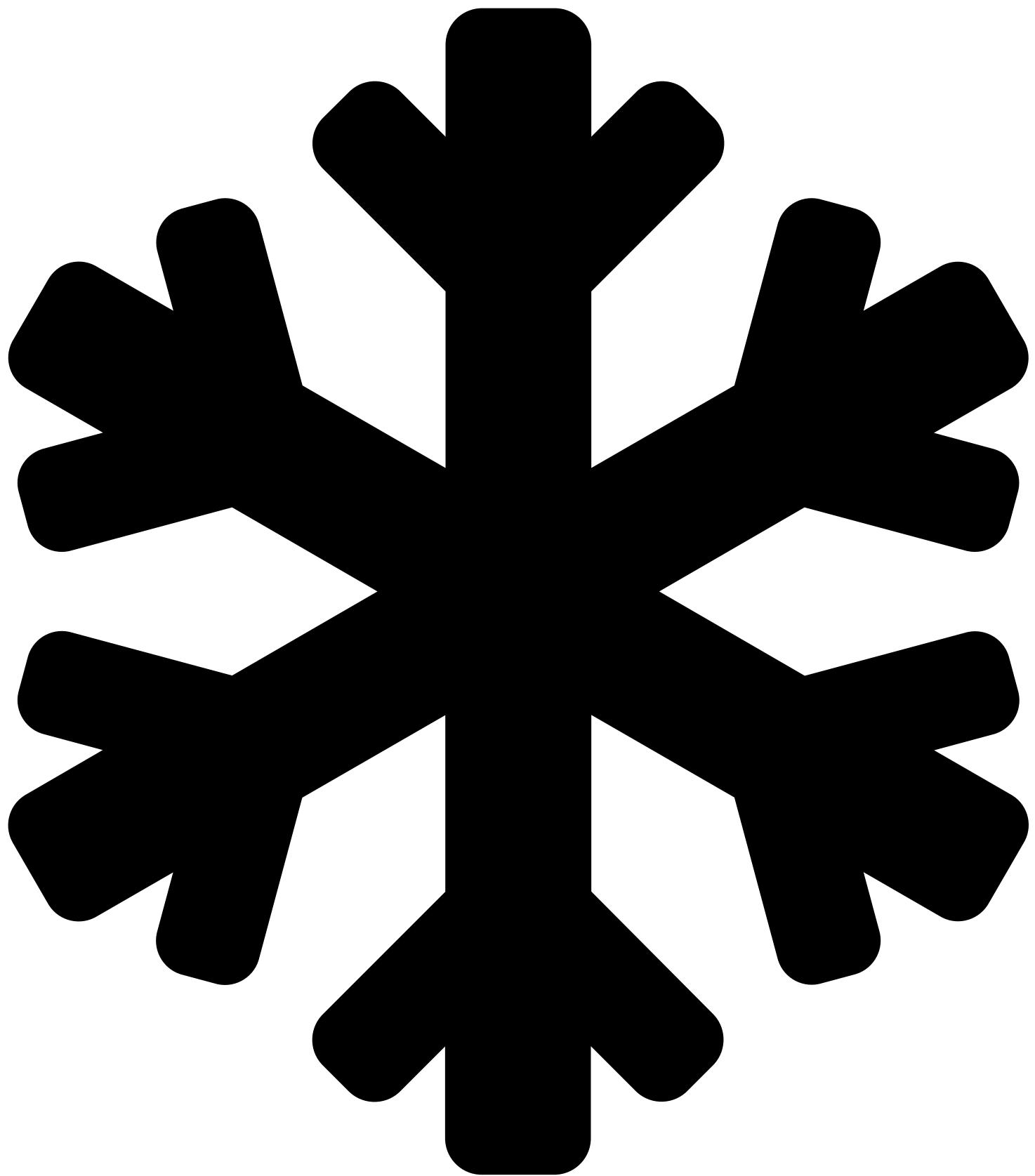
Bonus[View exercise history](#)

- Sled Push
- 3 x 20 yards @ +5# to what you pushed on day one.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-60 seconds rest.

**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 10 Sandbag Primal Complex #1
- Squat,
- lunge LT, lunge RT,
- Step up LT, Step up, RT.
- Repeat with SB on other shoulder.
- That's 1 set.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

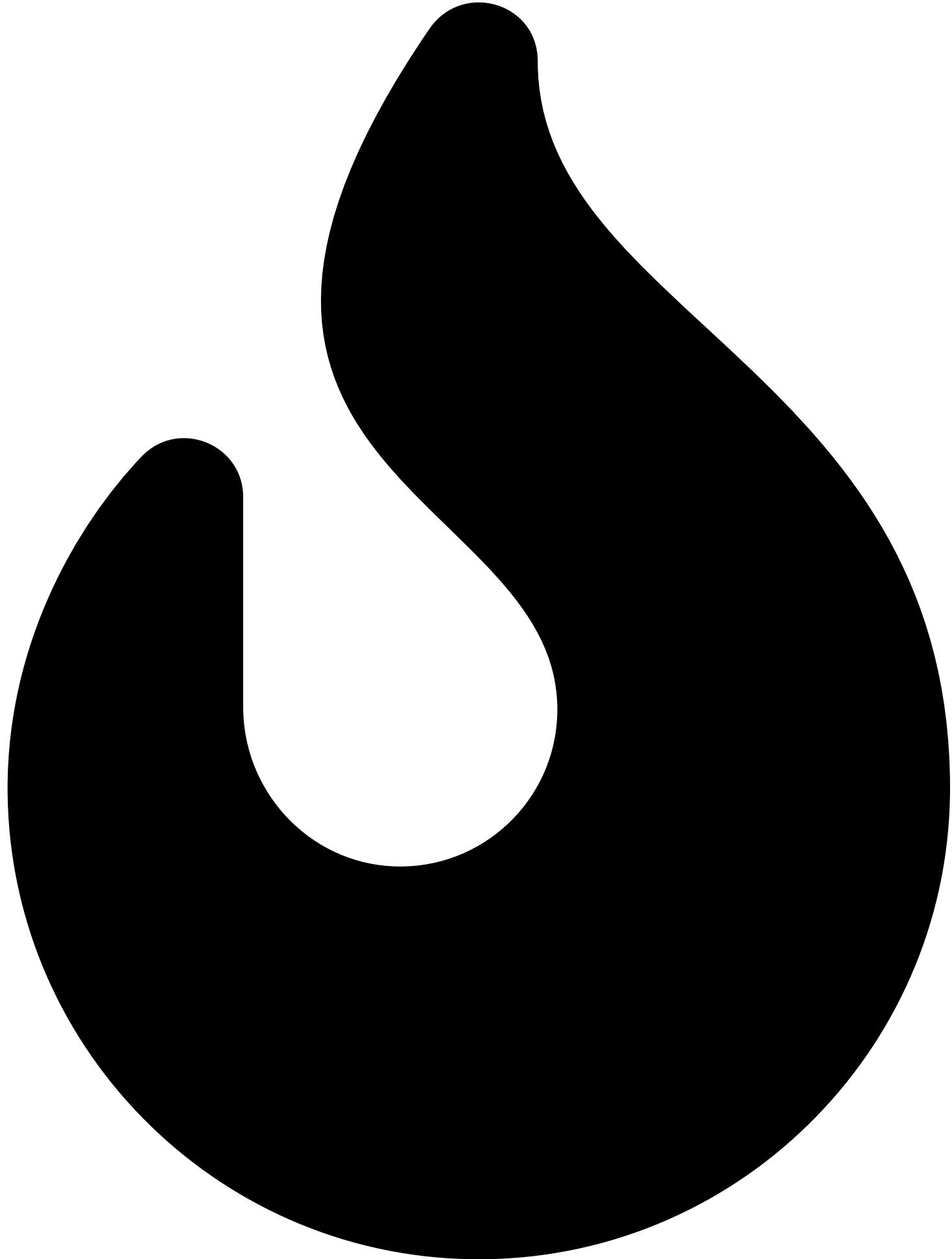
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Feb 12

Strength Endurance Cycle 3 Day 1



Warmup

- Foundation 2:
- Complete 1 round as a super-set:
 -
 - 1 Founder Flow
 - 10 Side-Lunge
 - 1 Woodpecker Flow
 - 15 repetition Anchored Back Extension
 - 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
 - 1 Kneeling Founder Flow
 - 1 Lunge Decompression per side, 3 breaths per position
 -
 - Couch Stretch x 10 reps + 30 second hold,
 - Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Back Squat



[View exercise history](#)

- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 70%, 10+ ~75% of your training max.
-
- Perform the following exercise immediately.



Bosu/Indo Squat



[View exercise history](#)

- 3 sets x

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
- Perform the next set after resting as needed for 0-60 seconds.

B

Dumbbell Floor Press



- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

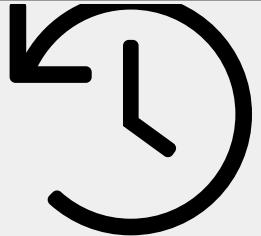
Leg Cradle Lunge



- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.

C2

Band Pull Aparts

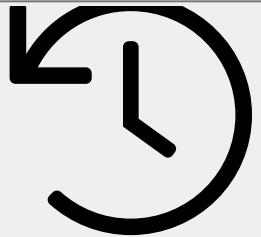
[View exercise history](#)

- 3 x 10 repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest band possible.



D1

Bird-Dog

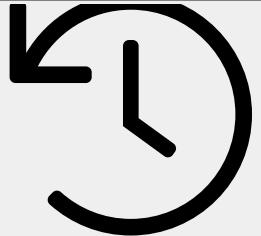
[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo).



D2

Band Resisted Deadbug

[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo) @ the heaviest load you can work up to with clean and coordinated movement.
-
- Max reps on final set.
-
- Rest for 0-60 seconds depending on your need.



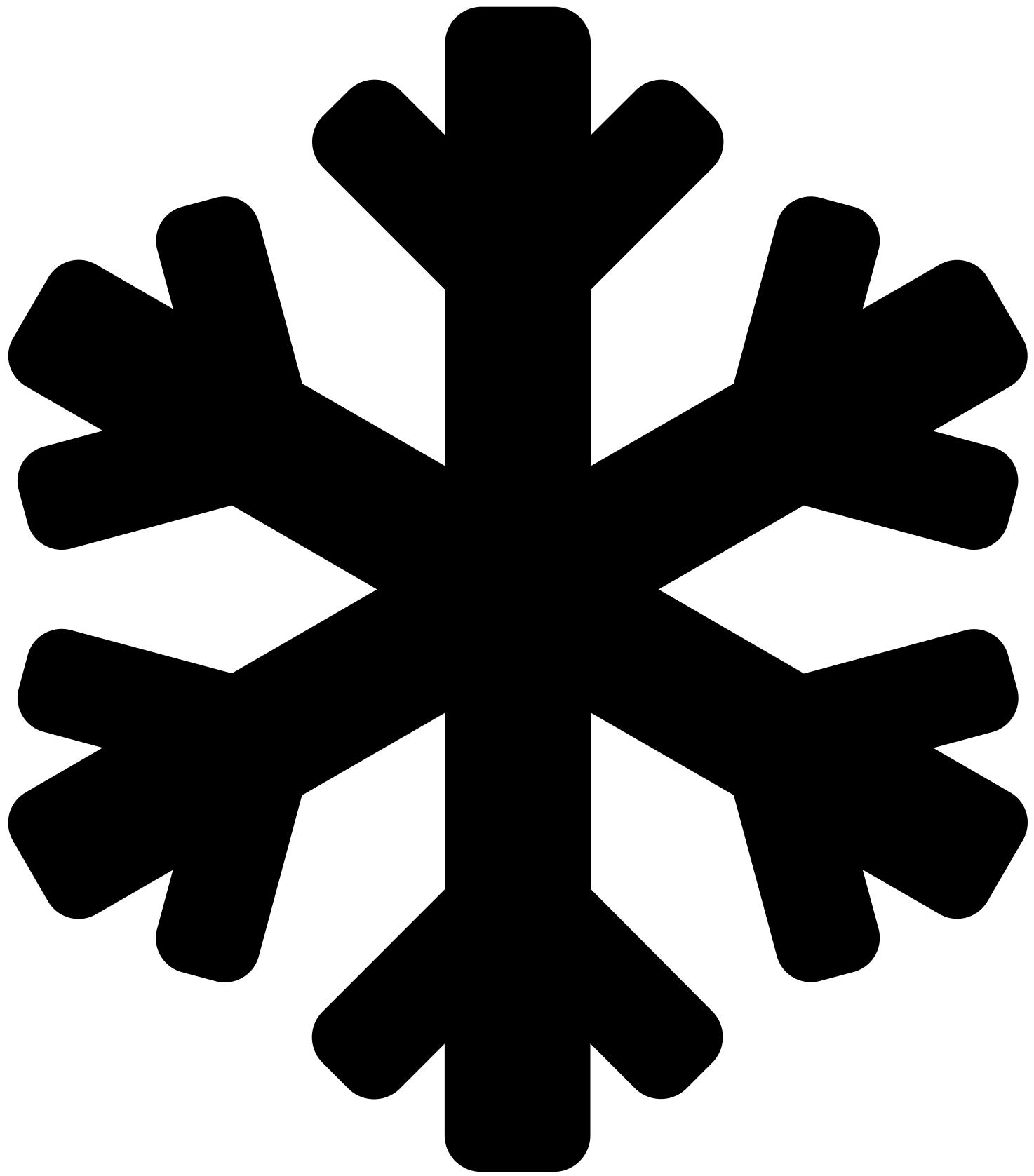
E

Bonus[View exercise history](#)

- Single-Arm Rack Carry
- 3 x 20 yards @ max weight.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Box Jump Step Down,
- Stiff Leg Run,
- Ball Slam,
- Double Rope Slam.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

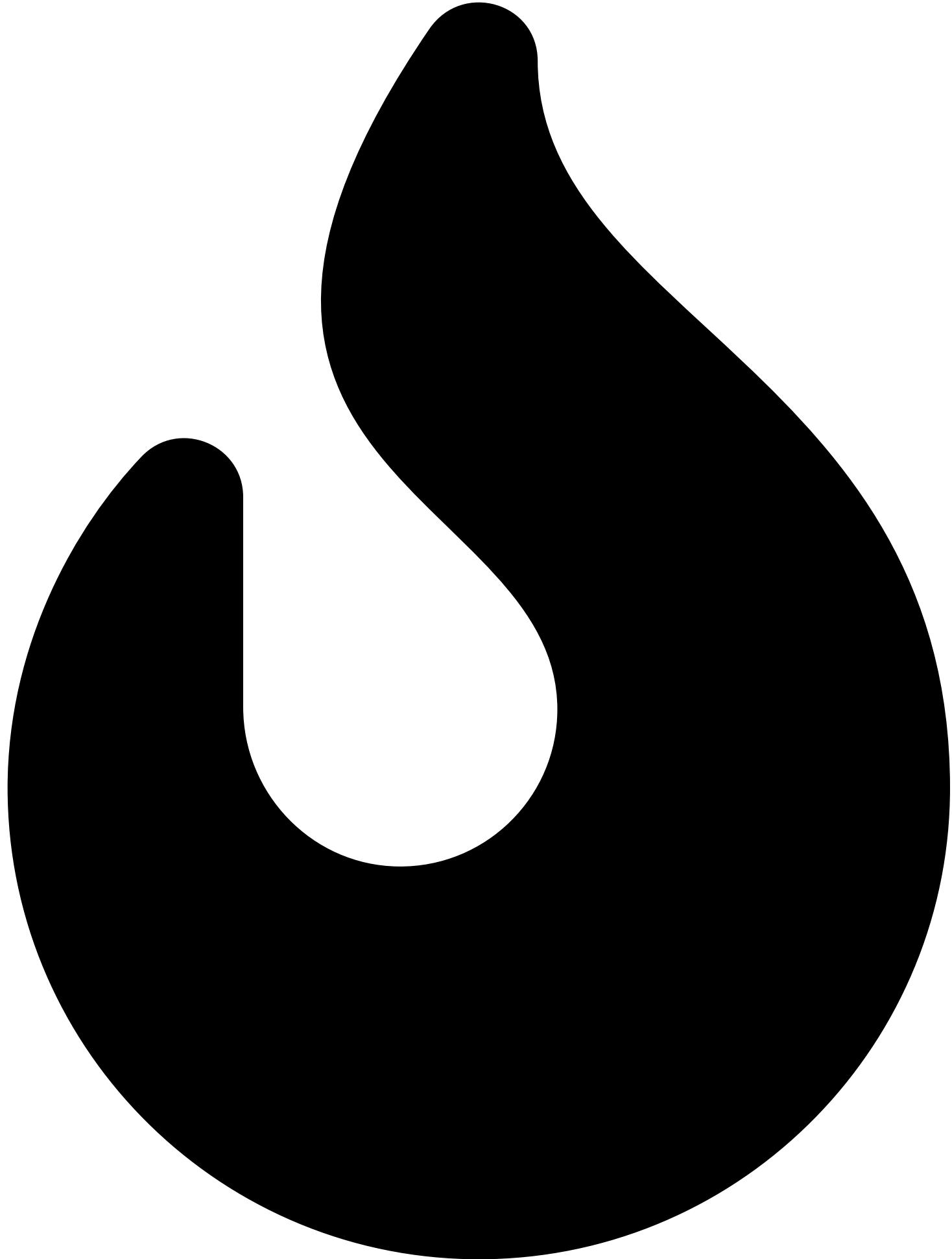
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Feb 15

Strength Endurance Cycle 3 Day 2



Warmup

- You know what to do.
-
- Maximum effort.
-
- Let's get it.
-
- Foundation 2:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

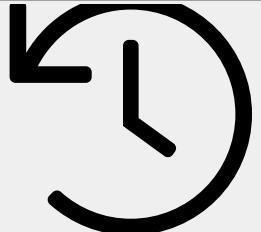
Deadlift



- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 70%, 10+ ~75% of your training max.
-
- Perform the following exercise immediately.

A2

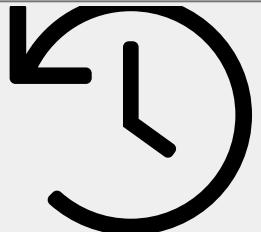
Stability Ball Bridge

[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

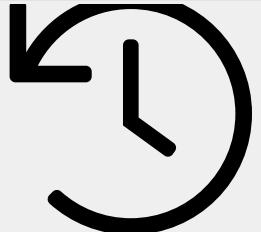
Push Press

[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Monster Walk (Lateral, Forward, Backward)

[View exercise history](#)

- 3 x 10 repetitions per direction with max reps on your final set.



C2

Bench Dips



- 3 x 10+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups



- 2-3 sets x
- 10 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.



D2

Alternating Side Plank



- 2-3 sets x
- 10 repetitions (moderate tempo).

- Rest 0-60 seconds b/t sets.

E

Bonus



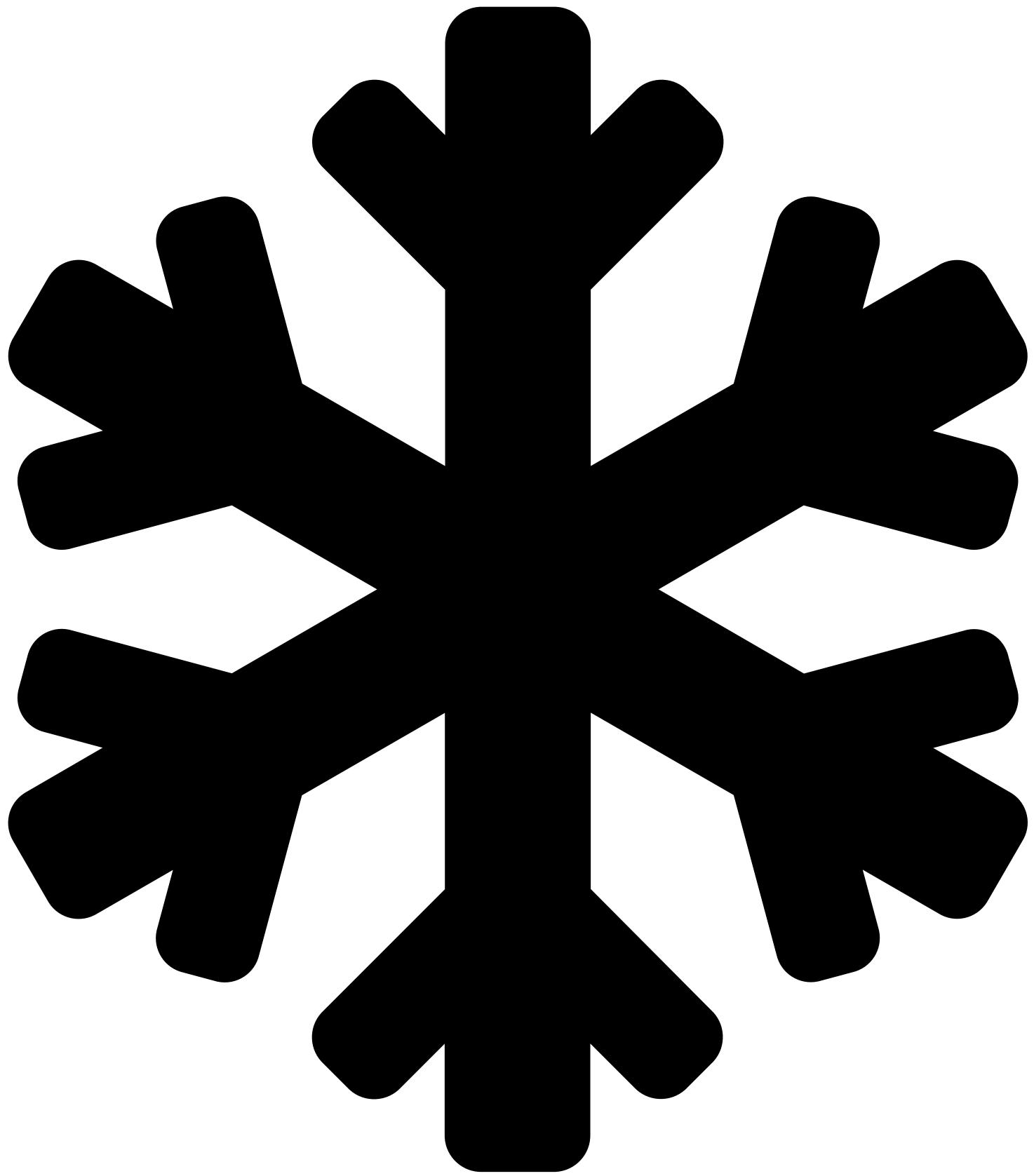
- Sled Push
- 3 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

Bonus 2



- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 3 x 10 reps
- Hang Power Clean,
- Stiff Leg Run,
- Lateral Plyo Skiers,
- Rope Alternating Waves.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

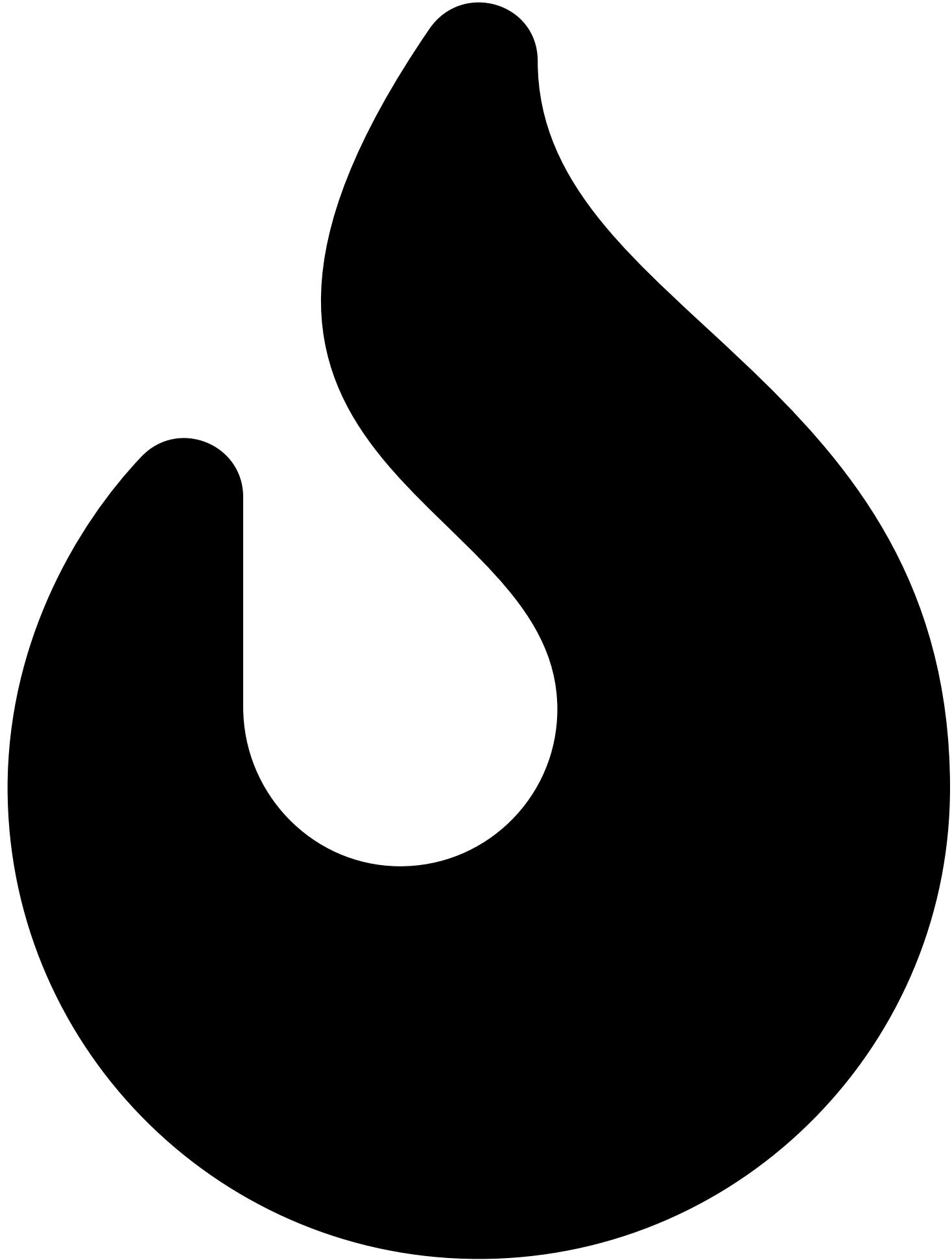


GIF

Send

Wed, Feb 17

Strength Endurance Cycle 3 Day 3



Warmup

- You know what to do.
-
- Maximum effort.
-
- Let's get it.
-
- Foundation 2:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

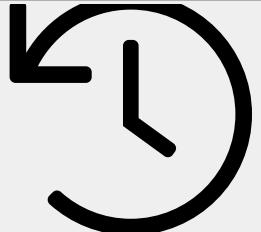
Dumbbell Floor Press



- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 10 ~ 70%, 10+ ~ 75% of your training max.
-
- Perform the following exercise immediately.

A2

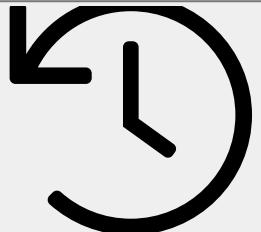
Stability Ball Push-Up

[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

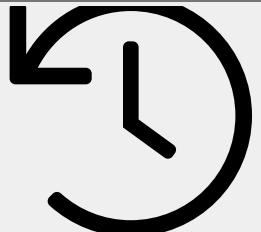
Back Squat

[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

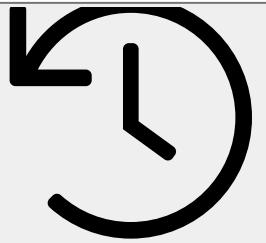
Leg Cradle Lateral Lunge

[View exercise history](#)

- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.



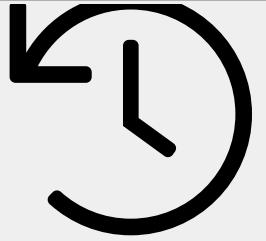
Single Arm Dumbbell Press

[View exercise history](#)

- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.
-
- Rest for 0-60 seconds b/t sets.



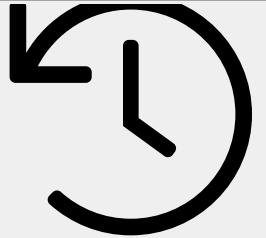
Canoe to Boat

[View exercise history](#)

- 2-3 x
- 10 repetitions (medium tempo) with max reps on final set.
-
- Perform the following exercise immediately.



Hollow Body Roll to Superman

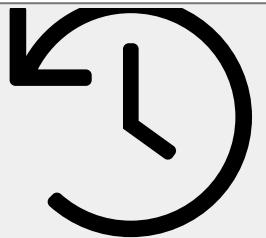


[View exercise history](#)

- 2-3 x
- 10 repetitions (medium tempo)
-
- Rest 0-60 seconds between sets.

E

Bonus

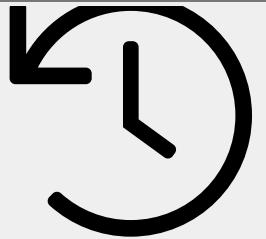


[View exercise history](#)

- Single Arm Rack Carry
- 3 x 20 yards @ +5# to what you carried on day one.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

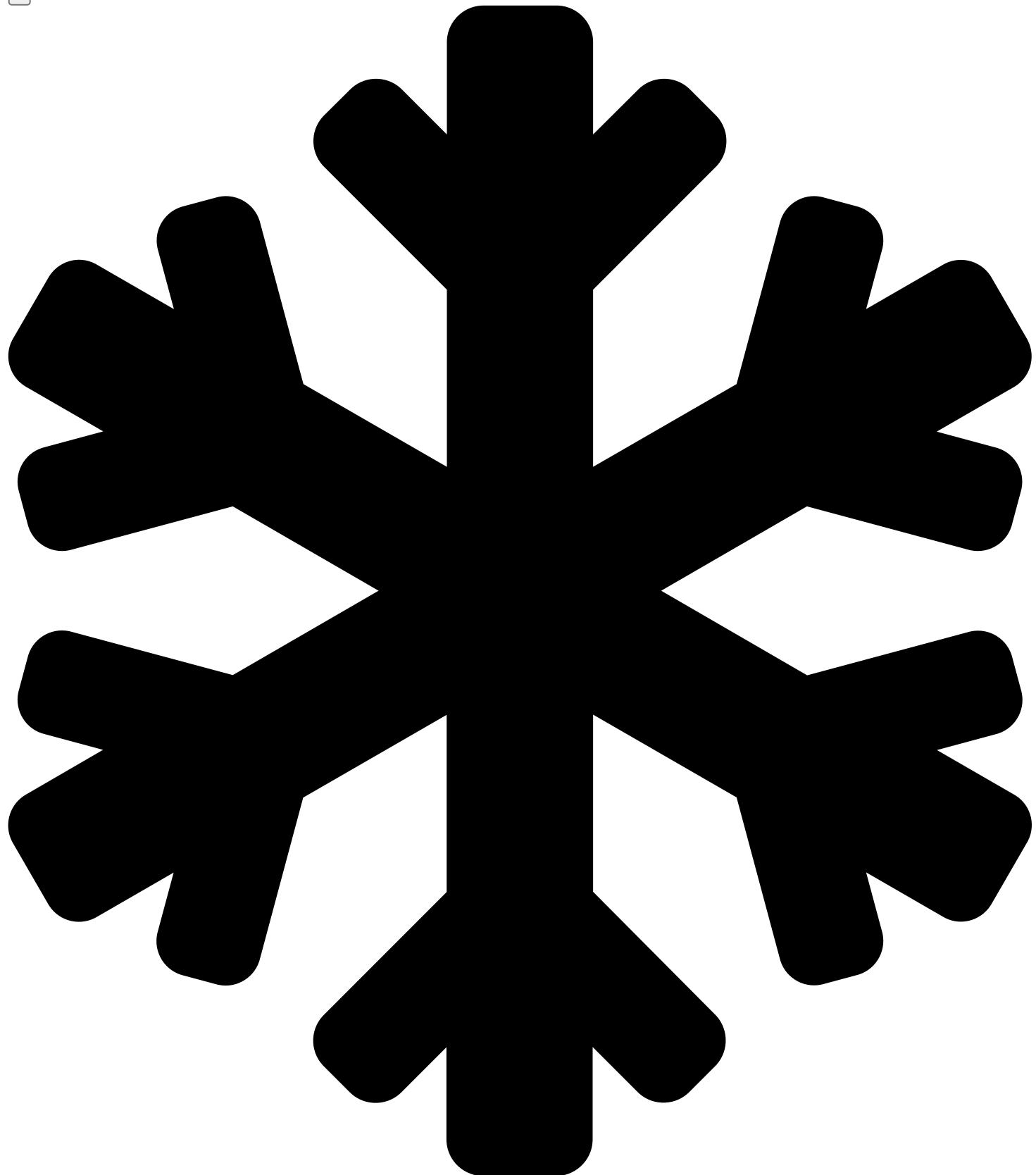
Bonus 2



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
-
- 20-15-10-5

- Stiff Leg Run,
- 2-Hand Side-Swing,
- Double Rope Slams.



Cooldown

- Breathwork Cool-Down

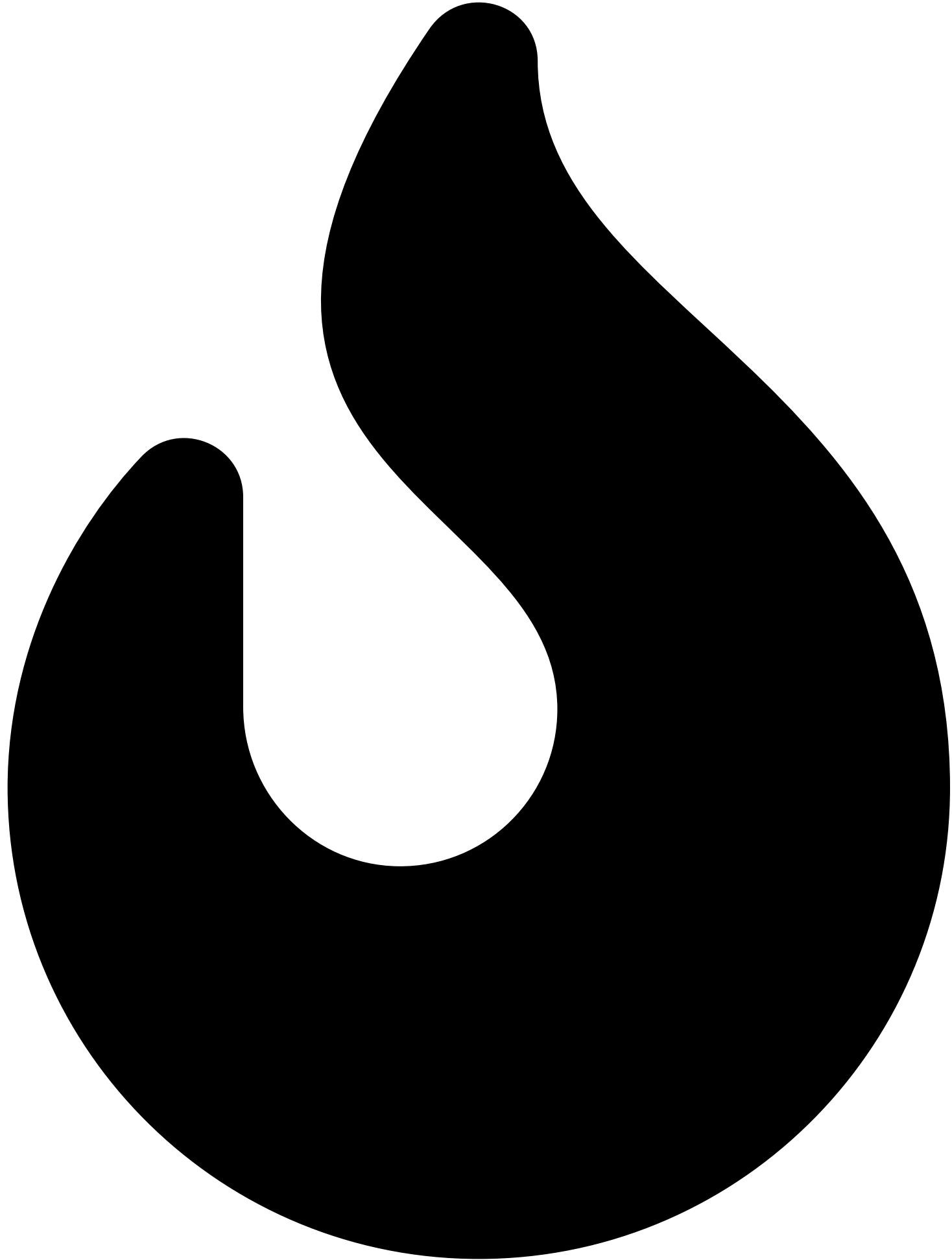
- 3-5 breaths/position
 - Zombie Belly Breath
 - Child's Pose
 - Puppy Pose
 - Figure 4
 - Iron Cross
 - Corpse
-
- Comment
 - Note

Give Jen feedback on her workout!



Fri, Feb 19

Strength Endurance Cycle 3 Day 2



Warmup

- You know what to do.
-
- Maximum effort.
-
- Let's get it.
-
- Foundation 2:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Deadlift

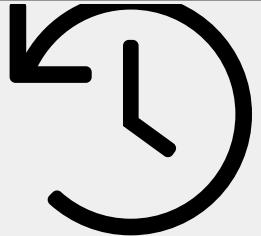


[View exercise history](#)

- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 70%, 10+ ~75% of your training max.
-
- Perform the following exercise immediately.

A2

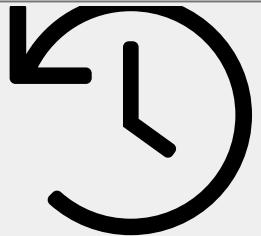
Stability Ball Bridge

[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

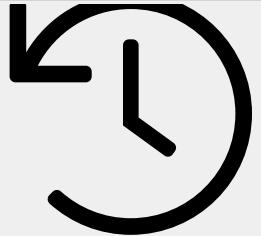
Push Press

[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Monster Walk (Lateral, Forward, Backward)

[View exercise history](#)

- 3 x 10 repetitions per direction with max reps on your final set.



C2

Bench Dips

[View exercise history](#)

- 3 x 10+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups

[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.



D2

Alternating Side Plank

[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo).

- Rest 0-60 seconds b/t sets.

E

Bonus



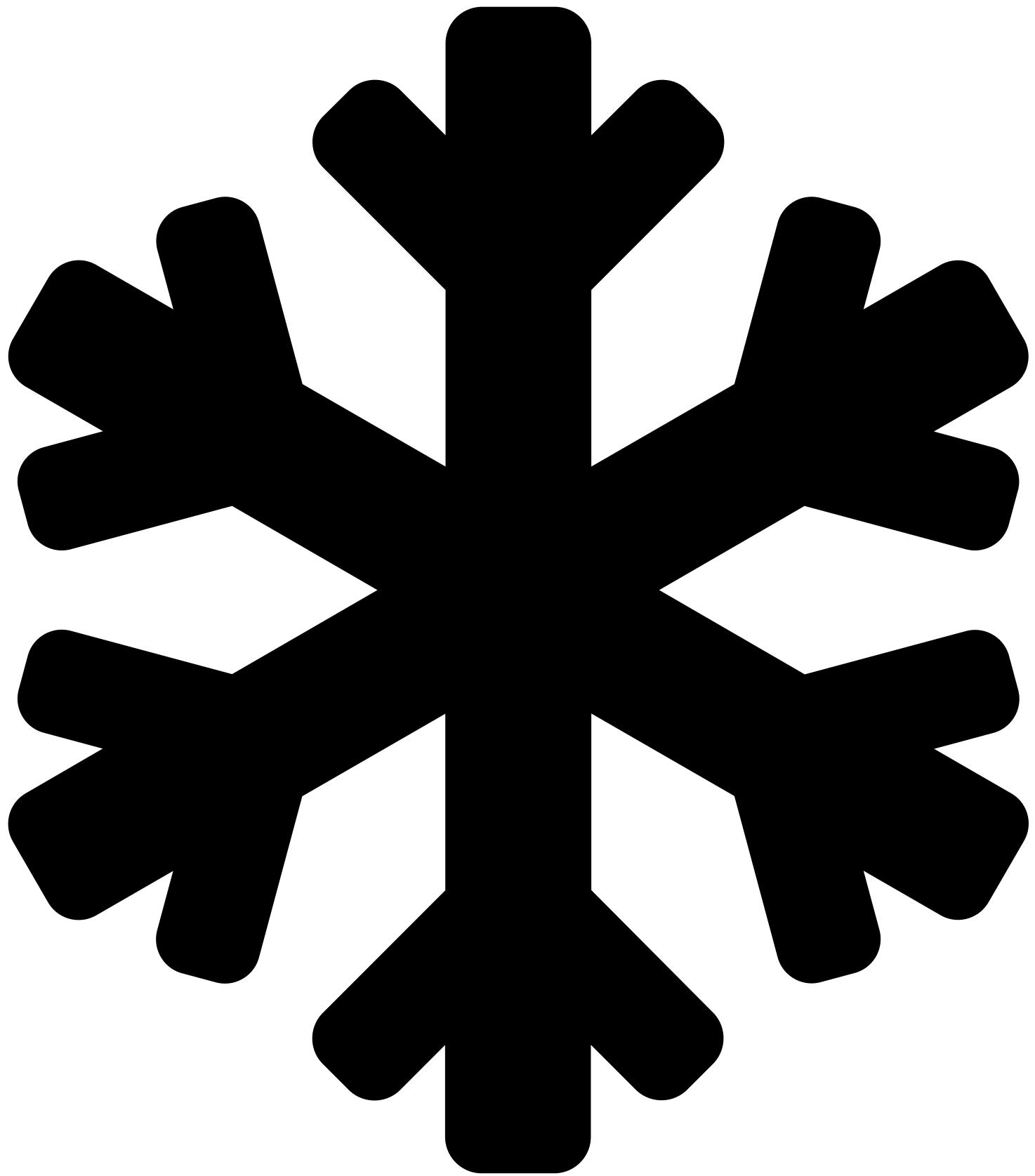
- Sled Push
- 3 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

Bonus 2



- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 3 x 10 reps
- Hang Power Clean,
- Stiff Leg Run,
- Lateral Plyo Skiers,
- Rope Alternating Waves.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

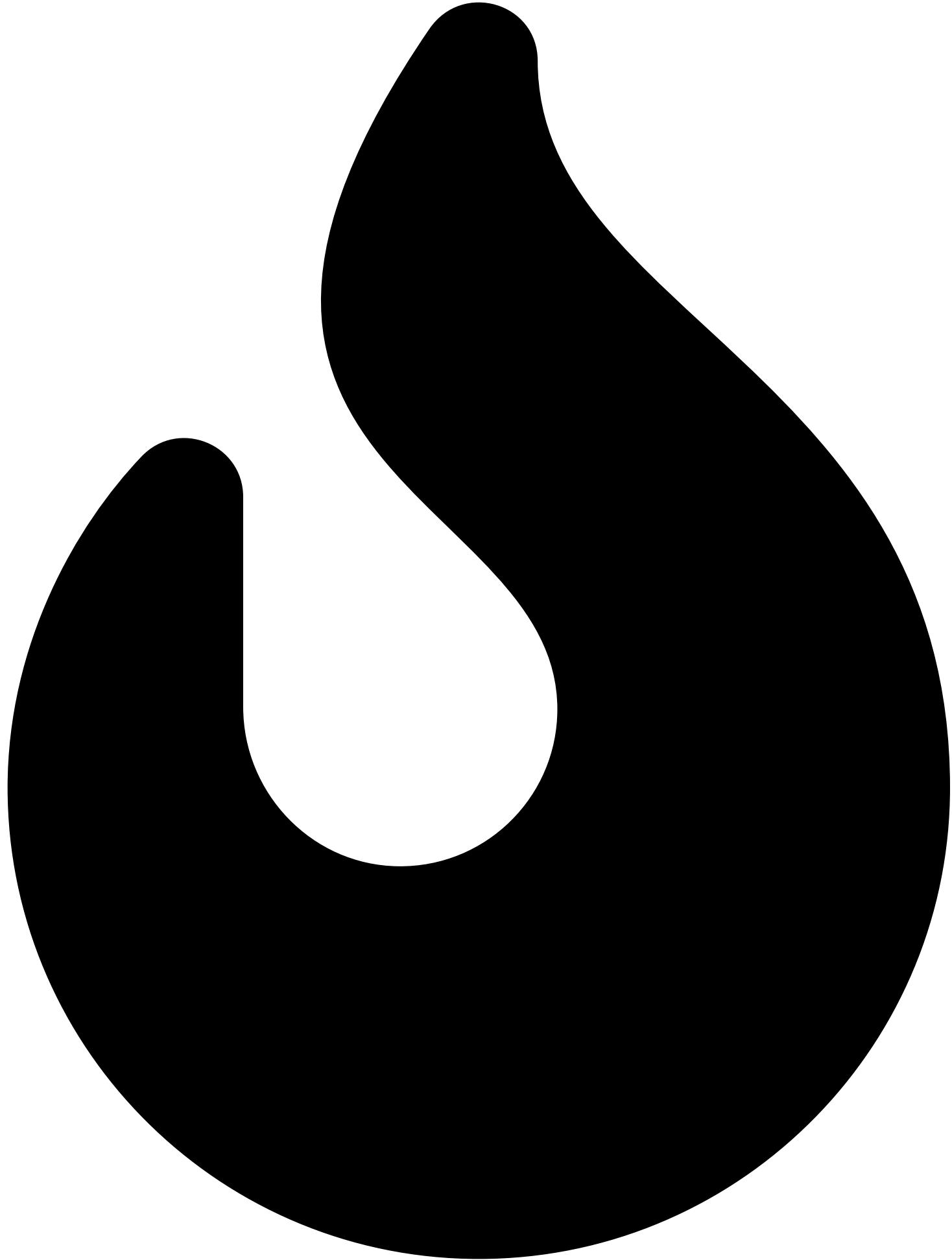
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Feb 22

Strength Endurance Cycle 3 Day 3



Warmup

- You know what to do.
-
- Maximum effort.
-
- Let's get it.
-
- Foundation 2:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

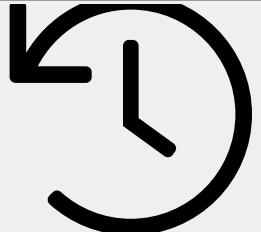
Dumbbell Floor Press



- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 10 ~ 70%, 10+ ~ 75% of your training max.
-
- Perform the following exercise immediately.

A2

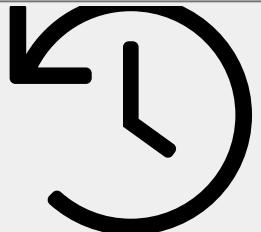
Stability Ball Push-Up

[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

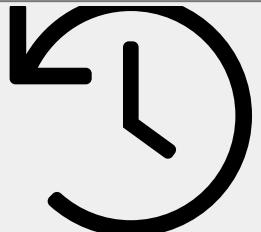
Back Squat

[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Leg Cradle Lateral Lunge

[View exercise history](#)

- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.



Single Arm Dumbbell Press



[View exercise history](#)

- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.
-
- Rest for 0-60 seconds b/t sets.



Canoe to Boat

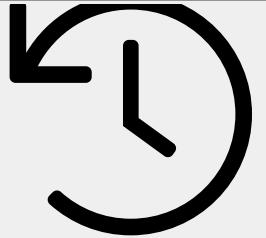


[View exercise history](#)

- 2-3 x
- 10 repetitions (medium tempo) with max reps on final set.
-
- Perform the following exercise immediately.



Hollow Body Roll to Superman

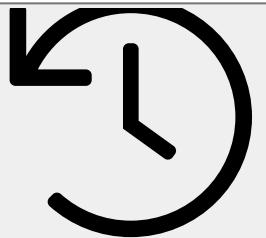


[View exercise history](#)

- 2-3 x
- 10 repetitions (medium tempo)
-
- Rest 0-60 seconds between sets.

E

Bonus

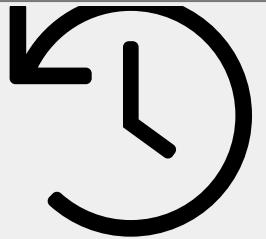


[View exercise history](#)

- Single Arm Rack Carry
- 3 x 20 yards @ +5# to what you carried on day one.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F

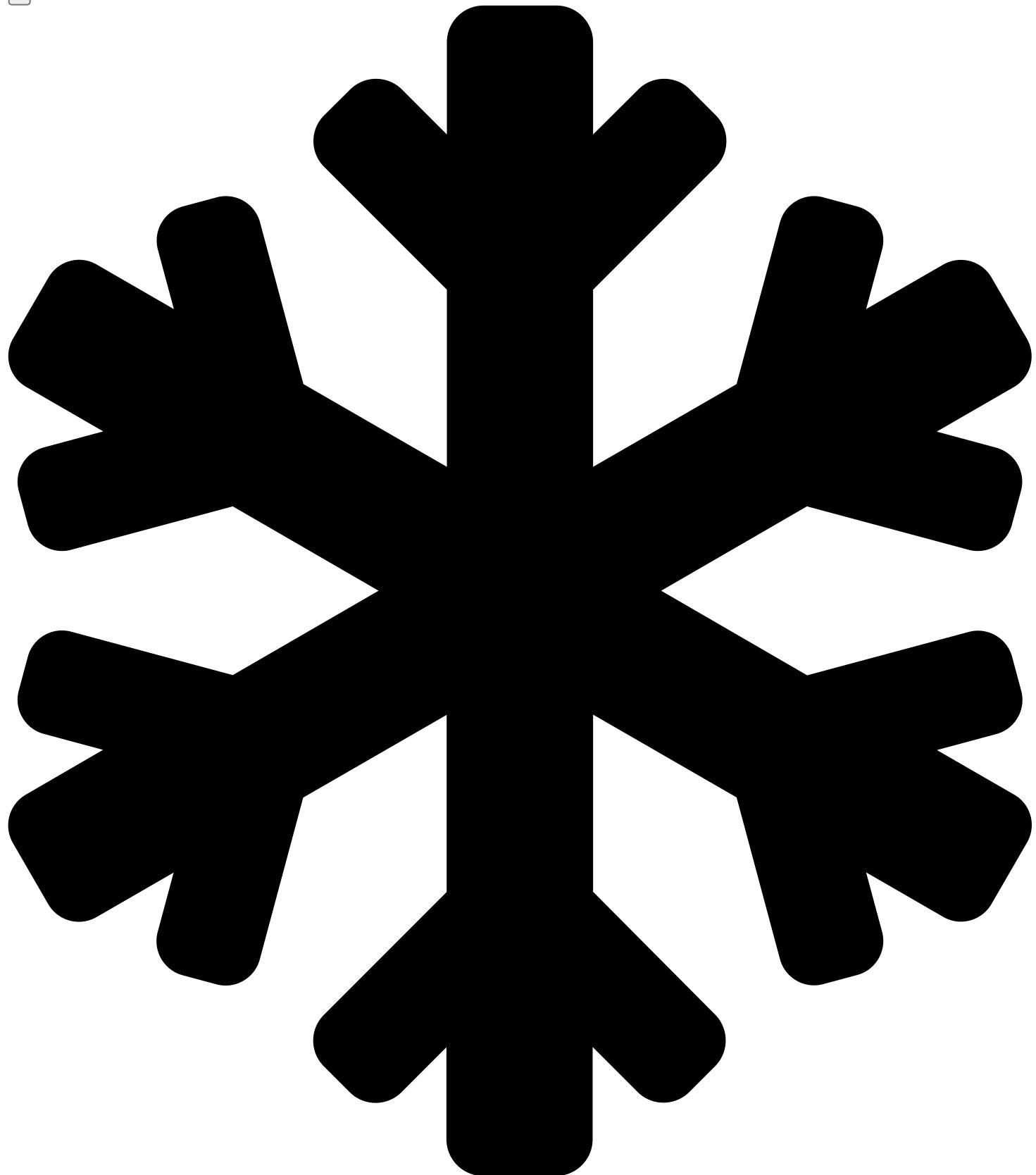
Bonus 2



[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
-
- 20-15-10-5

- Stiff Leg Run,
- 2-Hand Side-Swing,
- Double Rope Slams.



Cooldown

- Breathwork Cool-Down

- 3-5 breaths/position
 - Zombie Belly Breath
 - Child's Pose
 - Puppy Pose
 - Figure 4
 - Iron Cross
 - Corpse
-
- Comment
 - Note

Give Jen feedback on her workout!

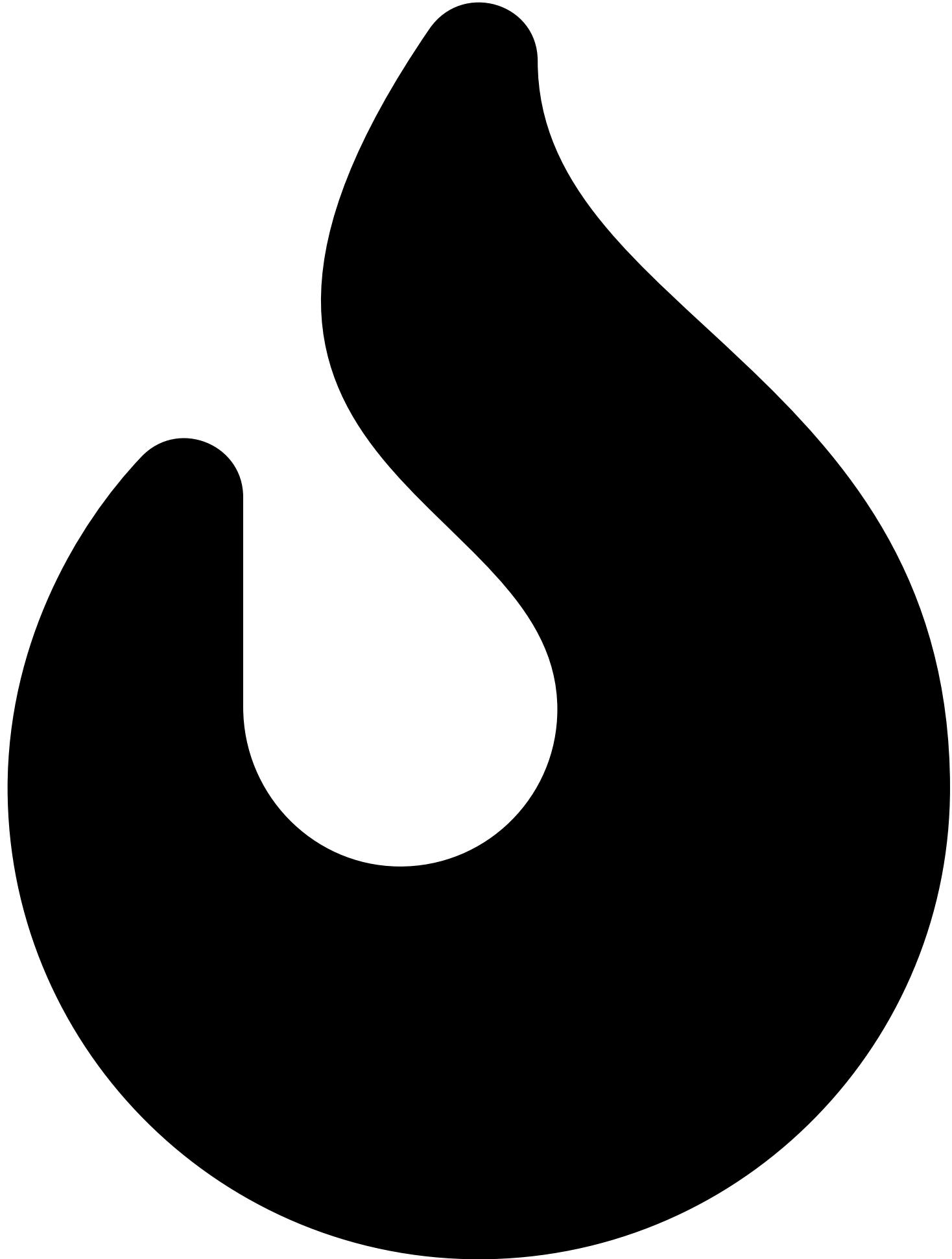


GIF

Send

Wed, Feb 24

Strength Endurance Cycle 3 Day 4



Warmup

- You know what to do.
-
- Maximum effort.
-
- Let's get it.
-
- Foundation 2:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position.
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Push Press

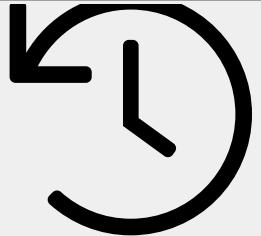


[View exercise history](#)

- 3 sets x
-
- 10-Rep-Max
- Work up to a heavy 10 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 10 ~ 65%, 10 ~ 70%, 8+ ~ 75% of your training max.
-
- Perform the following exercise immediately.

A2

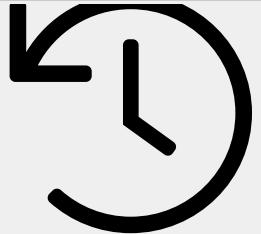
Kettlebell Iron Cross

[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

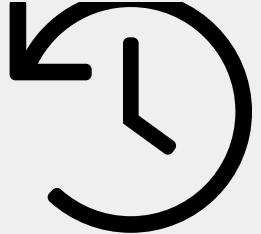
Deadlift

[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

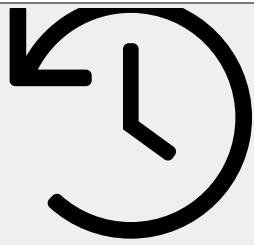
Seesaw Walk to Vertical Jump

[View exercise history](#)

- 3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.



Inverted Row

[View exercise history](#)

- 3 x 10 repetitions (4121 tempo) with max reps on your final set.



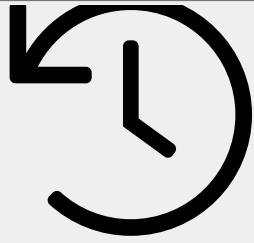
Get Up Sit Up to Bridge

[View exercise history](#)

- 2-3 sets x
- 10 repetitions per side (medium tempo) with max reps per side on final set.
-
- Make sure you match reps on each side.



Kneeling Palloff Press

[View exercise history](#)

- 2-3 sets x
- 10 repetitions per side (medium tempo) with max reps on final set.
-
- Perform at the heaviest weight that you can complete high quality repetitions at.
-
- Rest 0-60 seconds b/t sets.

E

Bonus



- Sled Push
- 3 x 20 yards @ +5# to what you pushed on day one.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-60 seconds rest.

F

Bonus 2



- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 10 Sandbag Primal Complex #1
- Squat,
- lunge LT, lunge RT,
- Step up LT, Step up, RT.
- Repeat with SB on other shoulder.
- That's 1 set.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose

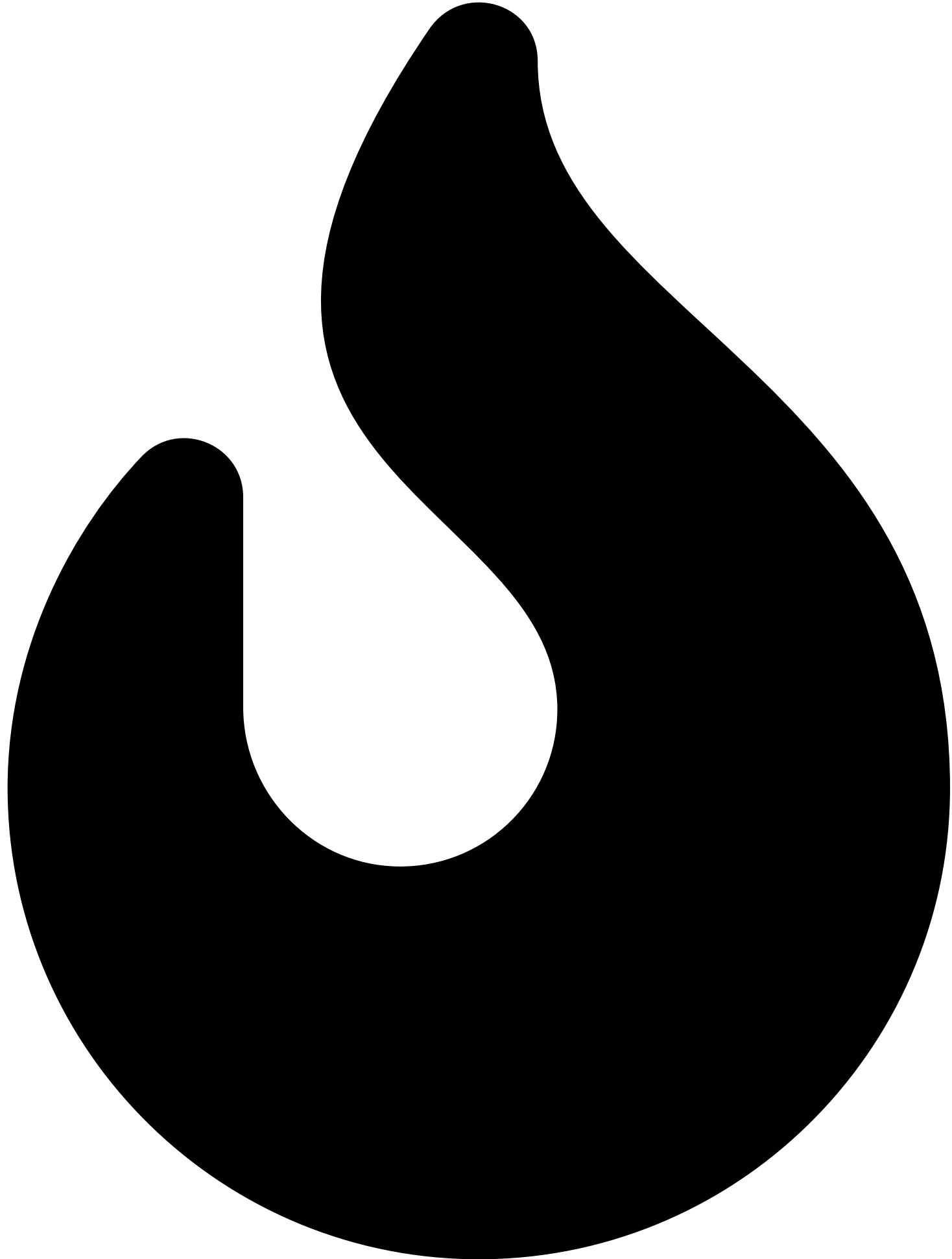
- Figure 4
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Fri, Feb 26

Strength Endurance Cycle 4 Day 2



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be working up to your 8 rep max on each lift.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 2:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Deadlift



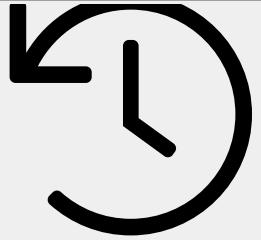
[View exercise history](#)

- 3 sets x
-
- 8-Rep-Max
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 12 ~ 70%, 10 ~ 75%, 8+ ~ 80% of your training max.
-
- Keep working to find that 8RM.
-
- Perform the following exercise immediately.



A2

Stability Ball Bridge

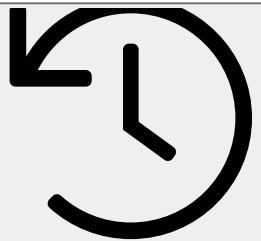


[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Push Press

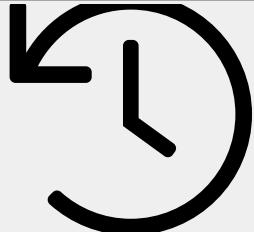


[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Monster Walk (Lateral, Forward, Backward)

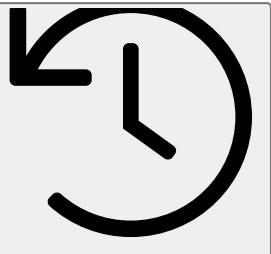
[View exercise history](#)

- 2-3 x 10 repetitions per direction with max reps on your final set.



C2

Bench Dips

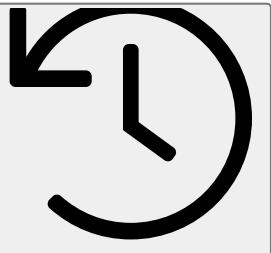
[View exercise history](#)

- 2-3 x 10+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups

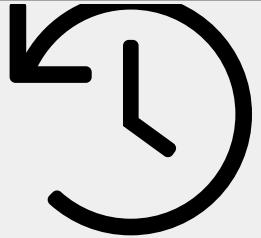
[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.

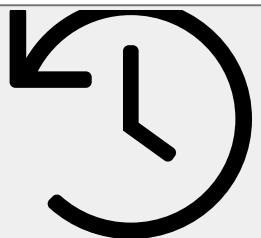


D2

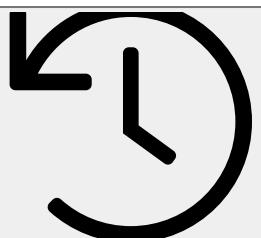
Alternating Side Plank

[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo).
- Rest 0-60 seconds b/t sets.

 E**Bonus**[View exercise history](#)

- Sled Push
- 3 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-

- 3 x 10 reps
- Vertical Jump,
- Tempo Run,
- Lateral Plyo Skiers,
- Rope Alternating Waves.



Cooldown

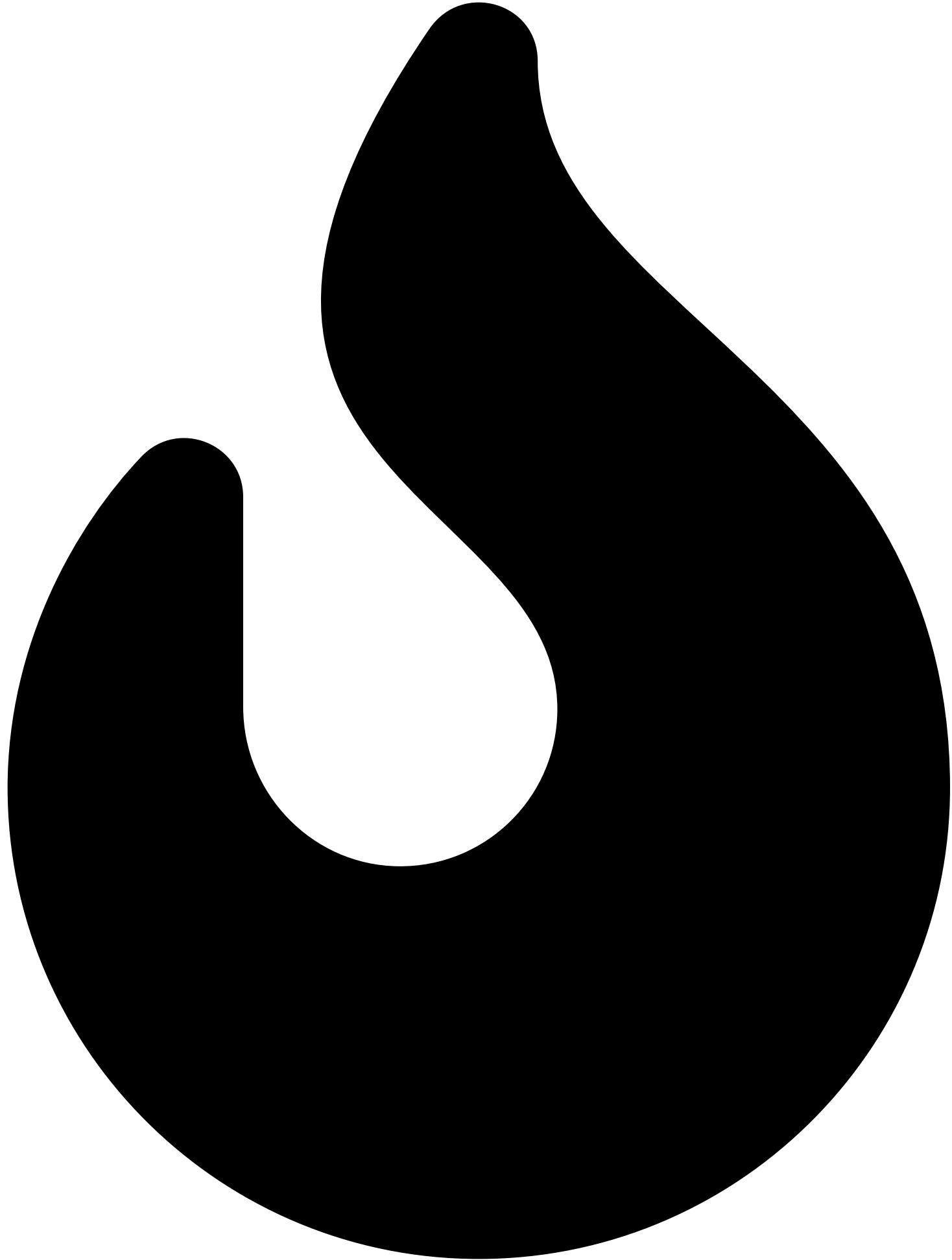
- Breathwork Cool-Down
 - 3-5 breaths/position
 - Zombie Belly Breath
 - Child's Pose
 - Puppy Pose
 - Figure 4
 - Iron Cross
 - Corpse
-
- Comment
 - Note

Give Jen feedback on her workout!



Mon, Mar 1

Strength Endurance Cycle 4 Day 3



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be working up to your 8 rep max on each lift.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 2:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Couch Stretch x 10 reps + 30 second hold,
- Wall Chest Stretch x 10 reps + 30 sec hold.

A1

Dumbbell Floor Press



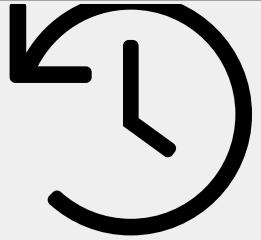
[View exercise history](#)

- 3 sets x
-
- 8-Rep-Max
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 12 ~ 70%, 10 ~ 75%, 8+ ~ 80% of your training max.
-
- Keep working to find that 8RM.
-
- Perform the following exercise immediately.



A2

Stability Ball Push-Up

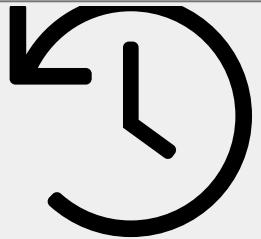


[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Back Squat

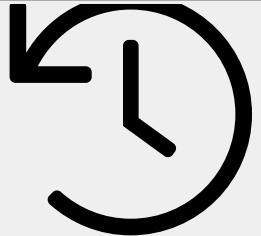


[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Leg Cradle Lateral Lunge

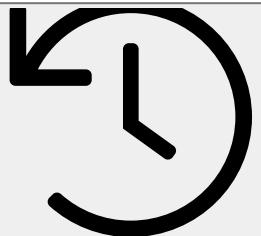
[View exercise history](#)

- 2-3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.



C2

Single Arm Dumbbell Press

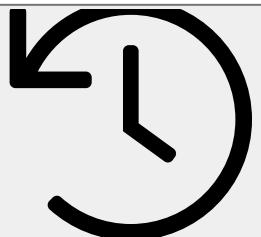
[View exercise history](#)

- 2-3 x 10 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest weight possible.
-
- Rest for 0-60 seconds b/t sets.



D1

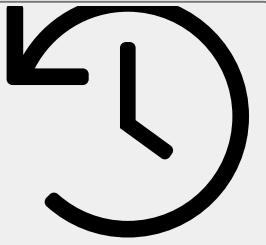
Canoe to Boat

[View exercise history](#)

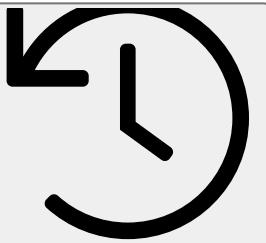
- 2-3 x
- 10 repetitions (medium tempo) with max reps on final set.
-
- Perform the following exercise immediately.



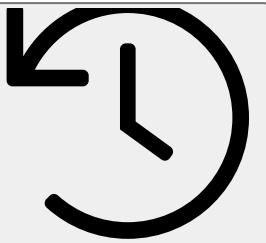
D2

Hollow Body Roll to Superman[View exercise history](#)

- 2-3 x
- 10 repetitions (medium tempo)
-
- Rest 0-60 seconds between sets.

 E**Bonus**[View exercise history](#)

- Single Arm Rack Carry
- 3 x 20 yards @ +5# to what you carried on day one.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
-
- 20-15-10-5
- Tempo Run,
- 2-Hand Side-Swing,
- Double Rope Slams.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

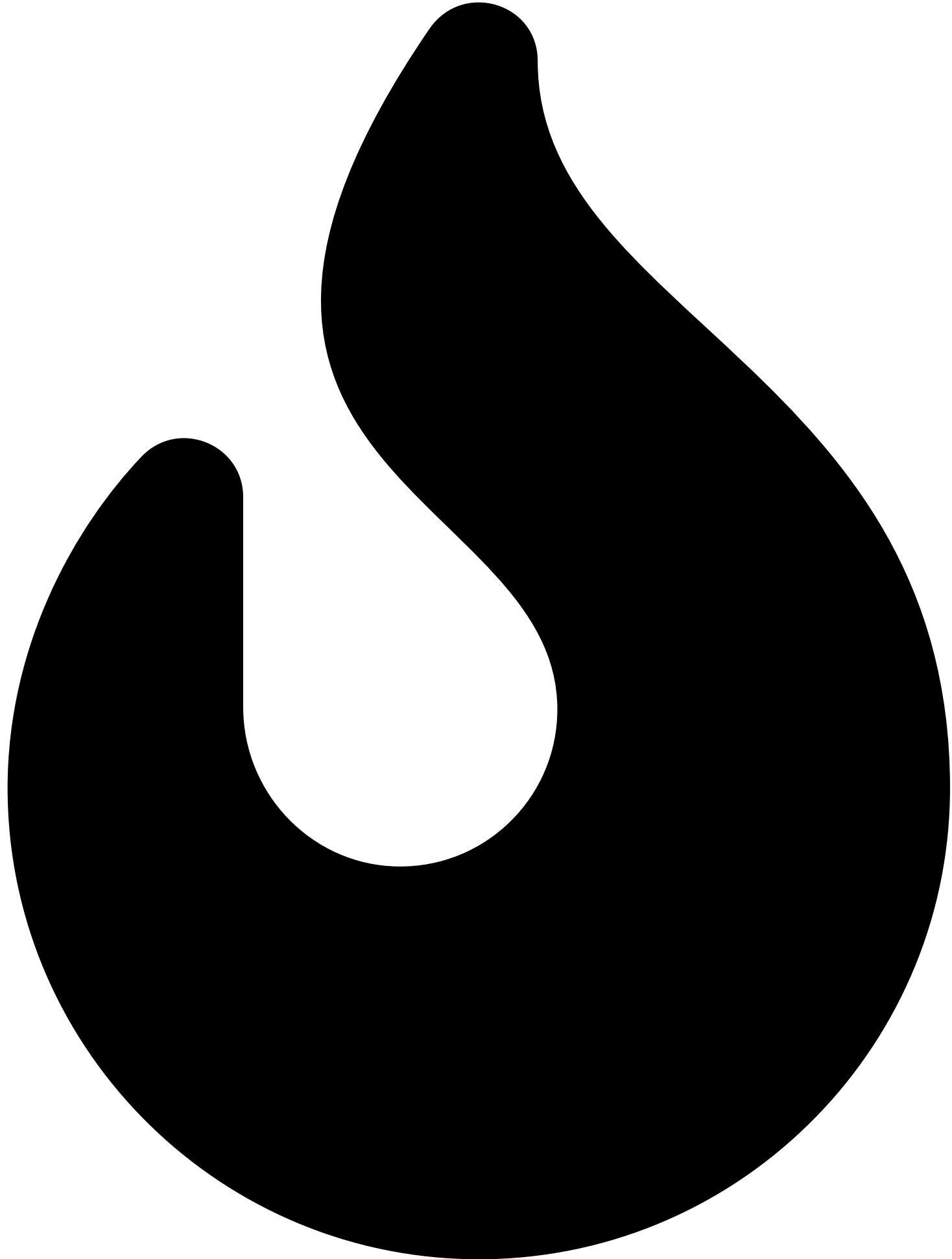
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Mar 3

Strength Endurance Cycle 4 Day 1



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be working up to your 8 rep max on each lift.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Agile 8

A1

Back Squat



[View exercise history](#)

- 3 sets x
-
- 8-Rep-Max
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 12 ~ 70%, 10 ~ 75%, 8+ ~ 80% of your training max.
-
- Keep working to find that 8RM.
-
- Perform the following exercise immediately.



A2

Bosu/Indo Squat



[View exercise history](#)

- 3 sets x

- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
- Perform the next set after resting as needed for 0-60 seconds.

B

Stability Ball Chest Press



- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

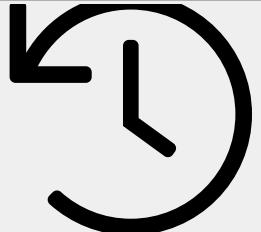
Leg Cradle Lunge



- 3 x 12 repetitions per side (2020 tempo) with max reps on your final set.

C2

Band Pull Aparts

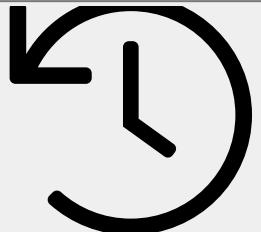
[View exercise history](#)

- 3 x 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest band possible.



D1

Bird-Dog

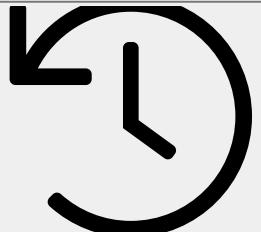
[View exercise history](#)

- 2-3 sets x
- 12 repetitions (moderate tempo).



D2

Band Resisted Deadbug

[View exercise history](#)

- 2-3 sets x
- 12 repetitions (moderate tempo) @ the heaviest load you can work up to with clean and coordinated movement.
-
- Max reps on final set.
-
- Rest for 0-60 seconds depending on your need.



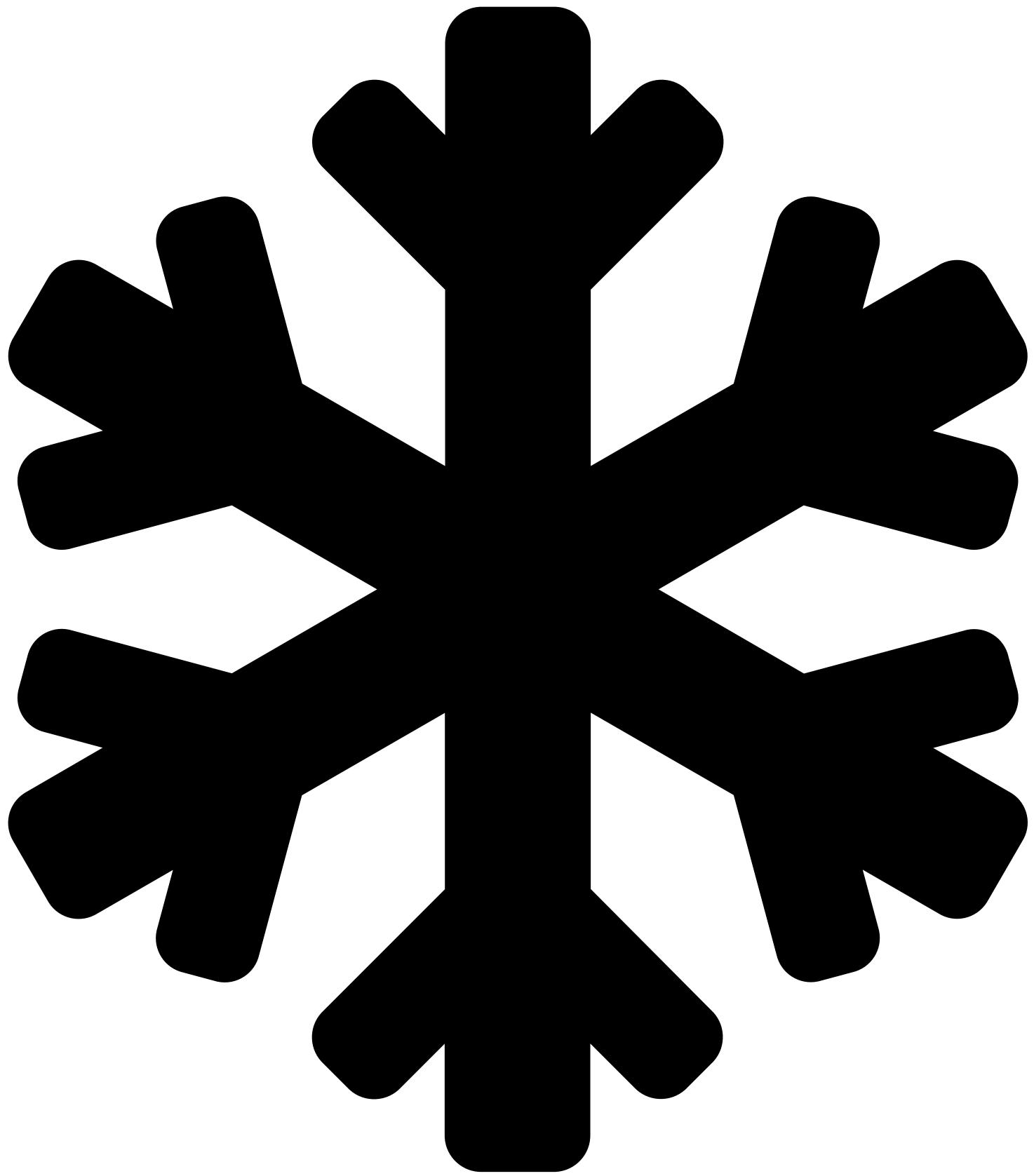
E

Bonus[View exercise history](#)

- Single-Arm Rack Carry
- 3 x 20 yards @ max weight.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

 F**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Box Jump Step Down,
- Tempo Run,
- Ball Slam,
- Double Rope Slam.



Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!

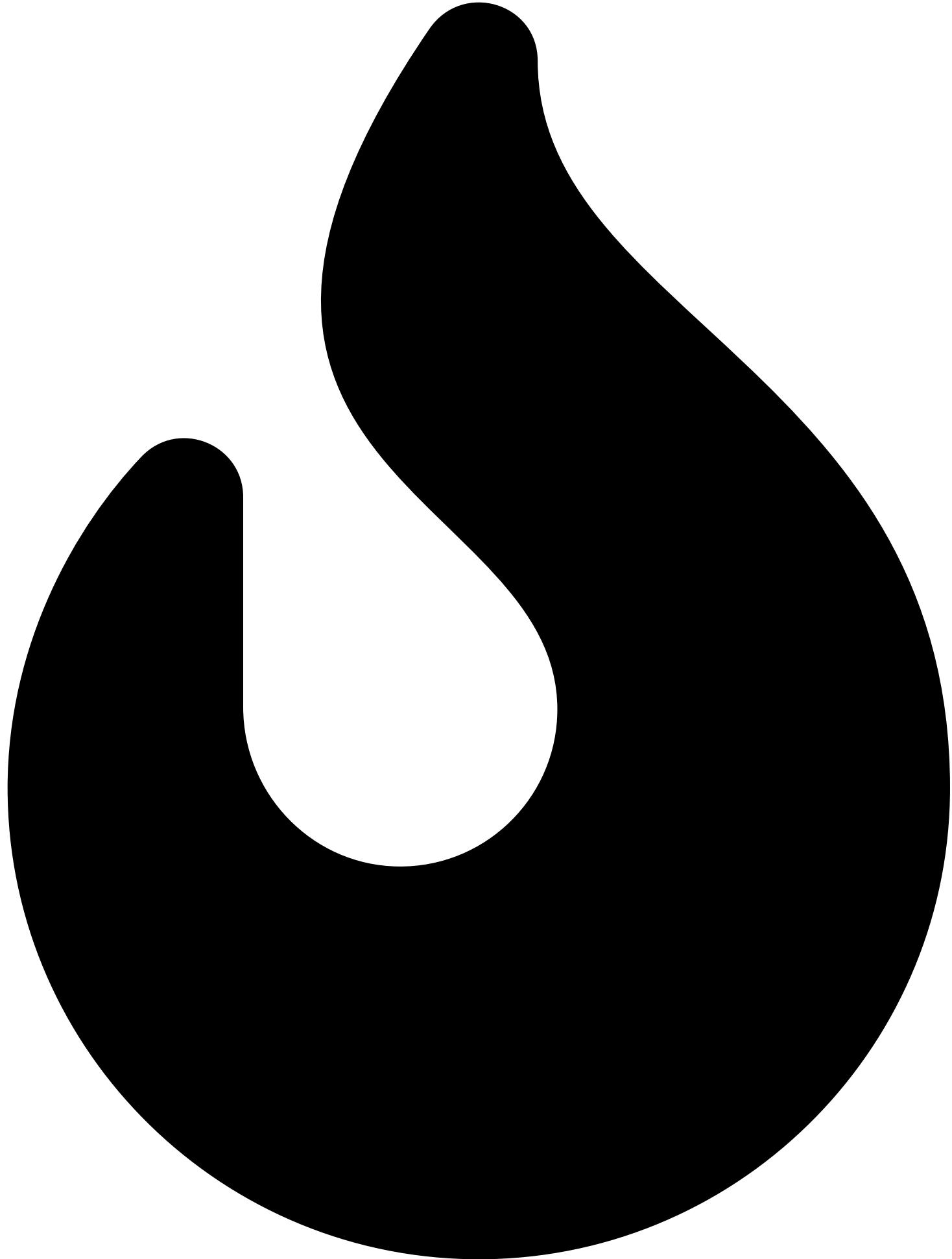


GIF

Send

Fri, Mar 5

Stabilization Endurance Cycle 4 Day 4



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be working up to your 8 rep max on each lift.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 2:
- Complete 1 round as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position.
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Push Press

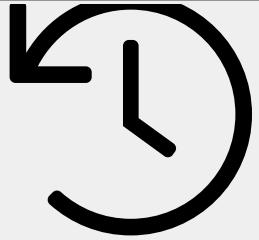


- 3 sets x
-
- 8-Rep-Max
- Work up to a heavy 8 repetitions (2020 tempo) with max reps on your final set.
-
- If you're working with %'s, go for 12 ~ 70%, 10 ~ 75%, 8+ ~ 80% of your training max.
-
- Keep working to find that 8RM.
-
- Perform the following exercise immediately.



A2

Bosu Alternating Single Arm Lateral Raise

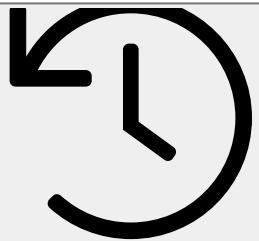


[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

B

Deadlift

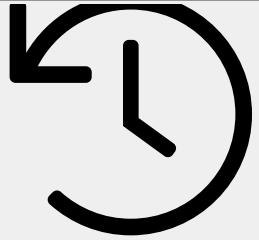


[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C1

Seesaw Walk to Vertical Jump

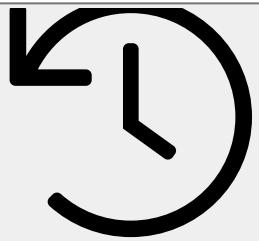
[View exercise history](#)

- 2-3 x 5 repetitions per side (2020 tempo) with max reps on your final set.
-
- Perform the following exercise immediately.



C2

Inverted Row

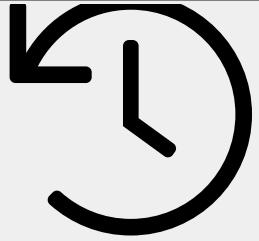
[View exercise history](#)

- 2-3 x 10 repetitions (4121 tempo) with max reps on your final set.



C3

Get Up Sit Up to Bridge

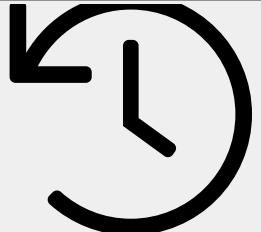
[View exercise history](#)

- 2-3 sets x
- 5 repetitions per side (medium tempo) with max reps per side on final set.
-
- Make sure you match reps on each side.

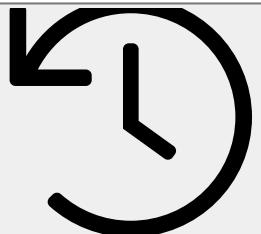


C4

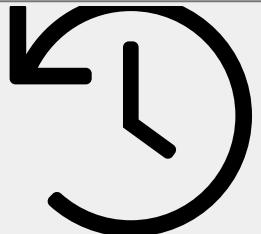
Kneeling Pallof Press

[View exercise history](#)

- 2-3 sets x
- 10 repetitions per side (medium tempo) with max reps on final set.
-
- Perform at the heaviest weight that you can complete high quality repetitions at.
-
- Rest 0-60 seconds b/t sets.

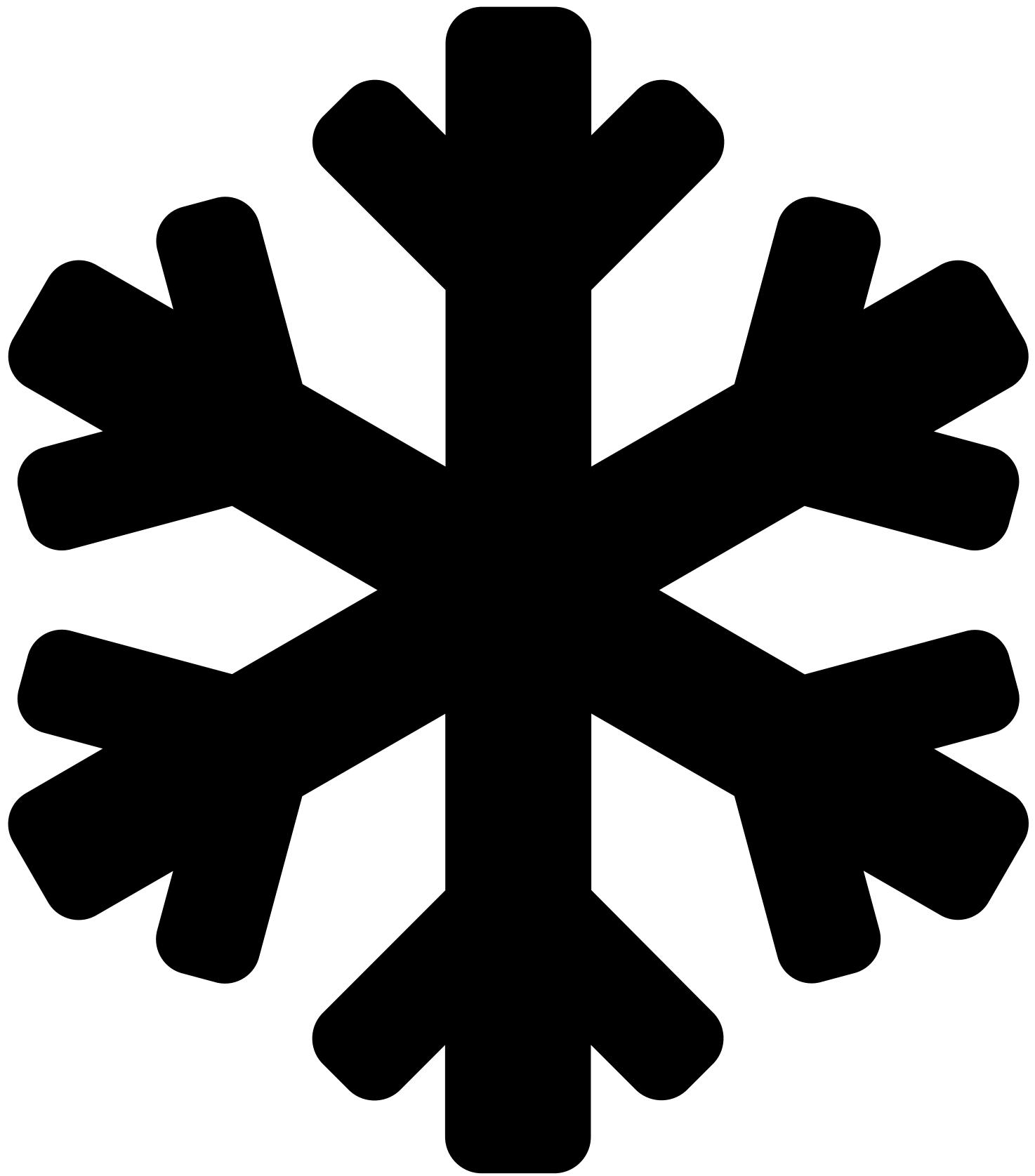
 D**Bonus**[View exercise history](#)

- Sled Push
- 3 x 20 yards @ +5# to what you pushed on day one.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-60 seconds rest.

 E**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 10 Sandbag Primal Complex #1
- Squat,
- lunge LT, lunge RT,
- Step up LT, Step up, RT.
- Repeat with SB on other shoulder.
- That's 1 set.





Coldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

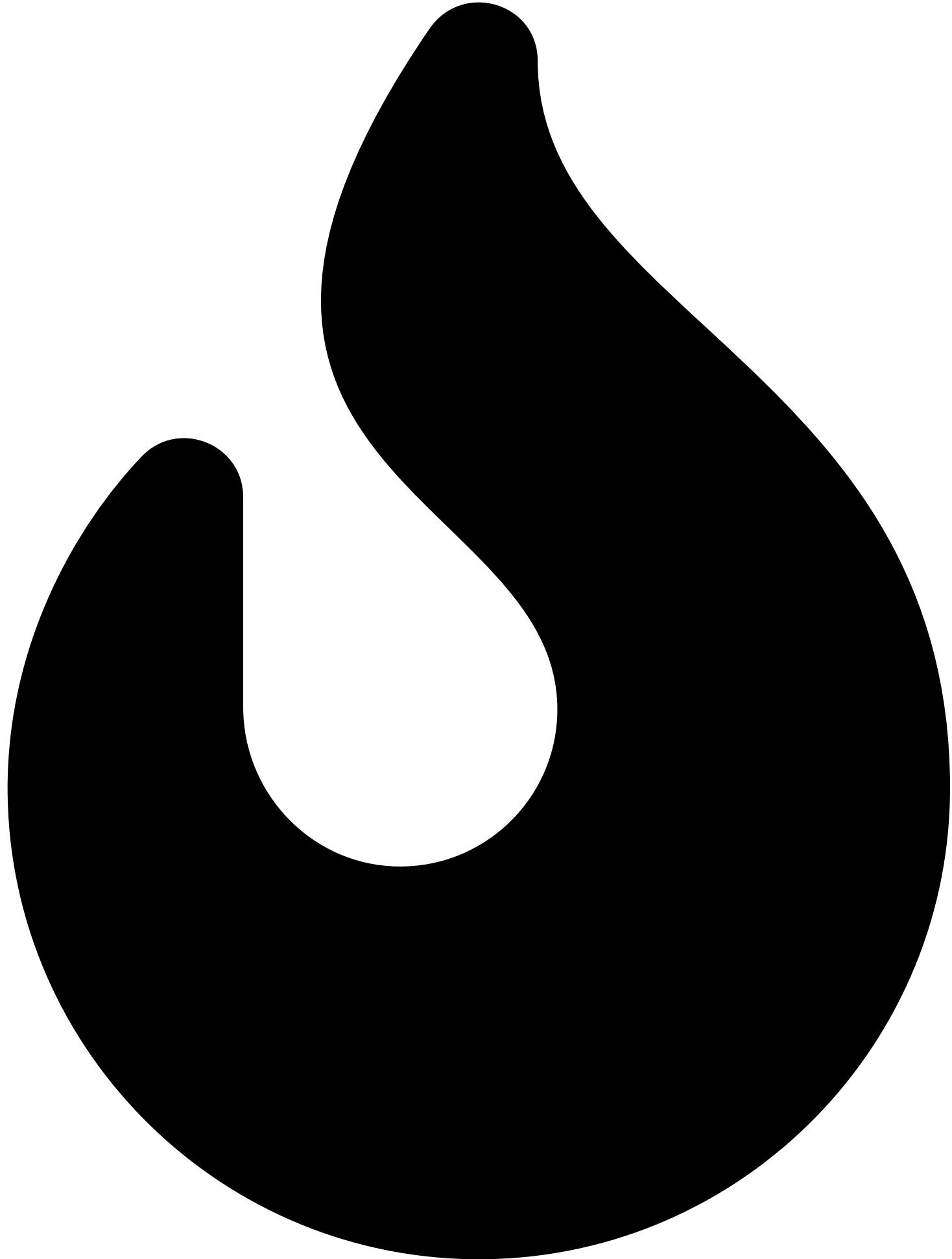
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Mon, Mar 8

Strength Endurance Bridge Day



Warmup

- These two workouts give your body the ability to recover.
-
- If you missed a number on an 8RM, feel free to shoot for it again.
-
- If you didn't, then have fun practicing your technique.
-
- Be ready to lift next week. :)
-
- Agile 8

A1

Back Squat



[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.



A2

Bosu/Indo Squat



[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-

- Perform the next set after resting as needed for 0-60 seconds.

B

Stability Ball Chest Press



- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.

C

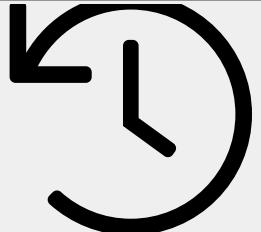
Stability Ball Push-Up



- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.

D1

Leg Cradle Lunge



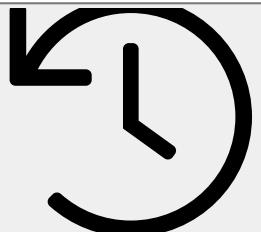
[View exercise history](#)

- 3 x 10 repetitions/side (2020 tempo) with max reps on your final set.



D2

Band Pull Aparts



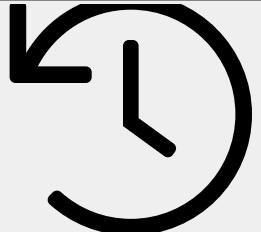
[View exercise history](#)

- 3 x 10+ repetitions (2020 tempo) with max reps on your final set.
-
- Perform at the heaviest band possible.



E

Band Resisted Deadbug



[View exercise history](#)

- 2-3 sets x
- 10 repetitions / side (moderate tempo) @ the heaviest load you can work up to with clean and coordinated movement.
-
- Max reps on final set.
-
- Rest for 0-60 seconds depending on your need.



F

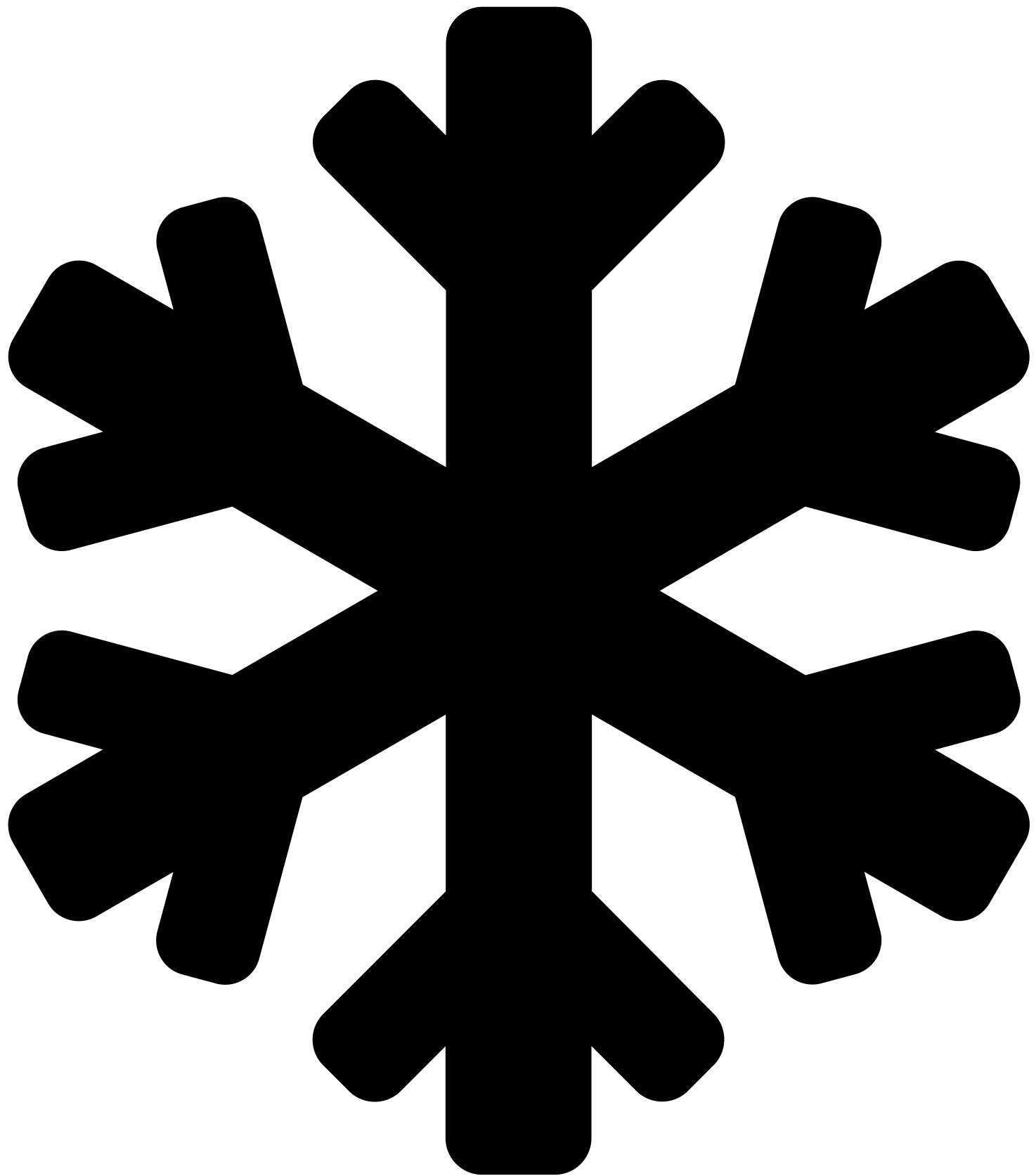
Bonus[View exercise history](#)

- Single-Arm Rack Carry
- 3 x 20 yards @ max weight.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

**Bonus 2**[View exercise history](#)

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 20-15-10-5
- Box Jump Step Down,
- Tempo Run,
- Ball Slam,
- Double Rope Slam.





Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

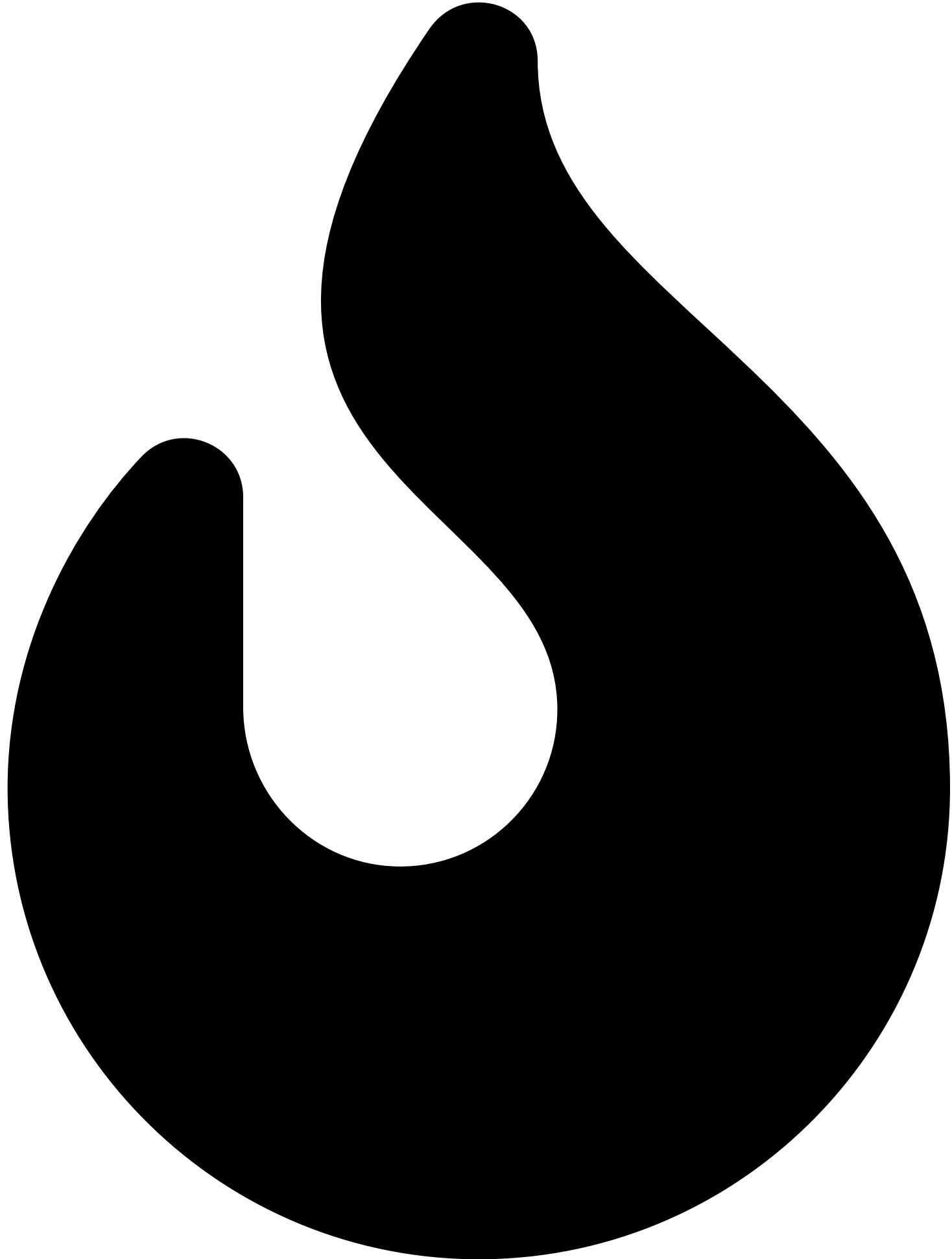
- Iron Cross
- Corpse
- Comment
- Note

Give Jen feedback on her workout!



Wed, Mar 10

Strength Endurance Cycle 4 Day 2



Warmup

- Today marks your final time through this cycle.
-
- It's game-time. All of your hard work (or half-assed work) begins to show now.
-
- You'll be working up to your 8 rep max on each lift.
-
- Every set is an opportunity to grow. Your rest period, not your set, is for taking time off.
-
- Let's get it.
-
- Foundation 2:
- Complete 1-3 rounds as a super-set:
-
- 1 Founder Flow
- 10 Side-Lunge
- 1 Woodpecker Flow
- 15 repetition Anchored Back Extension
- 5-7 breath Adductor Assisted Back Extension Hold + Child's Pose
- 1 Kneeling Founder Flow
- 1 Lunge Decompression per side, 3 breaths per position
-
- Frog Stretch x 10 reps + 30 second hold,
- Wall T-Spine Stretch x 10 reps + 30 sec hold.

A1

Deadlift



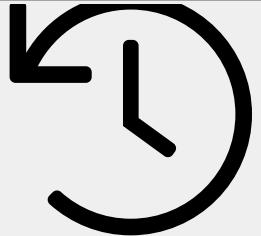
[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.



A2

Stability Ball Bridge

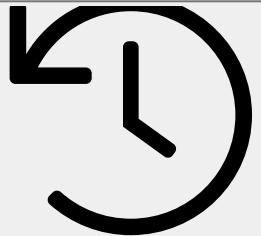
[View exercise history](#)

- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.



B1

Push Press

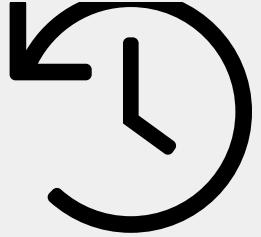
[View exercise history](#)

- 3 sets x
-
- 12 repetitions (2020 tempo) with max reps on your final set.
-
- Perform these sets at the heaviest weight that you can complete all 36+ reps with.
-
- If you're working with %'s, go for ~ 70% of your training max.
-
- Perform the next set after resting as needed for 0-60 seconds.



B2

Single Arm Dumbbell Press

[View exercise history](#)

- STANDING ON BOSU BALL!
-
- 3 sets x
-
- 8-12+ repetitions (4210 tempo), completing as many controlled repetitions as possible.
-
- Perform the next set after resting as needed for 0-60 seconds.



C1

Monster Walk (Lateral, Forward, Backward)

[View exercise history](#)

- 2-3 x 10 repetitions per direction with max reps on your final set.



C2

Bench Dips

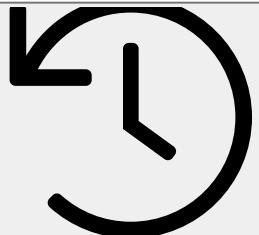
[View exercise history](#)

- 2-3 x 10+ repetitions (2020 tempo) with max reps on your final set.
- Rest 0-60 seconds b/t sets.



D1

Plank Walk-Ups

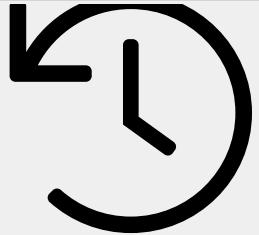
[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo) with max reps on final set, then proceed directly to exercise 2.



D2

Alternating Side Plank

[View exercise history](#)

- 2-3 sets x
- 10 repetitions (moderate tempo).
- Rest 0-60 seconds b/t sets.



E

Bonus

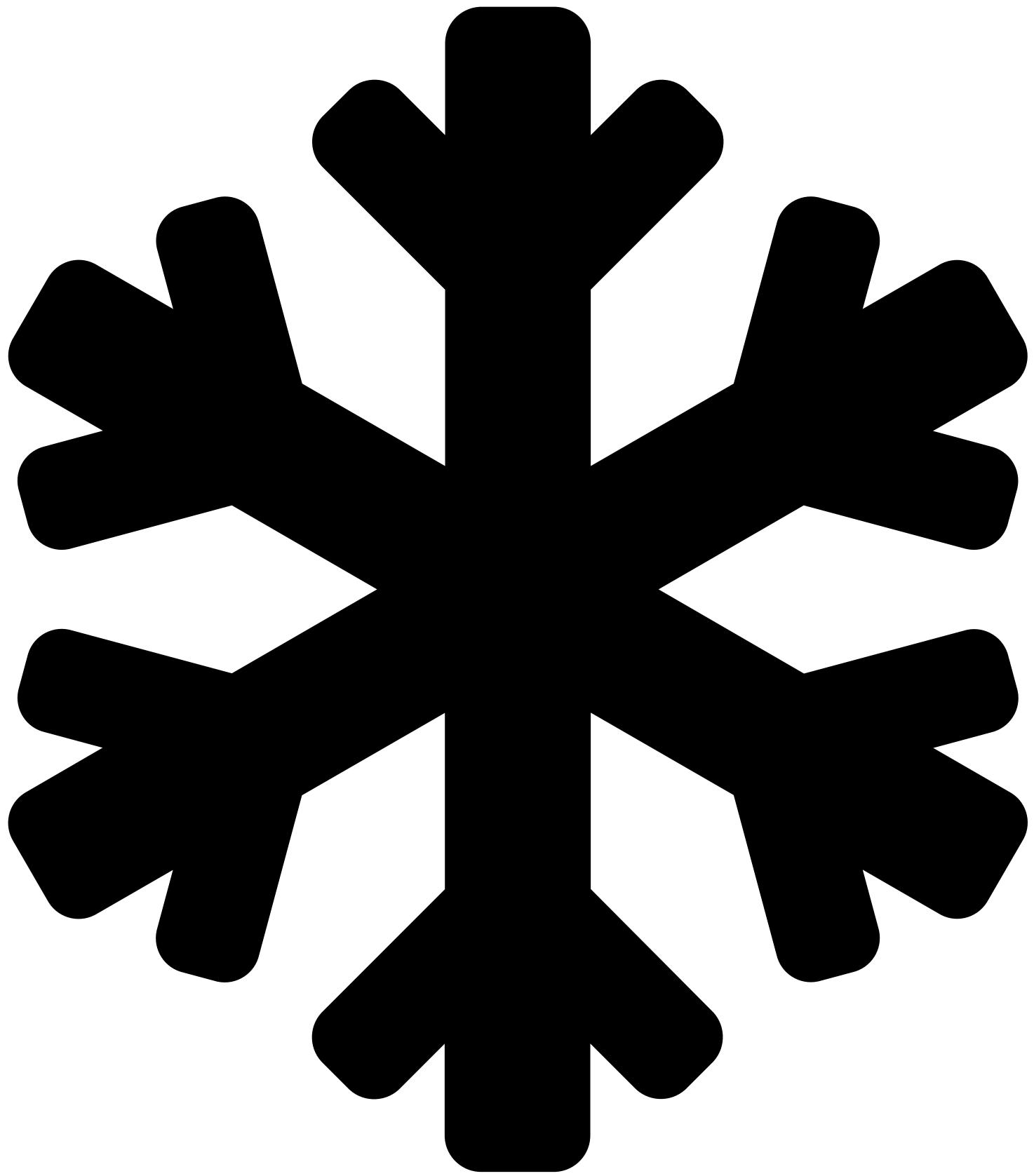
[View exercise history](#)

- Sled Push
- 3 x 20 yards @ max weight.
-
- If you don't have a sled, but you do have a treadmill, I'd like a 20 second maximum effort treadmill (off) push.
-
- Lizard Crawl back to starting point.
-
- Perform the next set as quickly as possible, 0-90 seconds rest.

F**Bonus 2**

View exercise history

- Perform as quickly as possible, with the best technique possible. Do not sacrifice technique for speed.
-
- 3 x 10 reps
- Vertical Jump,
- Tempo Run,
- Lateral Plyo Skiers,
- Rope Alternating Waves.

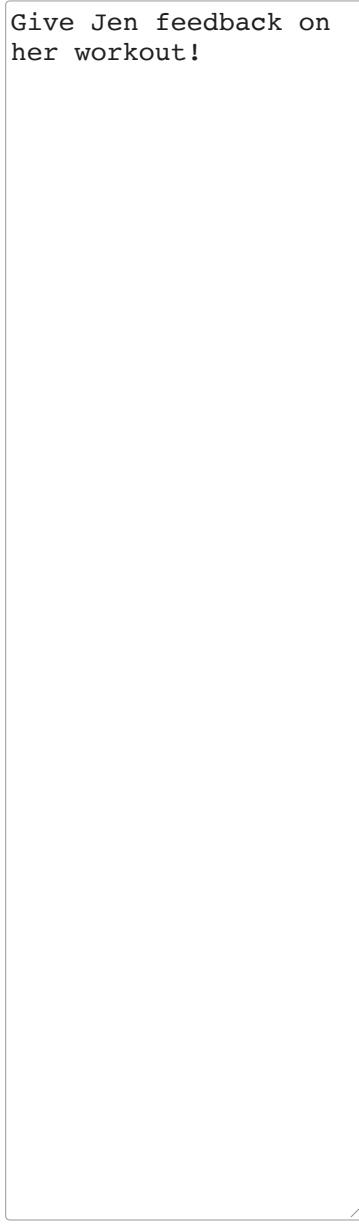


Cooldown

- Breathwork Cool-Down
- 3-5 breaths/position
- Zombie Belly Breath
- Child's Pose
- Puppy Pose
- Figure 4

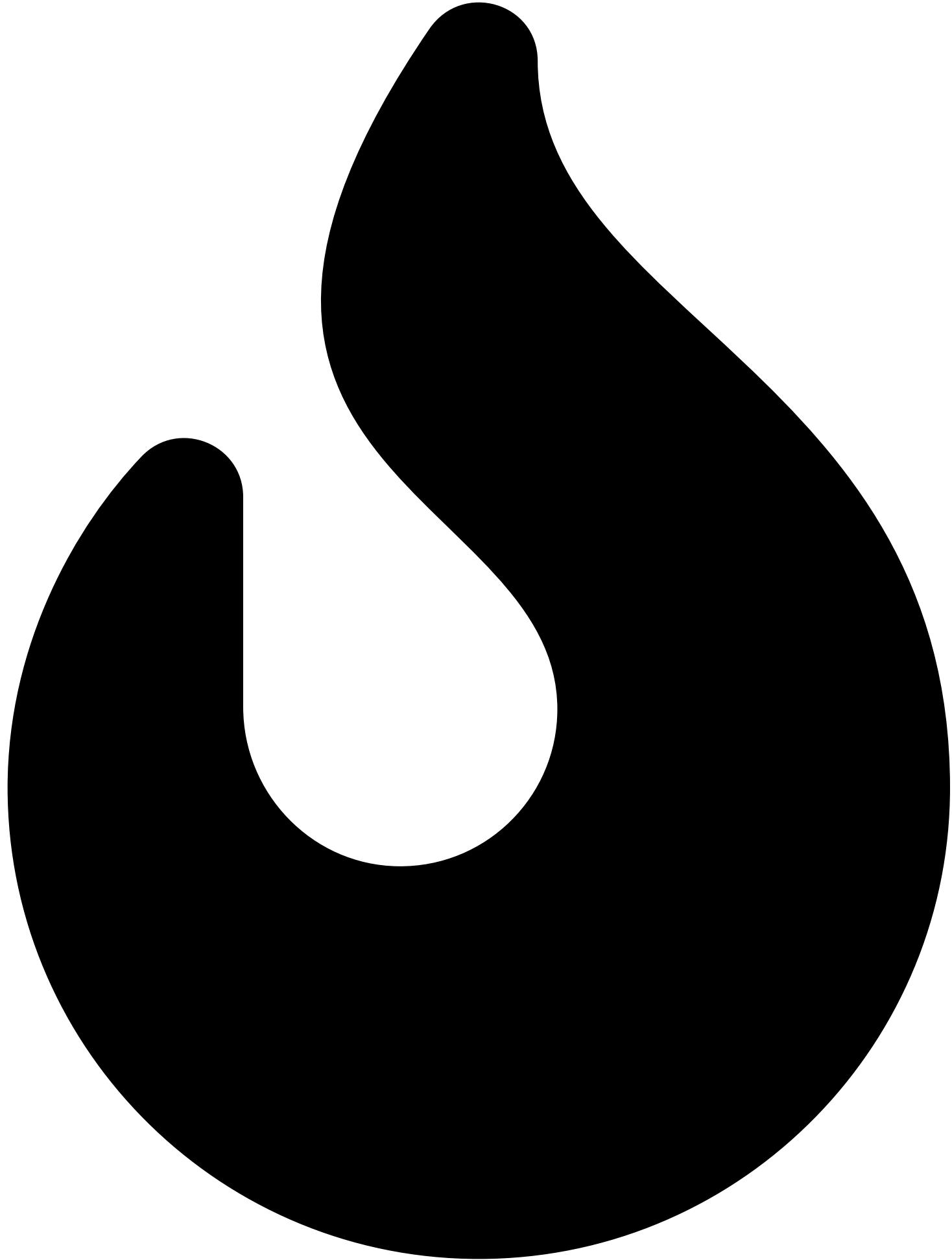
- Iron Cross
 - Corpse
 - Comment
 - Note

Give Jen feedback on her workout!



Fri, Mar 12

Functional Body Composition Day 1 | Squat & Upper Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 12 Bent-Over Band Pull-Aparts w/ :01 pause
- 20 Drop Lunge to Knee lift
- :30 Quadruped Shoulder Taps

A1

Goblet Split Squat



- Rear-foot elevated 4-6"
- 3 set x 8-10 / leg

A2

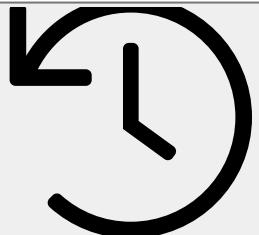
Pull-up



- x 8-10 reps
- 1: 15 rest

B1

Cyclist Squat



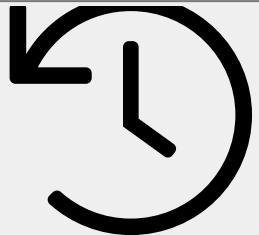
[View exercise history](#)

- Goblet
- 3 set x 8-10



B2

Warrior I Row



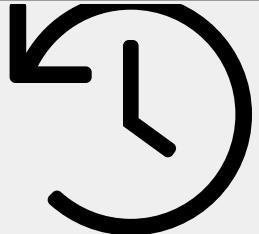
[View exercise history](#)

- 3 set x 8-10 / arm
- 1: 15 rest



C

Muscle Endurance



[View exercise history](#)

- 5 minute AMRAPs
-
- 2-4-6-8-10-12-etc.
- Renegade Rows @ 50/35#
- 5 calorie Row
-
- rest 2:00
-
- 2-4-6-8-10-12-etc.
- Knee to Elbow

- 5 calorie row
-
- rest 2:00
-
- 2-4-6-8-10-12-etc.
- Alternating DB Thruster @ 50/35#
- 30 Double Under b/t sets





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

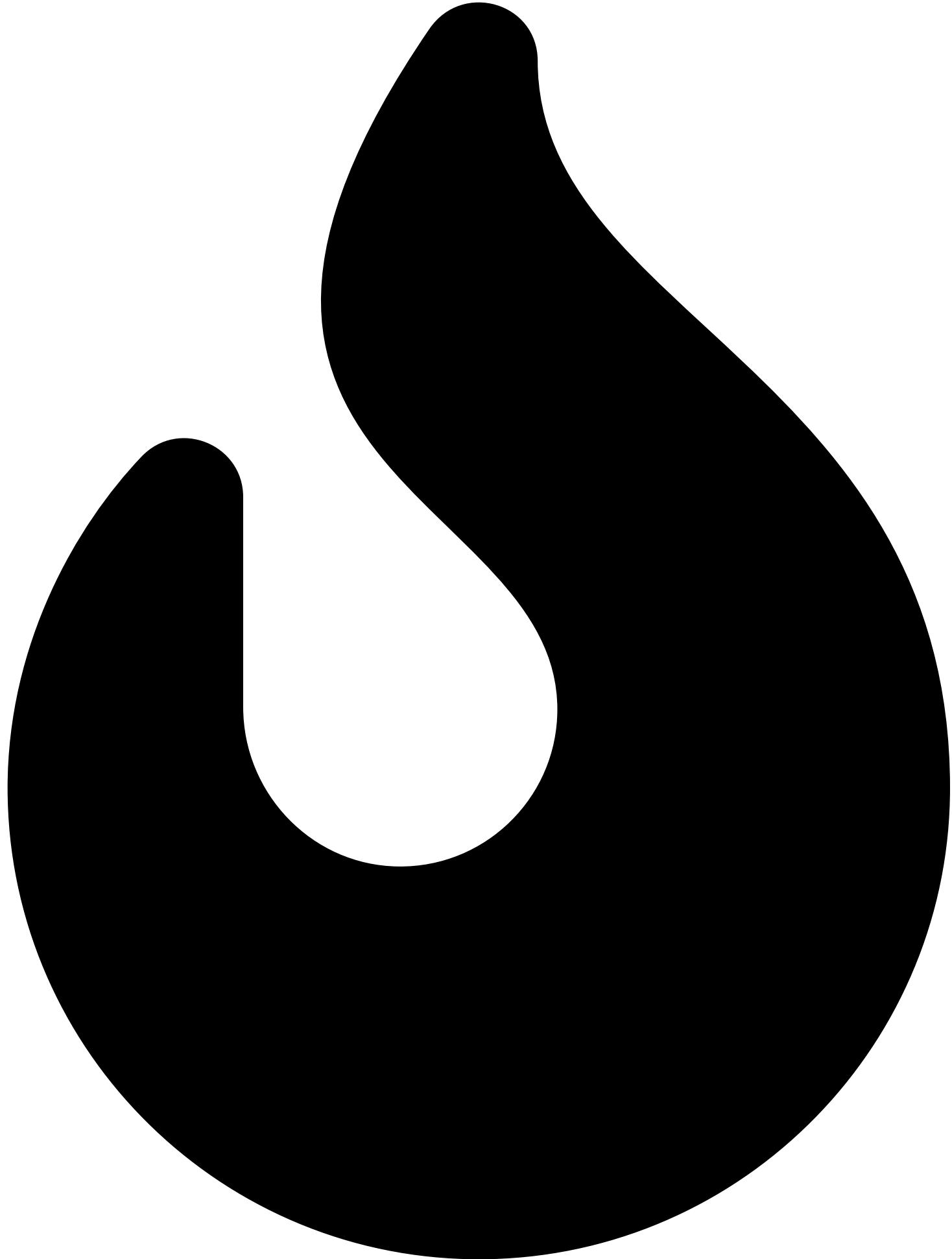
- Note

Give Jen feedback on her workout!



Mon, Mar 15

Functional Body Composition Day 2 | Hinge & Vertical Push



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 5 DB Deadlifts
- 5 DB Hang Power Clean
- 5 DB Strict Press
- 10 Yoga Push-Ups
- 50 Jump Rope

A1

Segmented Clean Grip Deadlift - 3 Pauses



[View exercise history](#)

- 3 set x 6-8 reps



A2

Half Kneeling Press



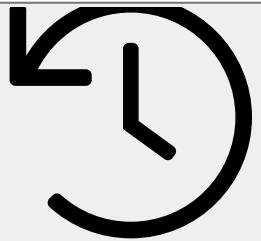
[View exercise history](#)

- x 4-5 reps / knee
- 1: 15 rest



B1

Deficit Landmine Single Leg RDL



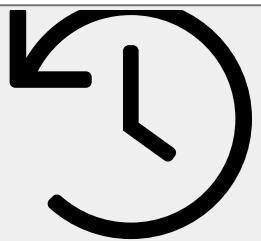
[View exercise history](#)

- 3 set x 8-10 / leg



B2

Single Arm Dumbbell Push Press



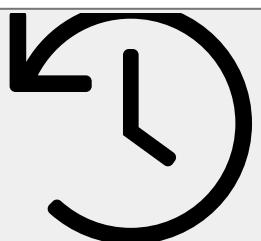
[View exercise history](#)

- 3 set x 8-10 / arm
- 1: 15 rest



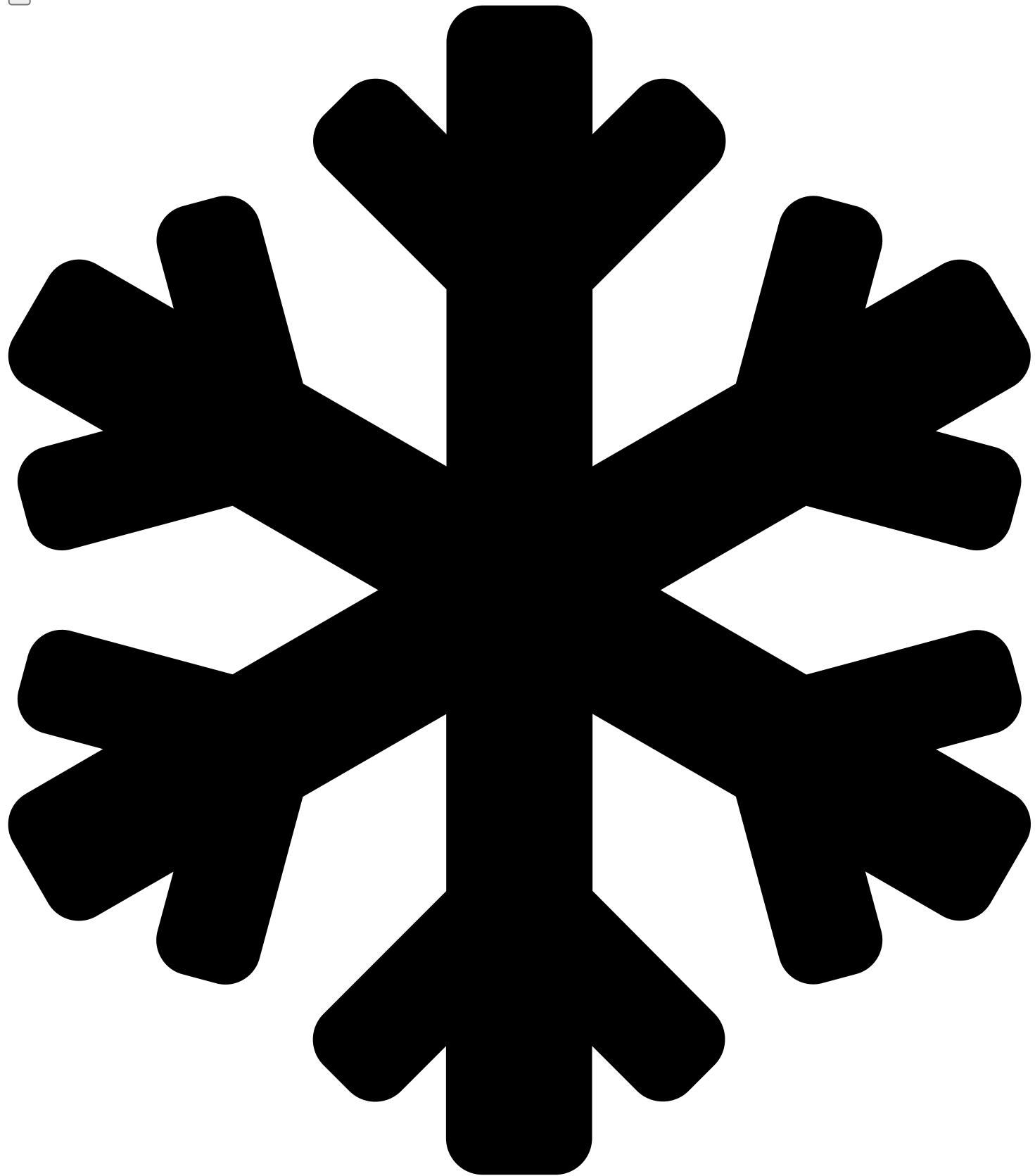
C

For Time



[View exercise history](#)

- @85% Effort
-
- 27-21-15
- Row for Calories
- Strict HSPU (Pike HSPU)
-
- rest 3:00
-
- 21-15-9
- Bike for Calories
- Stability Ball JackKnife



Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
- Recovery Breath x 3-5 minutes

- Comment
- Note

Give Jen feedback on her workout!

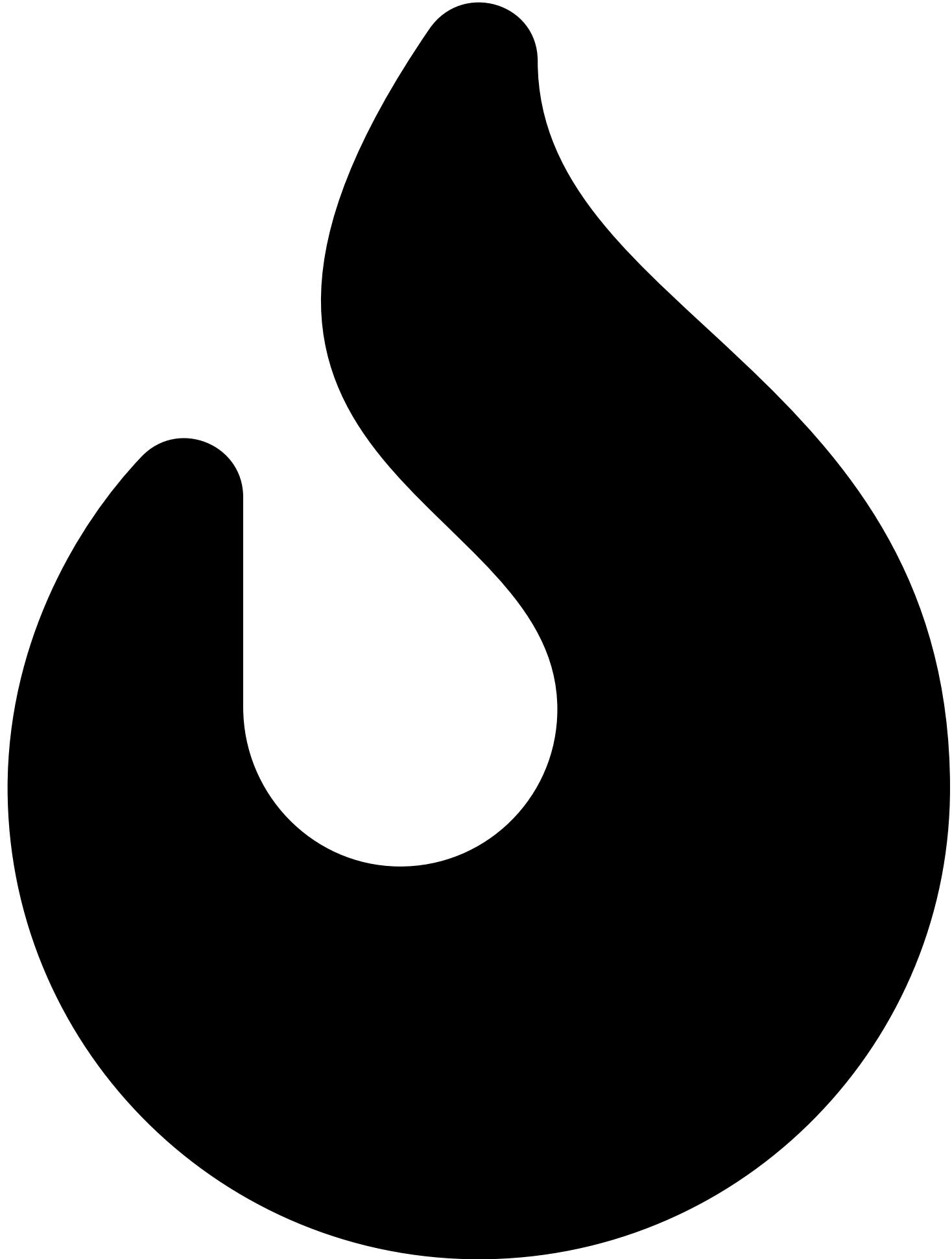


GIF

Send

Wed, Mar 17

Functional Body Composition Day 3 | Horizontal Push + Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 10/arm Single Arm Bottoms Up KB Press
- 10 Scap Push Ups
- 30 second Hang
- 15 Band Pull Apart

A1

Bench Press



[View exercise history](#)

- 3 set x 10-12 reps



A2

Pendlay Row



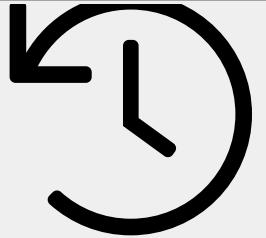
[View exercise history](#)

- x 10-12 reps
- 1: 15 rest



B1

Strict Dips

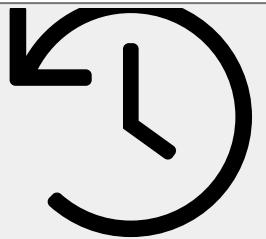
[View exercise history](#)

- 3 set x 10-12 reps



B2

Inverted Row

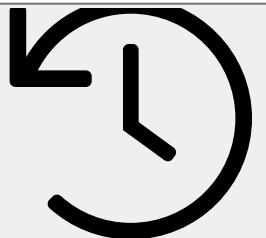
[View exercise history](#)

- 3 set x 12-14 reps
- 1: 15 rest



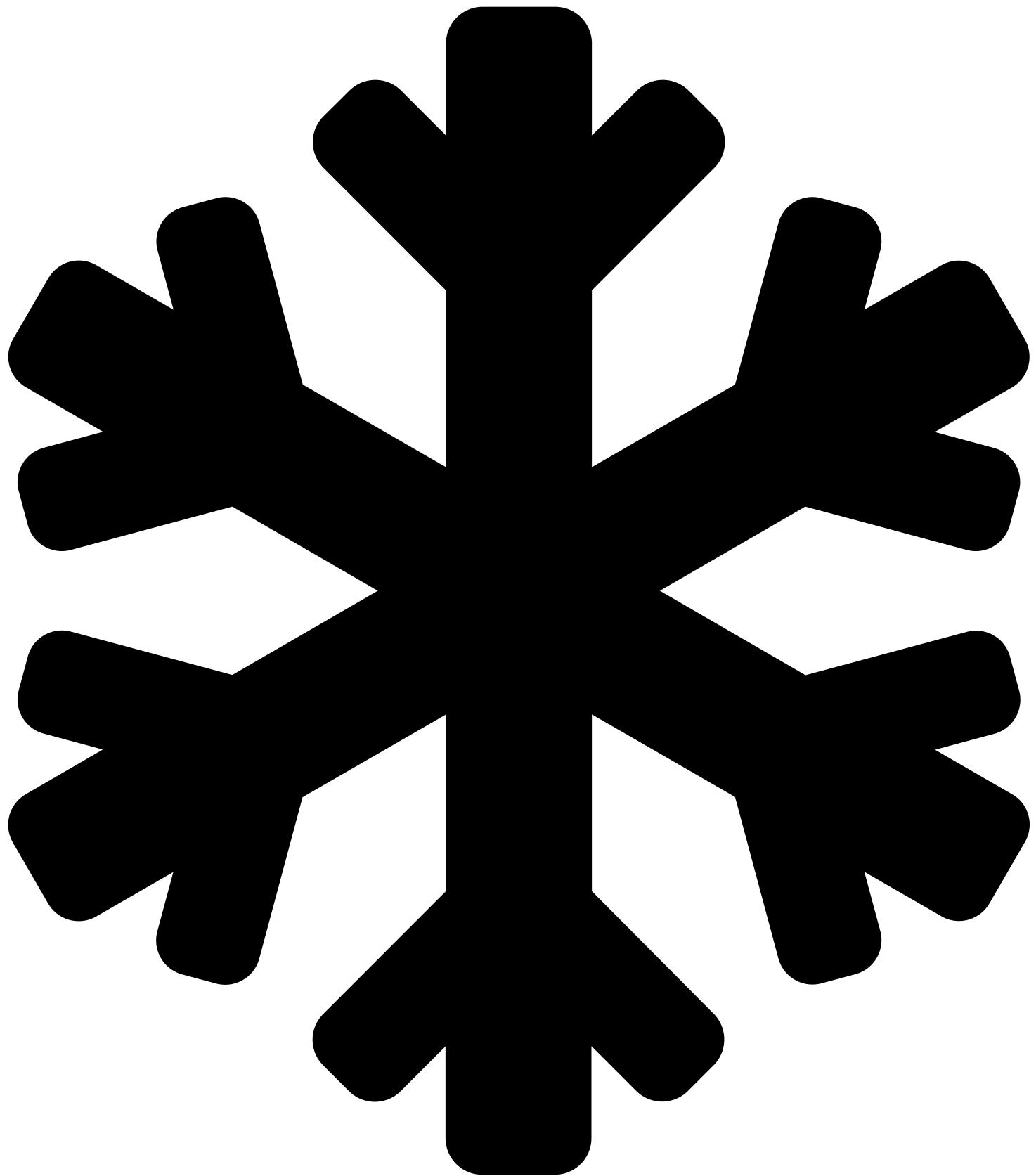
C

15 Minute AMRAP

[View exercise history](#)

- :20 L-Sit (Rings, Bells, or Hanging from bar)
- 15m Forward Bear Crawl
- 15m Backward Bear Crawl
- 10 Double KB/DB Clean and Press (44#/26#)
- 5 Strict Pull Up





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

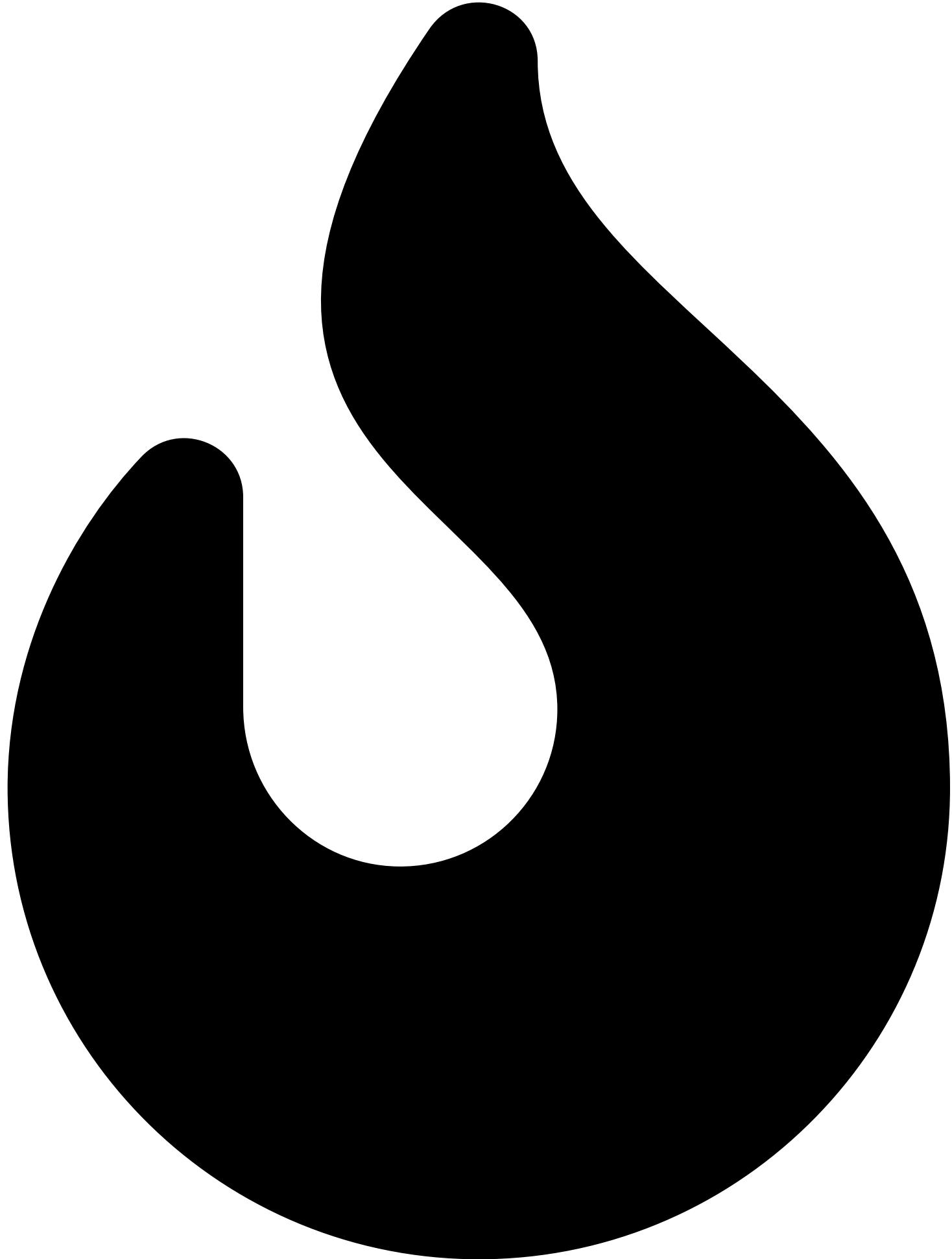
- Note

Give Jen feedback on her workout!



Fri, Mar 19

Functional Body Composition Day 4 | Hinge + Squat



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 15 Banded Hip Thrust + :20 Isometric Hold on last rep
- :30 rest
- 8-10 KB Loaded Jefferson Curl
- :30 rest
- :30 High Knees Jump Rope

A1

Snatch Grip Romanian Deadlift

[View exercise history](#)

- 3 set x 8-10 reps



A2

Dumbbell Walking Lunges

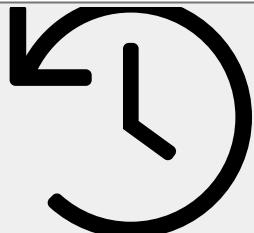
[View exercise history](#)

- LONG STEPS
- x 14-16 reps
- 1: 15 rest



B1

Barbell Hip Thrust

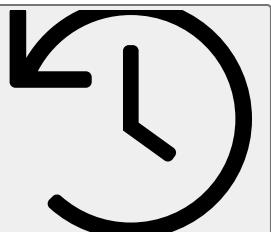
[View exercise history](#)

- 3 set x 8-10 reps



B2

Goblet 1-1/4 Squat

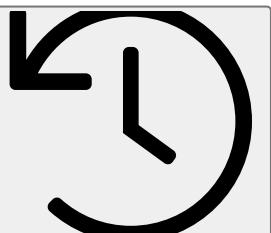
[View exercise history](#)

- 3 set x 8-10 reps
- 1: 15 rest



C

Metabolic Conditioning

[View exercise history](#)

- Every 5 minutes x 4 sets
- Stay below G4
-
- :45 DB Farmer's Carry @ HEAVY
- 15/12 calorie Assault Bike
- 12 Supine Toes to Bar
- 9 Box Jump Step Down @ 30"/24"





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

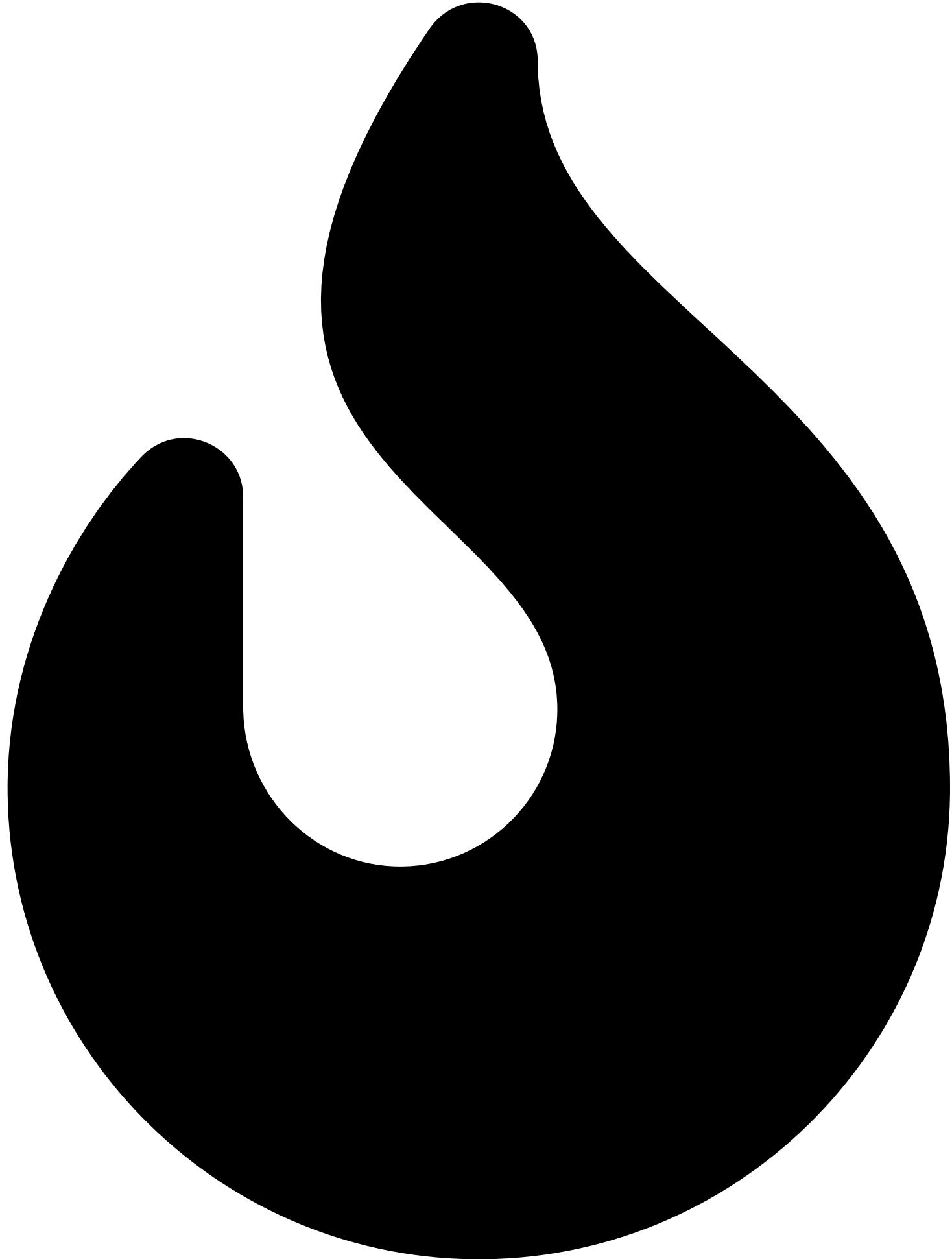
- Note

Give Jen feedback on her workout!



Mon, Mar 22

Functional Body Composition Day 5 | Shoulders & Arms



Warmup

- Breathwork Warm-Up
-
- 3 set x 8 (per side)
- Yoga Push-Up
- Prone Arm Haulers
- Scap Pull-Ups
- Side Plank Rotations

A1

Tall Kneeling Filly Press



[View exercise history](#)

- 3 set x 8-10 reps per arm



A2

Close Grip Parallette Tricep Push-Up



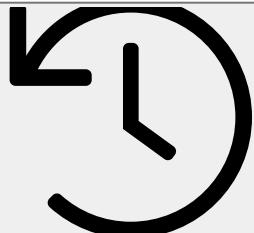
[View exercise history](#)

- x 10-12 reps



A3

Barbell Drag Curl

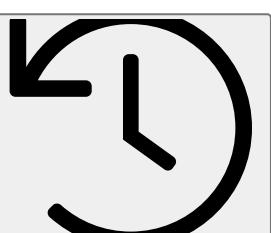


[View exercise history](#)

- 3 set x 10-12 reps
- 1: 15 rest

B

Gymnastics Interval

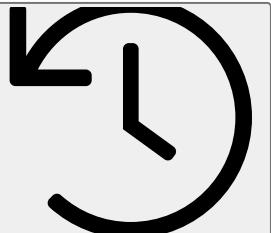


[View exercise history](#)

- 3 sets x
- 10 Ninja Roll Up
- 20 Hollow Rock
- Assault Bike x 750/650m @ 90% effort
- 2:00-3:00 rest b/t sets

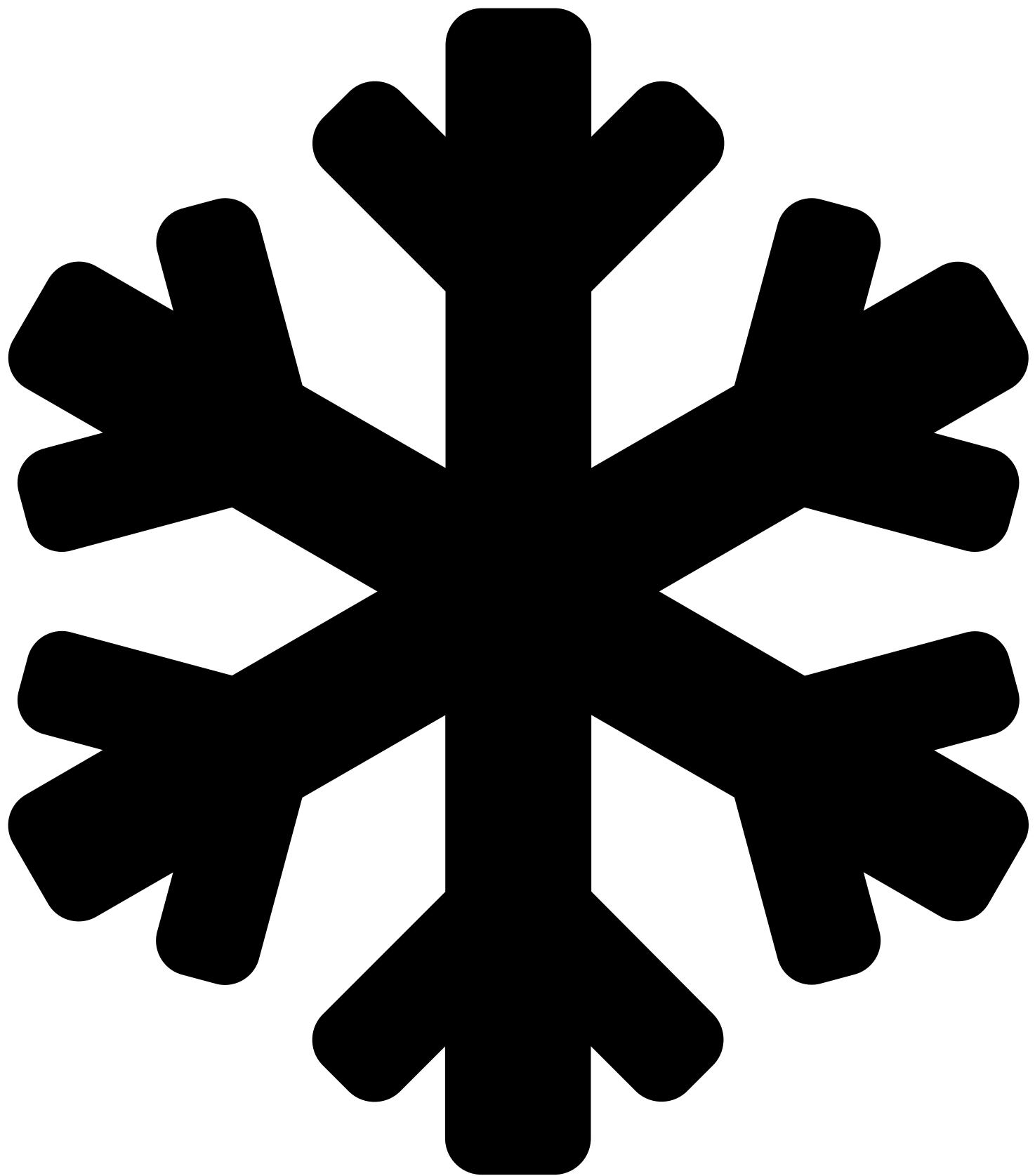
C

Pump Time



[View exercise history](#)

- 3 sets x
- 20 Band Tricep Press
- 20 Band Bicep Curl
- 20 Band Face Pull



Cooldown

- Open Wing
- Overhead Bent Arm Stretch
-
- Recovery Breath x 3-5 minutes
- Comment

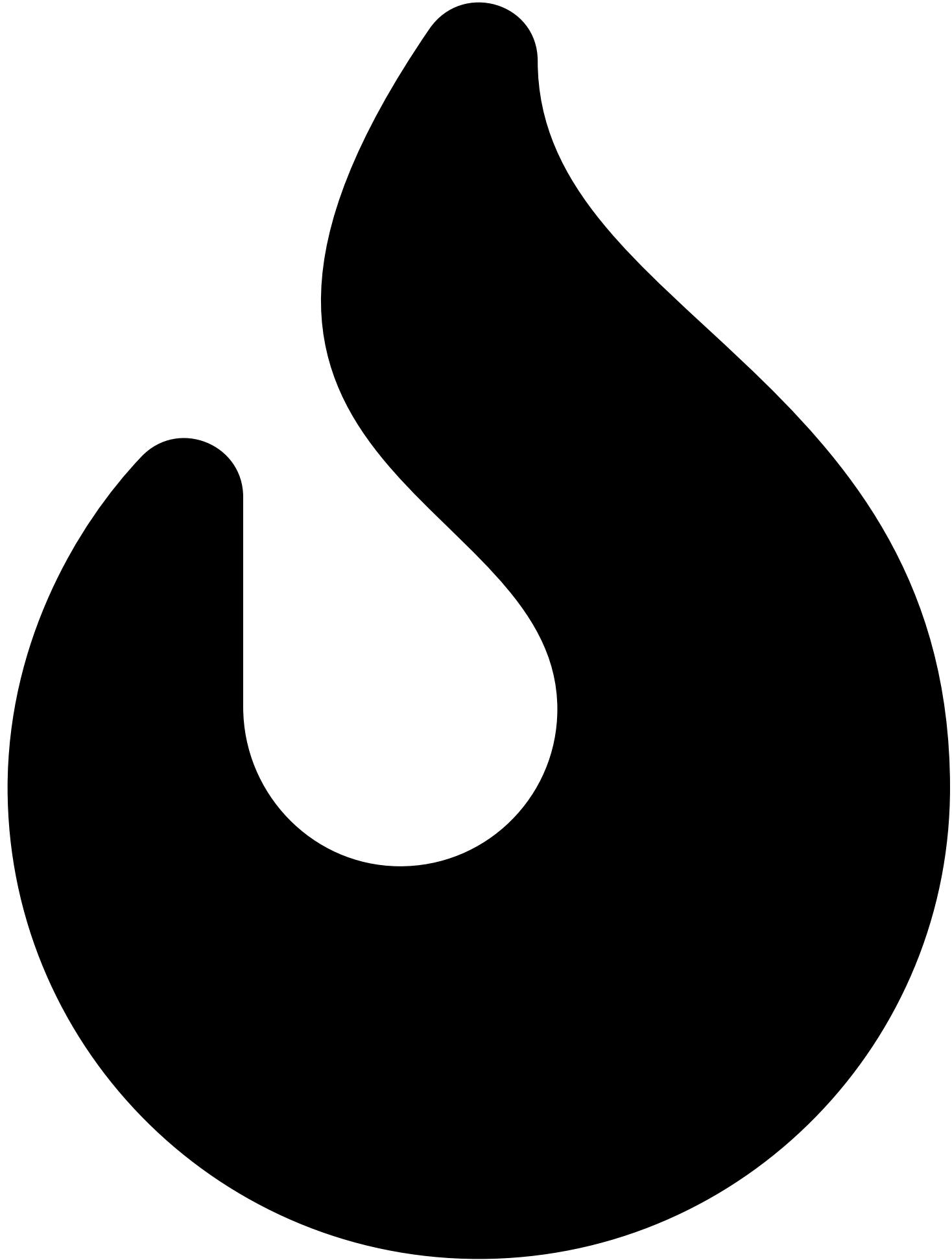
- Note

Give Jen feedback on her workout!



Wed, Mar 24

Functional Body Composition Day 6 | Squat & Upper Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 10 Skater Band Lunge
- 10 Theraband Goblet Squats
- 10 Scap Pull-Ups

A1

Front Rack Drop Lunge



[View exercise history](#)

- STEP BACKWARDS
- 3 set x 8-10 / leg



A2

Pull-up



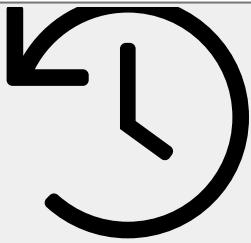
[View exercise history](#)

- x 8-10 reps
- 1: 15 rest



B1

Dual Kettlebell Front Squat



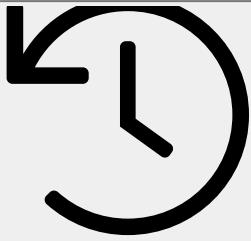
[View exercise history](#)

- Goblet
- 3 set x 8-10



B2

Dumbbell Chest Supported Row



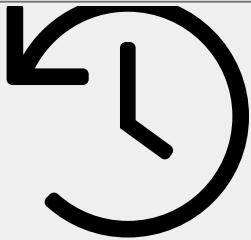
[View exercise history](#)

- 3 set x 8-10 / arm
- 1: 15 rest



C

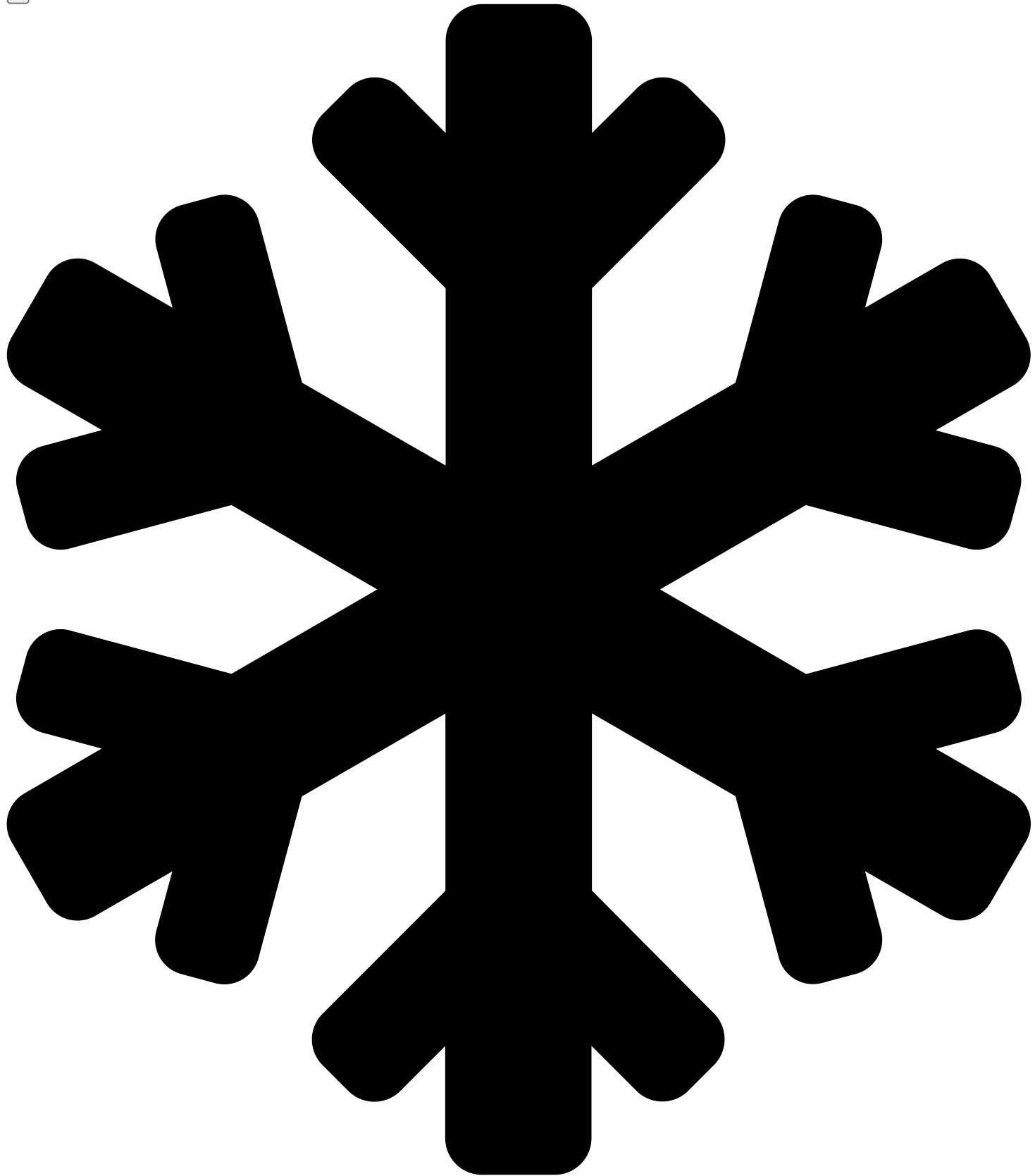
Muscle Endurance



[View exercise history](#)

- 7 minute AMRAPs
-
- 5 Lunges per leg
- 7 Box Jump Step Down
- 9 Ring Rows
-
- rest 3:00
-
- 5 Burpee
- 7 Toes to Rings / Bar

- 9 air Squats



Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-

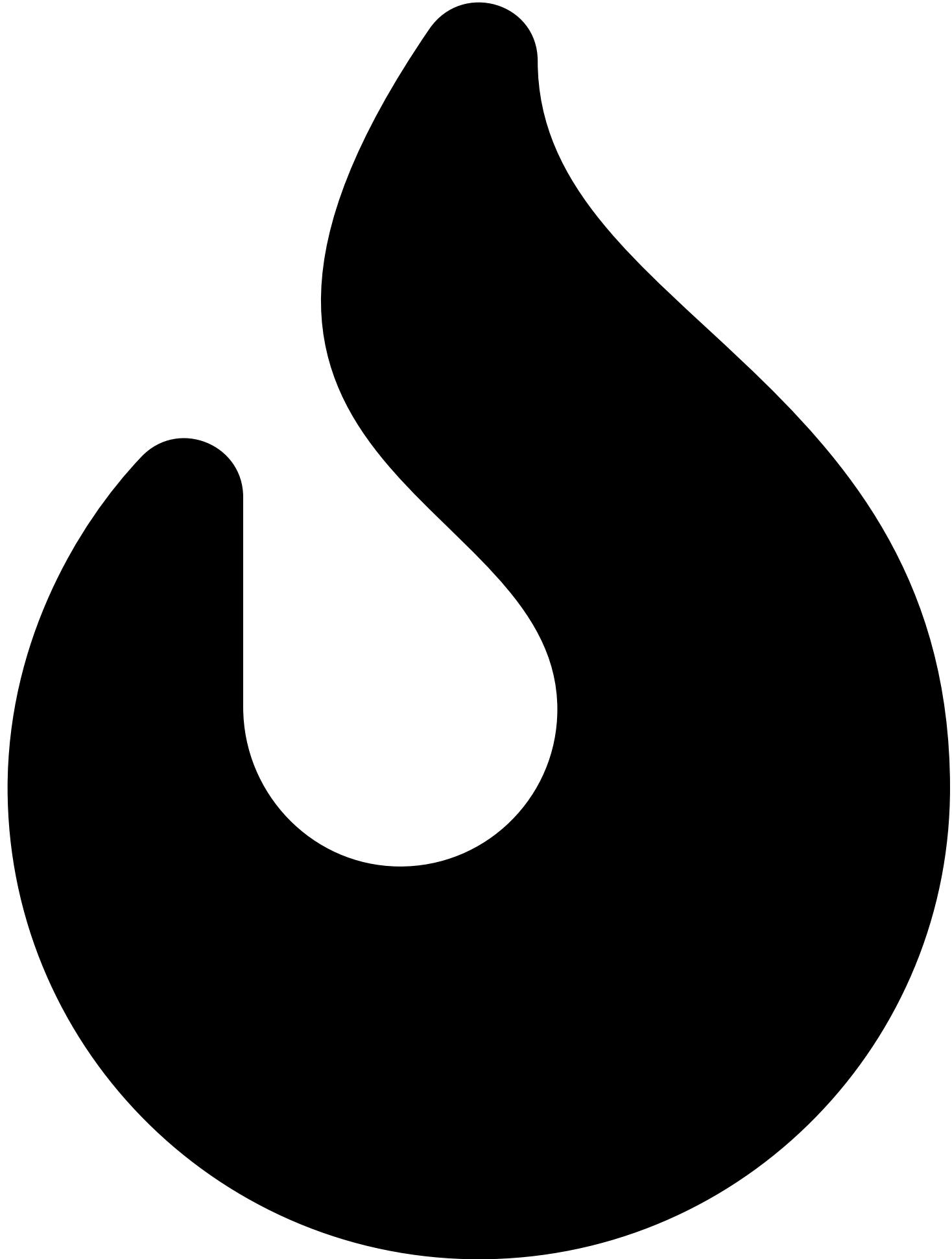
- Recovery Breath x 3-5 minutes
- Comment
- Note

Give Jen feedback on her workout!



Fri, Mar 26

Functional Body Composition Day 7 | Hinge & Vertical Push



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 5 Dumbbell RDL
- 5 Single Arm Cuban Press in G1
- 5 Burpee High Jump
- :15 Row Acceleration (increase pace every :05)

A1

Segmented Snatch Grip Deadlift - 3 Pauses



- 3 set x 6-8 reps

A2

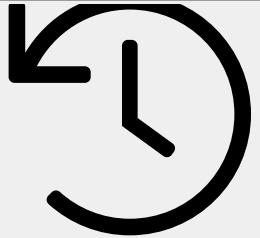
Kettlebell Z Press



- x 8-10 reps
- 1: 15 rest

B1

Dumbbell Split Stance Romanian Deadlift

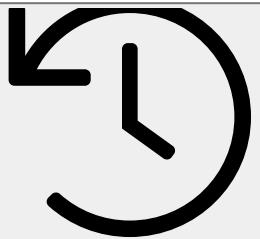
[View exercise history](#)

- 3 set x 6-8 / leg



B2

Seated Alternating Dumbbell Arnold Press

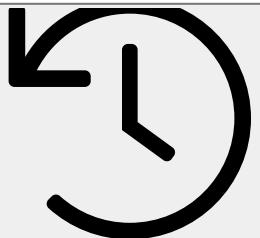
[View exercise history](#)

- 3 set x 8-10 / arm
- 1: 15 rest



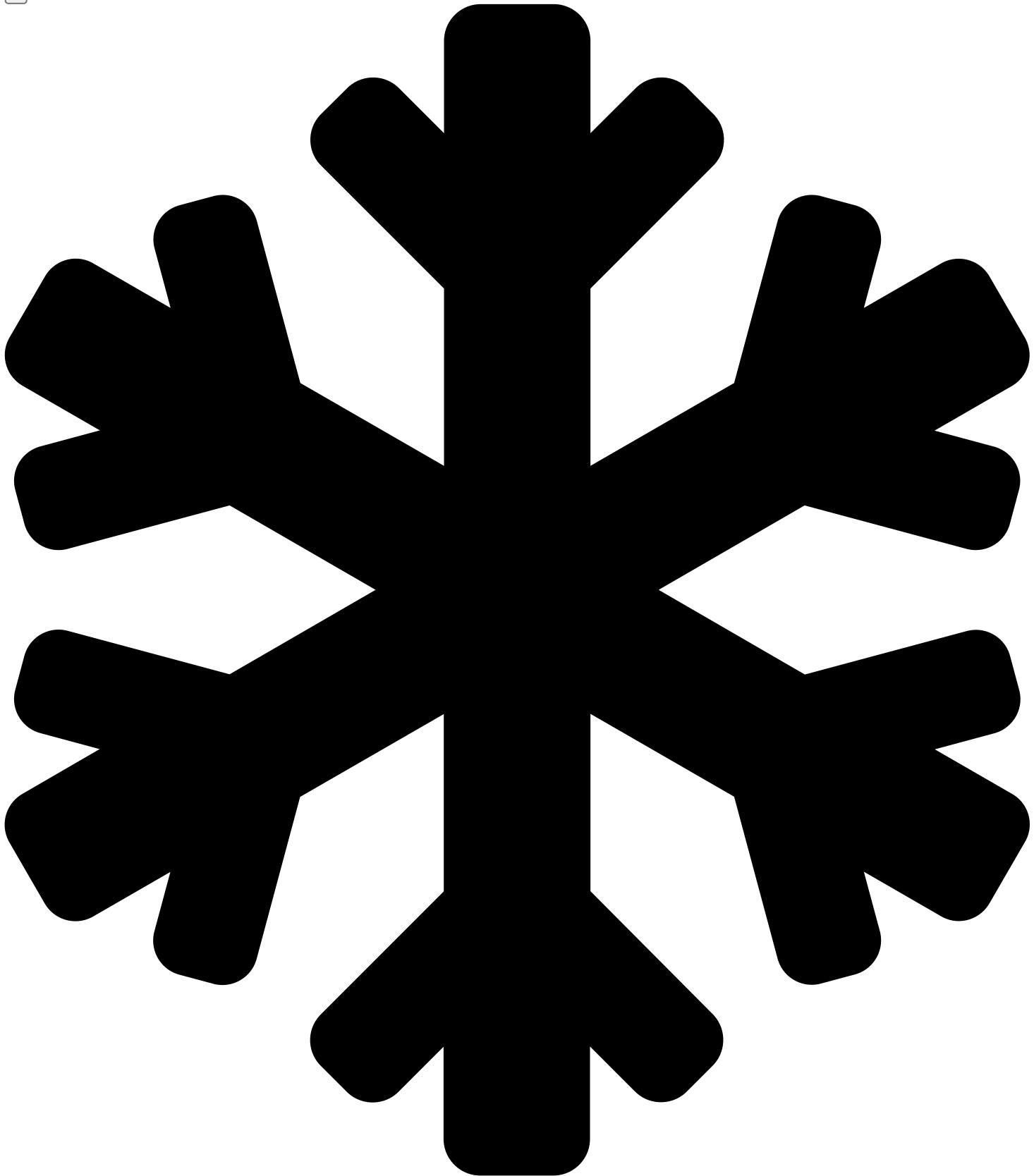
C

5 Minute AMRAPs

[View exercise history](#)

- 1-2-3-4-5-etc. reps
- Dumbbell Bench Press @ 65#/45#
- 5 Calorie Row b/t sets
-
- rest 2:00
-
- 1-2-3-4-5-etc. reps
- Wall Walk
- 20 Double Unders / 40 Single Unders b/t sets
-
- rest 2:00

- 1-2-3-4-5-6-etc. reps
- Strict Toes to Bar
- 5 Calorie Assault Bike b/t sets



Cooldown

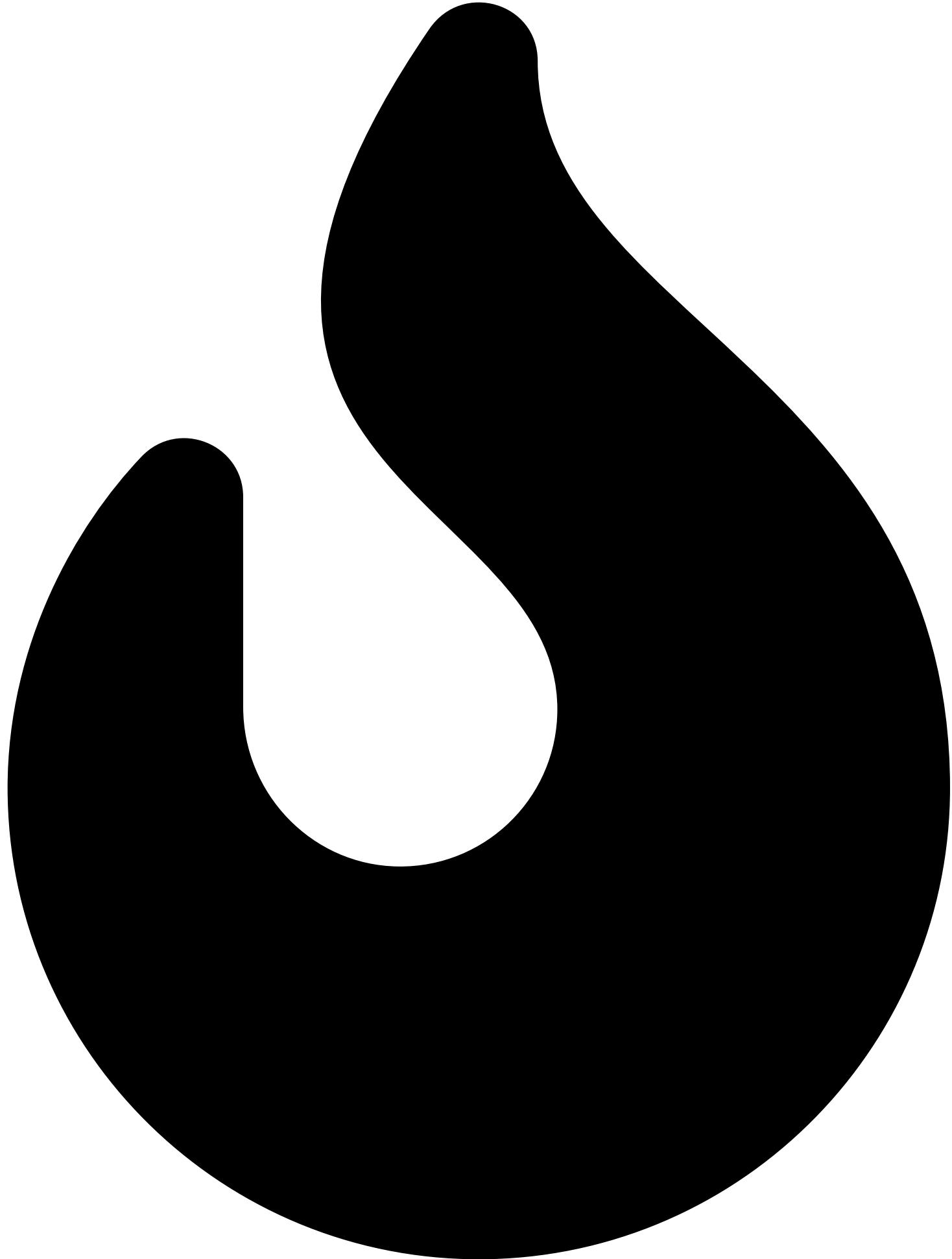
- 90 seconds
- Pigeon Stretch
- Wide Legged Forward Fold
-
- Recovery Breath x 3-5 minutes
- Comment
- Note

Give Jen feedback on her workout!



Mon, Mar 29

Functional Body Composition Day 8 | Horizontal Push + Pull



Warmup

- Breathwork Warm-Up
-
- 3 sets
- 5 Single Arm Turkish Sit ups RIGHT + 1 Turkish Get Up
- 50' Single Arm KB Overhead Carry RIGHT
-
- 5 Single Arm Turkish Sit ups RIGHT + 1 Turkish Get Up
- 50' Single Arm KB Overhead Carry RIGHT
-
- 3-5 Strict Pull-Ups
- Rest as needed

A1

Incline Close Grip Bench Press



[View exercise history](#)

- 3 set x 10-12 reps



A2

Single Arm DB Tripod Row



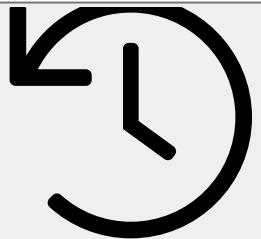
[View exercise history](#)

- x 8-10 / arm
- 1: 15 rest



B1

Single Arm Dumbbell Bench Press

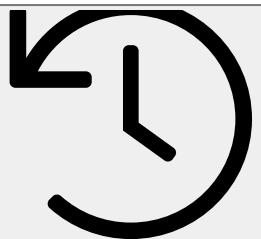
[View exercise history](#)

- 3 set x 8-10 / arm



B2

Lean Away Strict Ring Pull Up

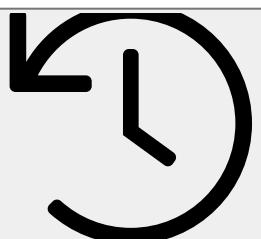
[View exercise history](#)

- 3 set x 8-10 reps
- 1: 15 rest



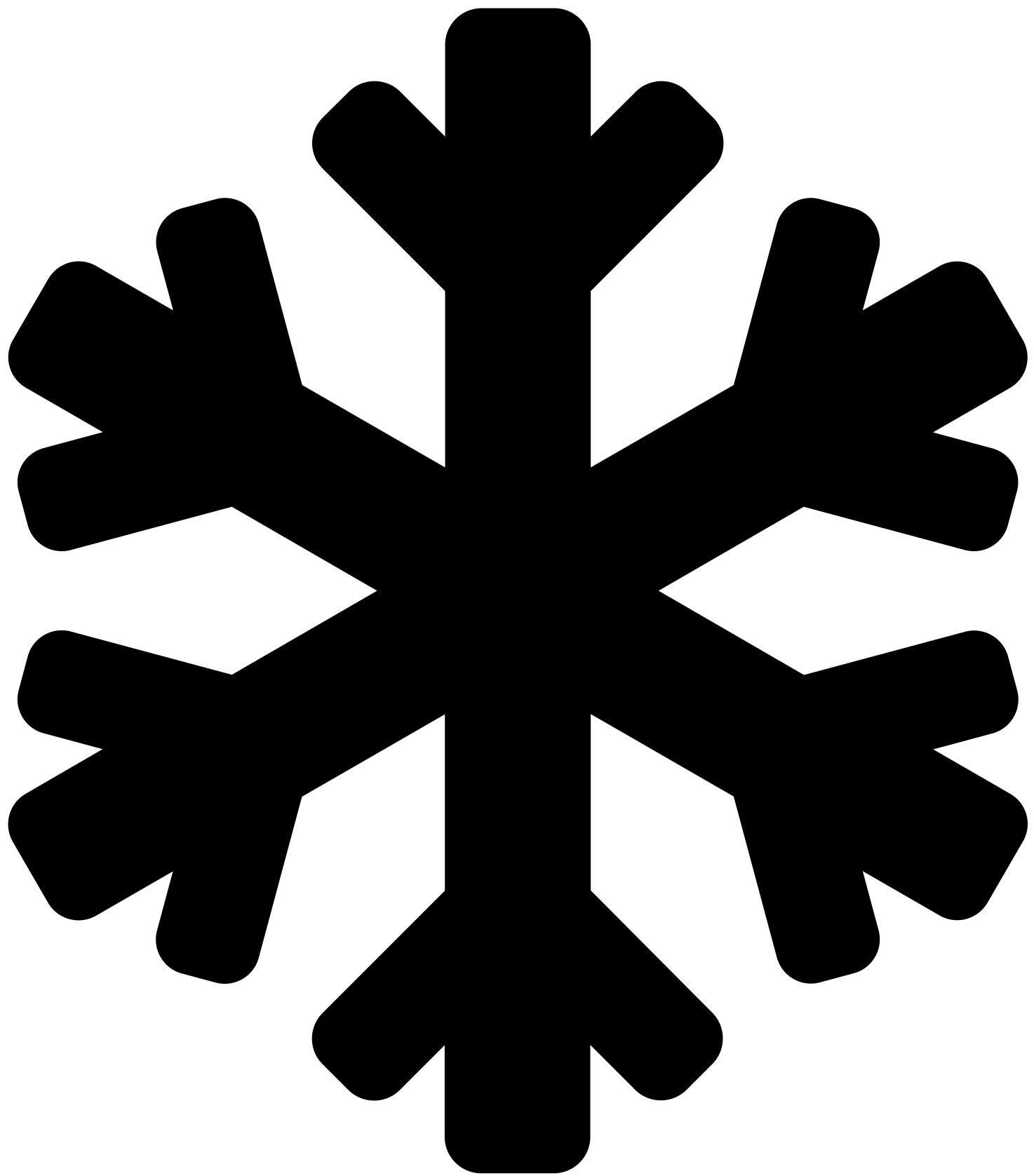
C

4 Rounds for Time

[View exercise history](#)

- 20 Plank Walk up
- :30 Farmer Carry @ 70/53#
- 10 Alternating KB Gorilla Rows @ 70/53#
- 10 Hand Release Push-Up





Cooldown

- 1:30 stretches
- Open Wing
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes

- Comment
- Note

Give Jen feedback on her workout!

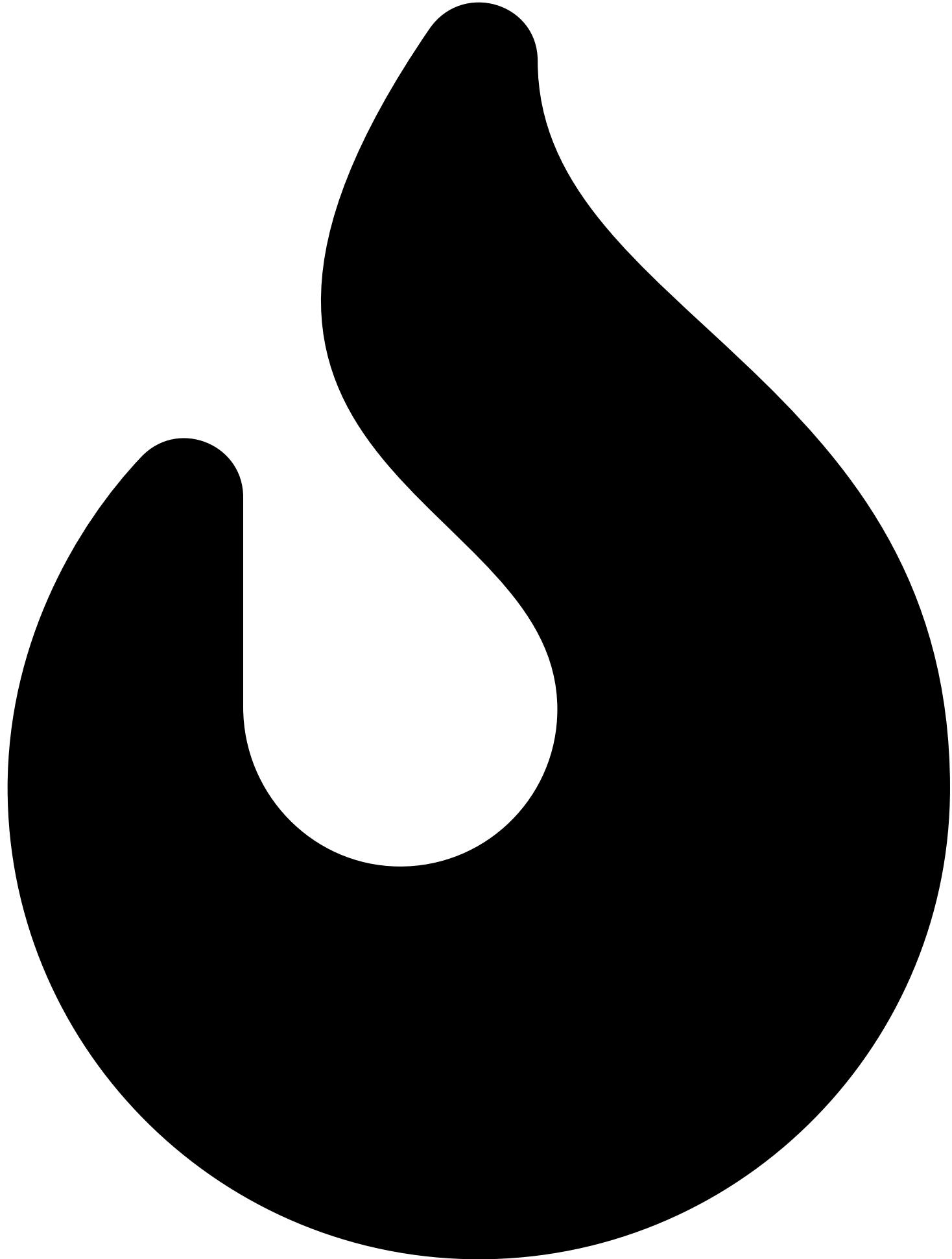


GIF



Wed, Mar 31

Functional Body Composition Day 9 | Hinge + Squat



Warmup

- Breathwork Warm-Up
-
- 20 Frog Pump w/ :20 hold on final rep
- :30 rest
-
- 8-10 / leg Goblet Curtsy Step Down
- Rest as needed

A1

Frog Stance Deadlift



[View exercise history](#)

- 3 set x 10-12 reps



A2

KB Rack Deficit Split Squat



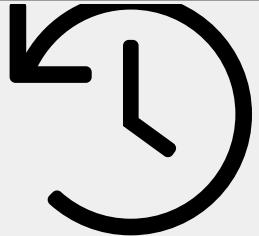
[View exercise history](#)

- x 8-10 / leg
- 1: 15 rest



B1

Barbell Hip Thrust

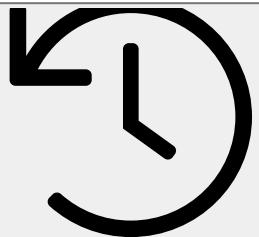
[View exercise history](#)

- 3 set x 8-10 reps



B2

Goblet Cossack Squat

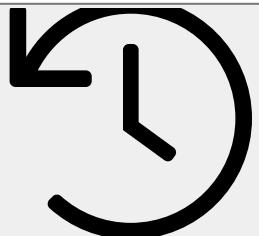
[View exercise history](#)

- 3 set x 16-20 reps
- 1: 15 rest



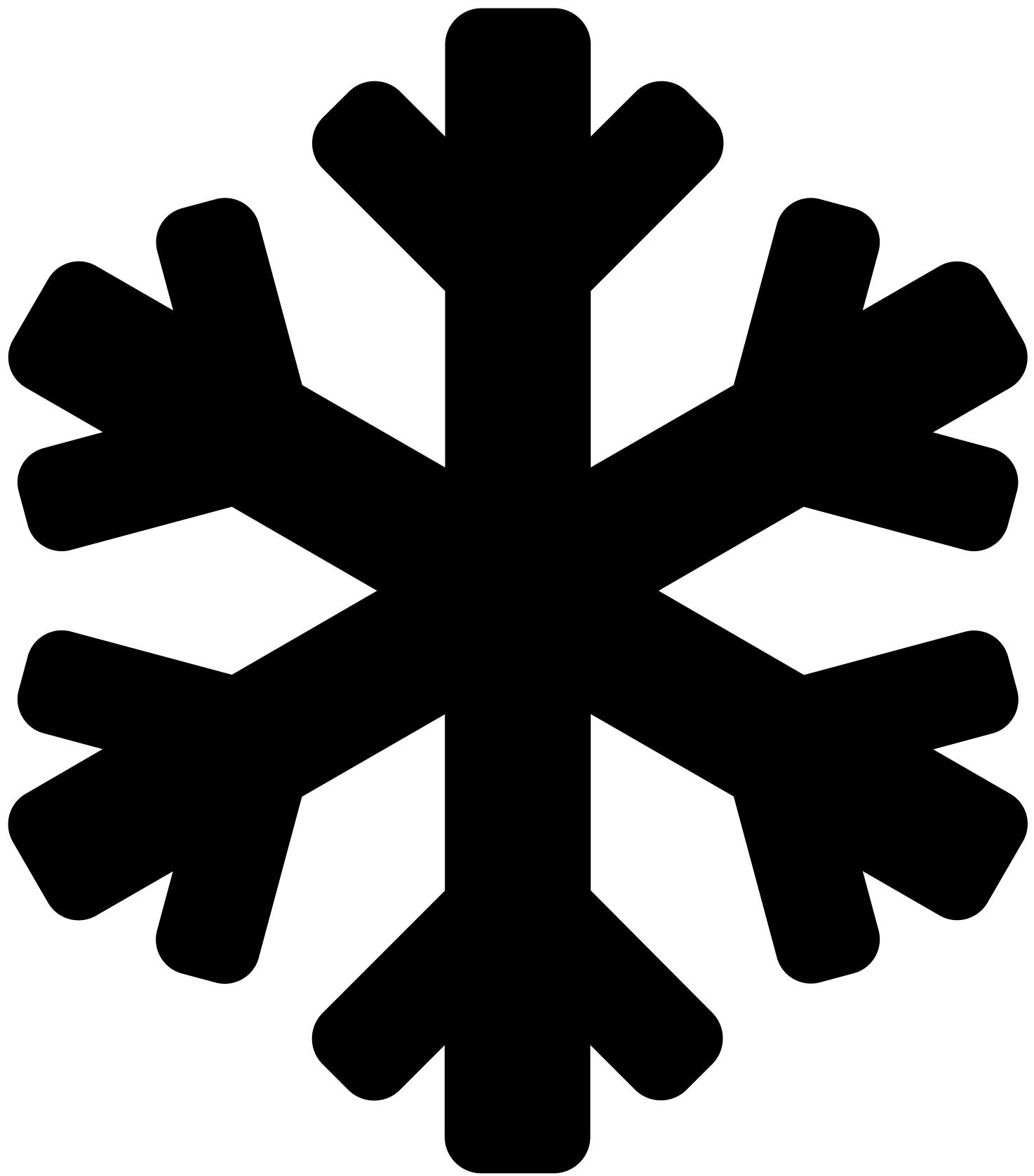
C

Repeatable Pace

[View exercise history](#)

- Every 10 minutes x 2 sets
- Stay below G4
-
- 50 Double Unders or 100 Single Unders
- 500m Assault Bike
- 40 Air Squats
- 20 Alternating DB Power Snatch @ 50#/35#
- 10 Burpee Box Jump Over @ 24"/20"



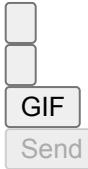


Cooldown

- 1:30 stretch
- Pigeon
- Wide Leg Forward Fold
-
- Recovery Breath x 3-5 minutes

- Comment
- Note

Give Jen feedback on her workout!



Send

Fri, Apr 2

Functional Body Composition Day 11 | Squat & Upper Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 12 Band Pull-Aparts w/ :01 pause
- 10 / leg Russian Step-Up
- :30 Quadruped Shoulder Taps

A1

Barbell Split Squat



[View exercise history](#)

- Rear-foot elevated 4-6"
- 3 set x 8-10 / leg



A2

Chin-up



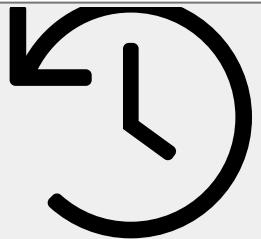
[View exercise history](#)

- x 8-10 reps
- 1:00 rest



B1

Cyclist Squat

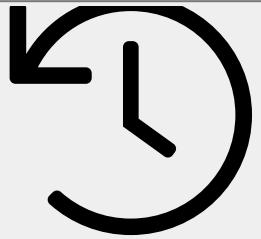
[View exercise history](#)

- Front Rack Position
- 3 set x 8-10



B2

Chainsaw Row

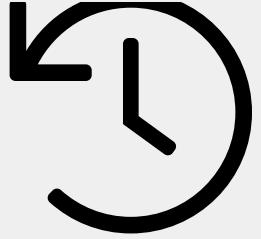
[View exercise history](#)

- 3 set x 8-10 / arm
- 1:00 rest



C

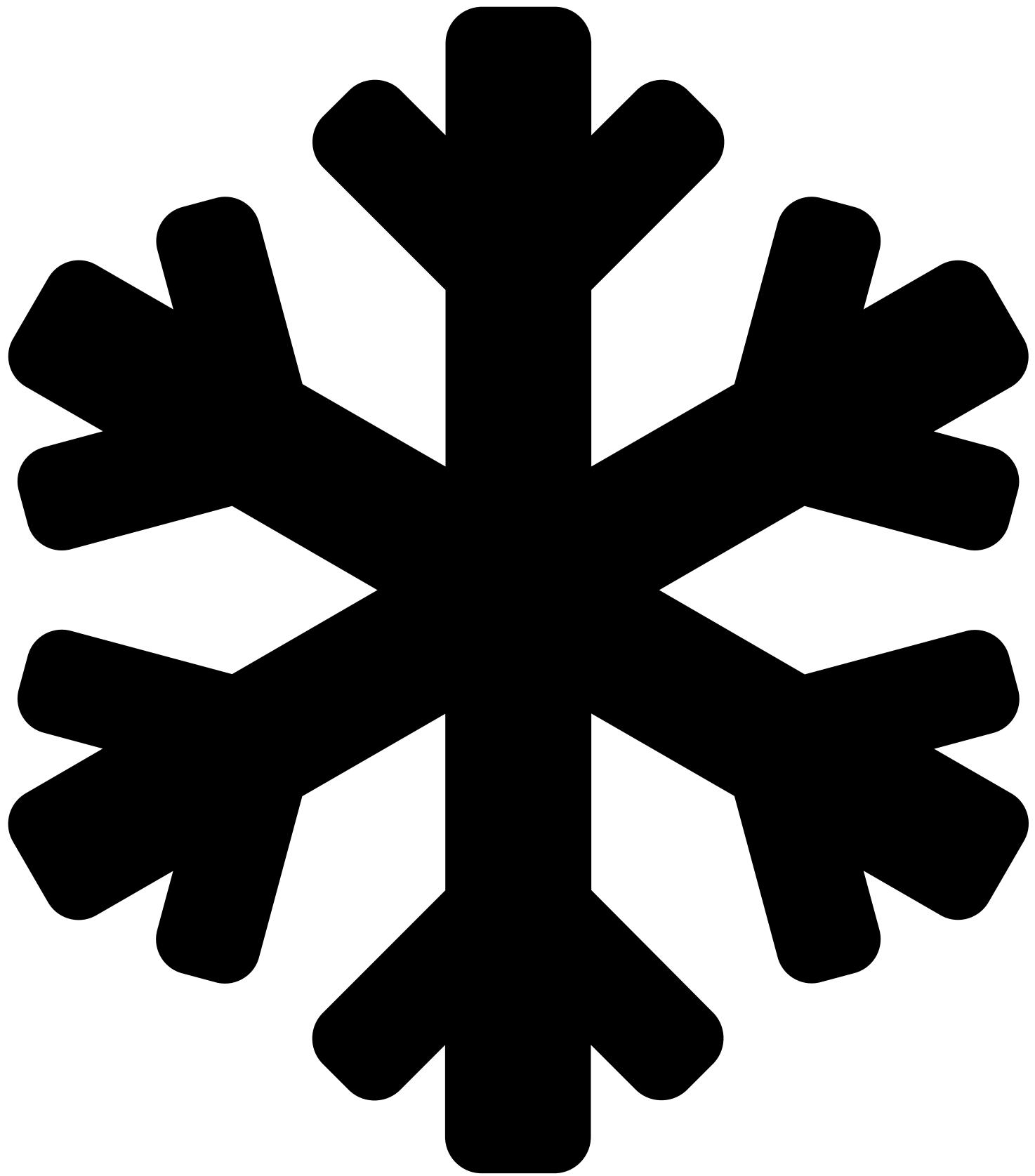
Muscle Endurance

[View exercise history](#)

- 5 minute AMRAPs
-
- 2-4-6-8-10-12-etc.
- Alternating Gorilla Rows @ 70#/53#
- 5 calorie Row
-
- rest 2:00
-
- 2-4-6-8-10-12-etc.
- Reverse Crunch

- 5 Burpees
-
- rest 2:00
-
- 2-4-6-8-10-12-etc.
- Double KB Hang Squat Clean @53#/35#
- 5 calorie Row





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

- Note

Give Jen feedback on her workout!

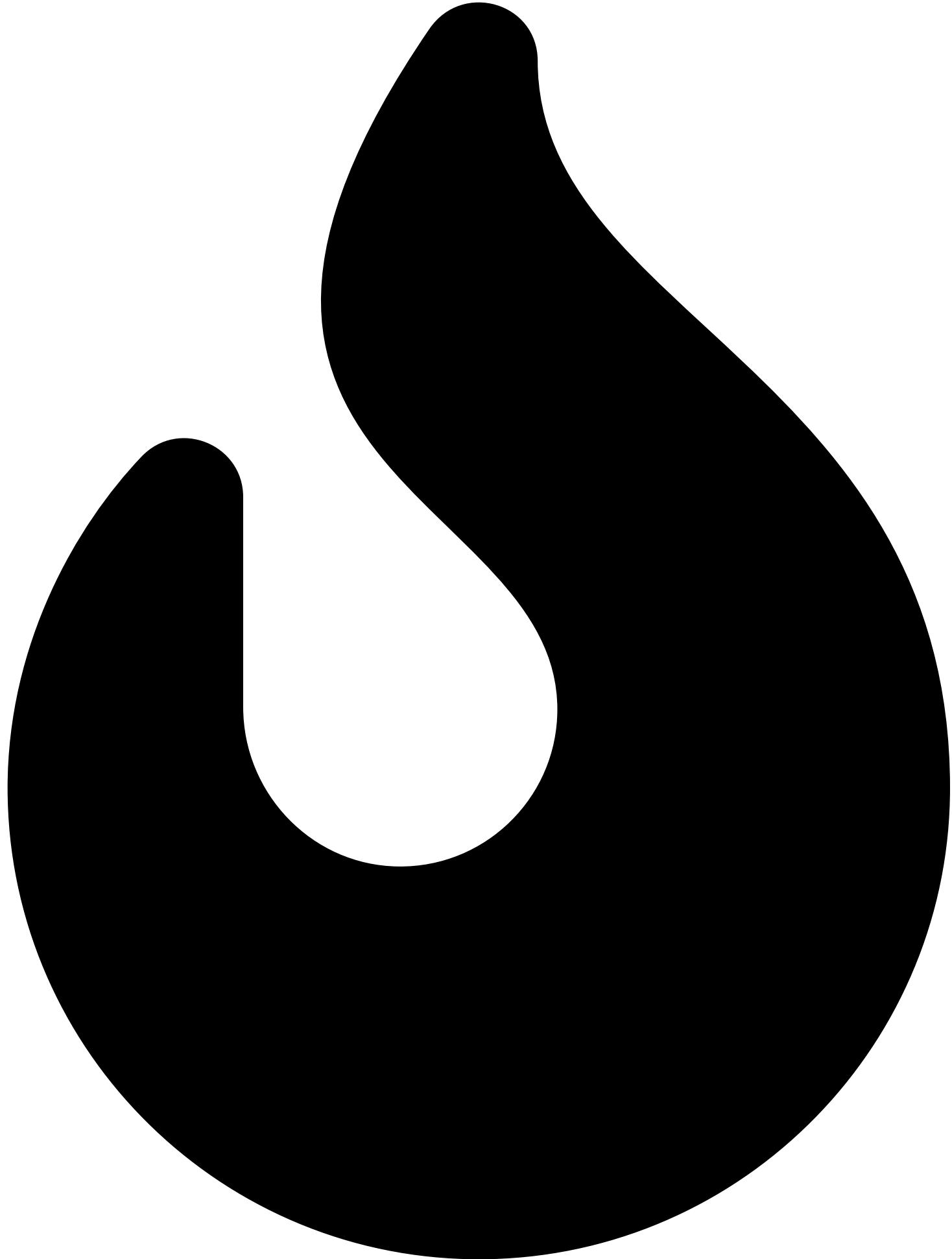


GIF

Send

Mon, Apr 5

Functional Body Composition Day 10 | Shoulders & Arms



Warmup

- Breathwork Warm-Up
-
- 3 set
- 20 / side Tall Plank Theraband Lateral Walk
- 10 / arm Single Arm Trap 3 Raise w/ DB Isometric
- 10 Scap Rows w/ :01 pause at top

A1

Farmer's Press



- 3 set x 8-10 reps per arm

A2

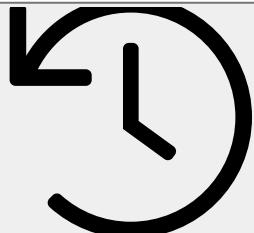
Decline Narrow Grip Bench Press



- x 10-12 reps

A3

Alternating Dumbbell Curls



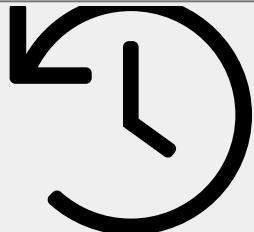
[View exercise history](#)

- 3 set x 10-12 /arm
- 1:15 rest



B

Interval



[View exercise history](#)

- 3 sets x
- 10 Renegade Row @ 50/35#
- 300/275m Row
- 2:00-3:00 rest b/t sets



C

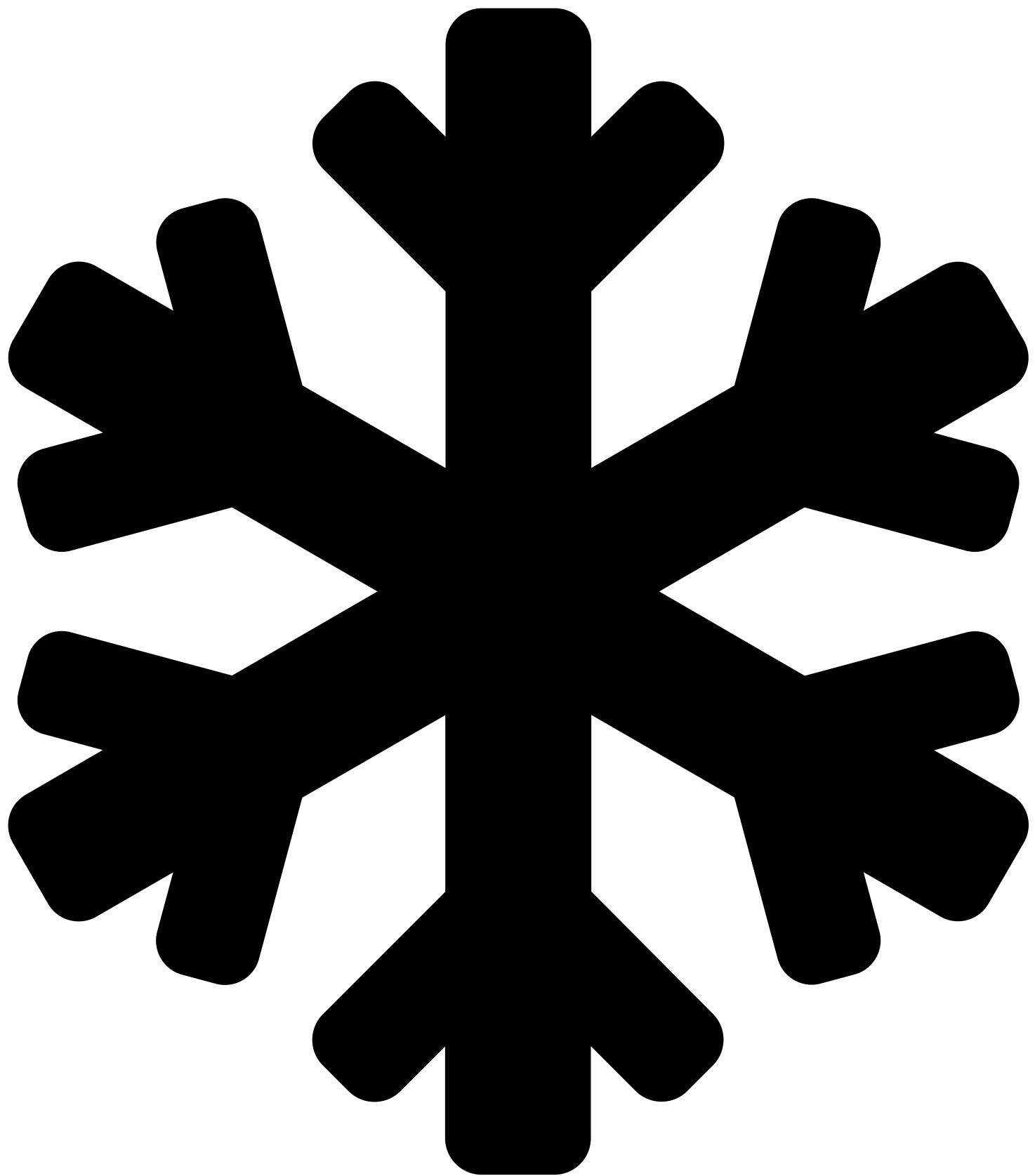
Pump Time



[View exercise history](#)

- 3 sets x
- 10-12 /arm KB High Pull Swing
- 10-12 Ring Body Saw
- 10-12 Supine DB Tricep Extensions





Cooldown

- Open Wing
- Overhead Bent Arm Stretch
-
- Recovery Breath x 3-5 minutes
- Comment

- Note

Give Jen feedback on her workout!

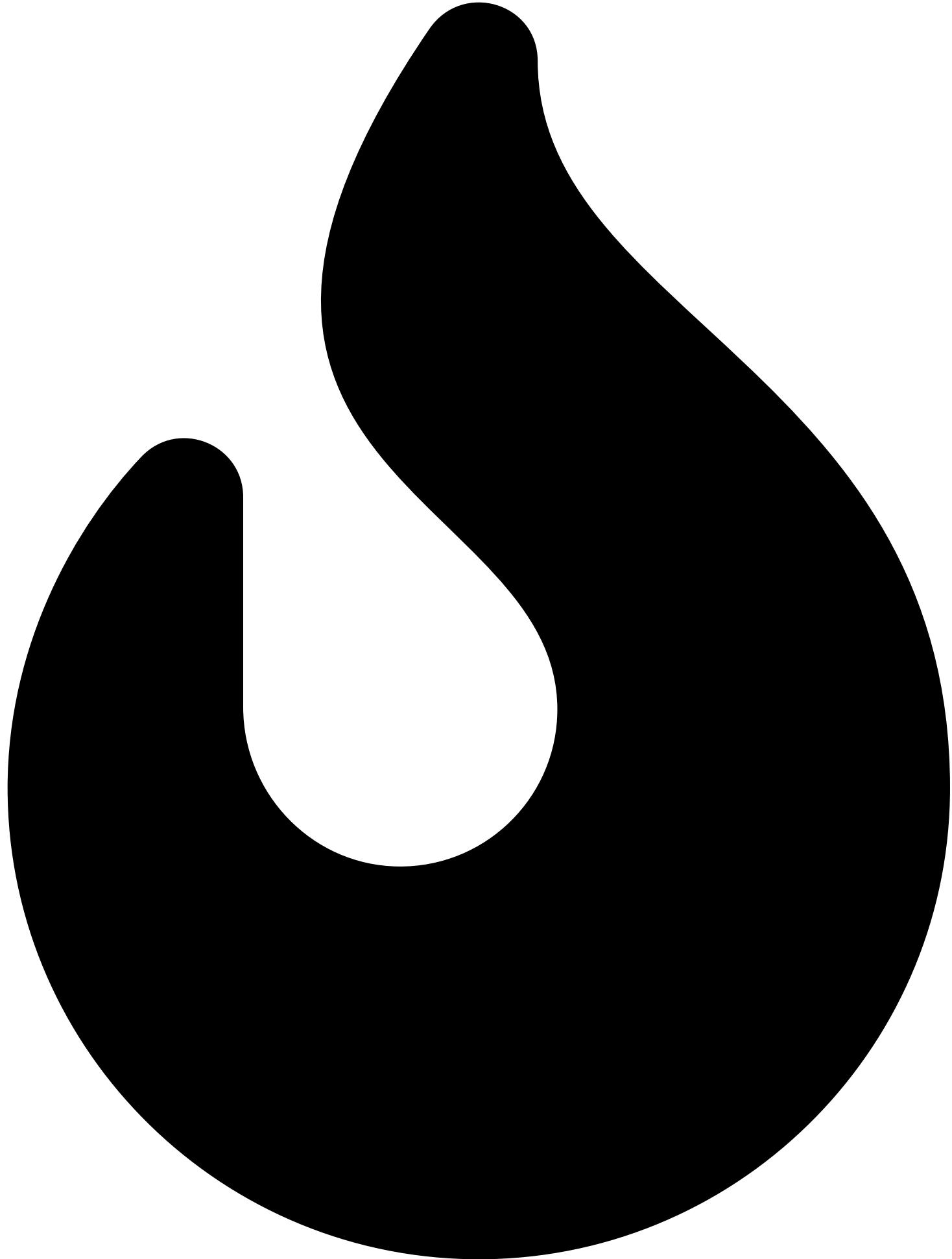


GIF

Send

Wed, Apr 7

Functional Body Composition Day 12 | Hinge & Vertical Push



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 7 DB Deadlifts
- 7 DB Hang Power Clean
- 7 DB Strict Press
- 10 Yoga Push-Ups
- 20 Jumping Jacks

A1

Segmented Clean Grip Deadlift - 3 Pauses



[View exercise history](#)

- 3 set x 6-8 reps



A2

Half Kneeling Barbell Press



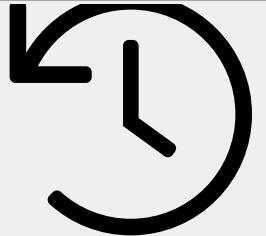
[View exercise history](#)

- x 4-5 reps / knee
- 1:00 rest



B1

Deficit Landmine Single Leg RDL

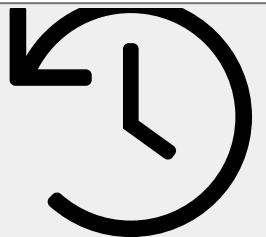
[View exercise history](#)

- 3 set x 8-10 / leg



B2

Single Arm Dumbbell Push Press

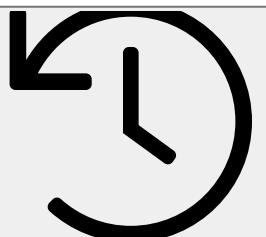
[View exercise history](#)

- 3 set x 8-10 / arm
- 1:00 rest



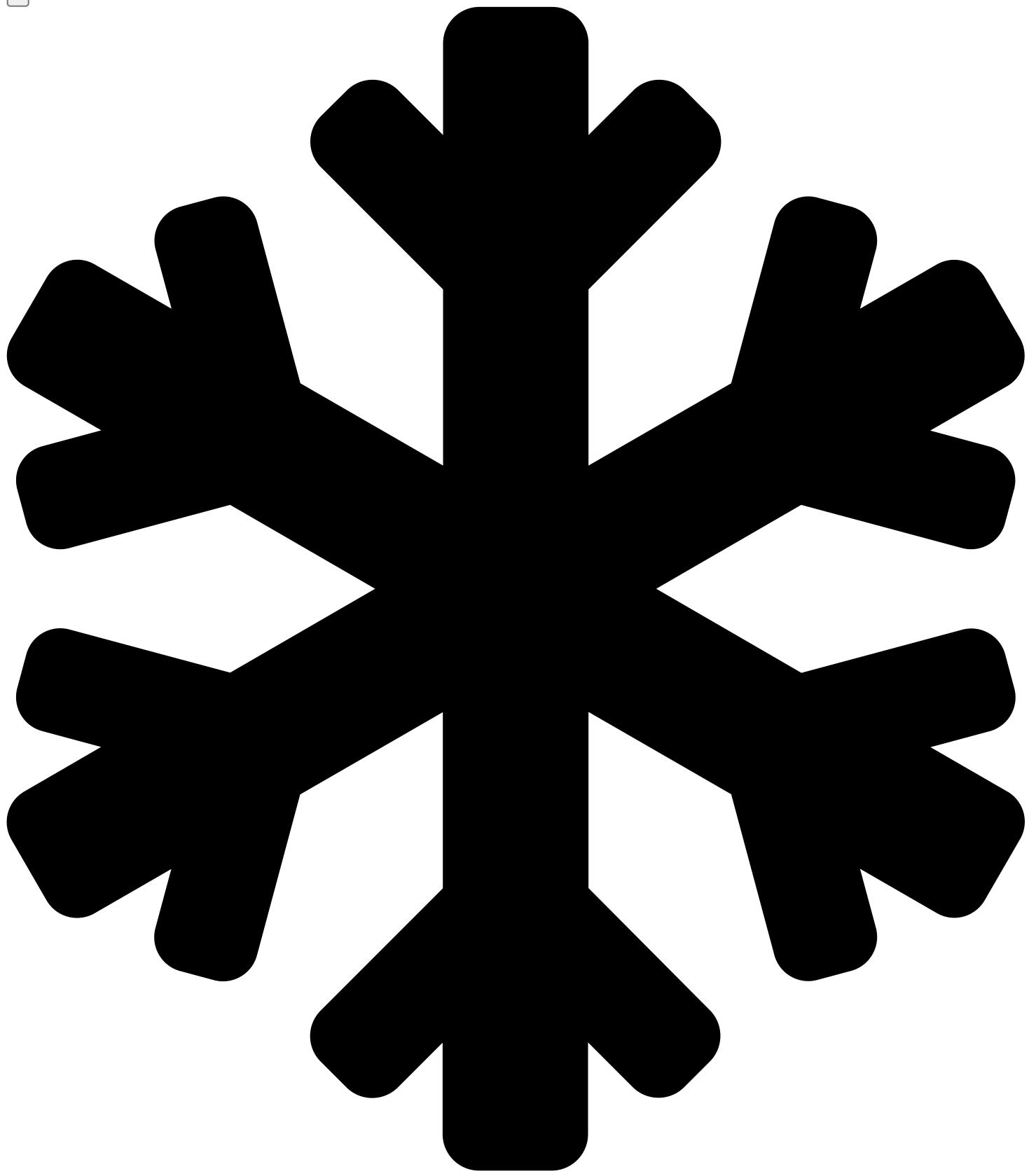
C

For Time

[View exercise history](#)

- @85% Effort
-
- 15-21-27 Calories
- Airbike (PLUS THE FOLLOWING EXERCISE BELOW)
- 27-21-15
- Strict Dips
-
- rest 3:00
-
- 21-15-9
- Row for Calories (PLUS THE FOLLOWING EXERCISE BELOW)

- 40-30-20
- Hollow Rock



Cooldown

- Couch Stretch
- Hand Elevated Child's Pose

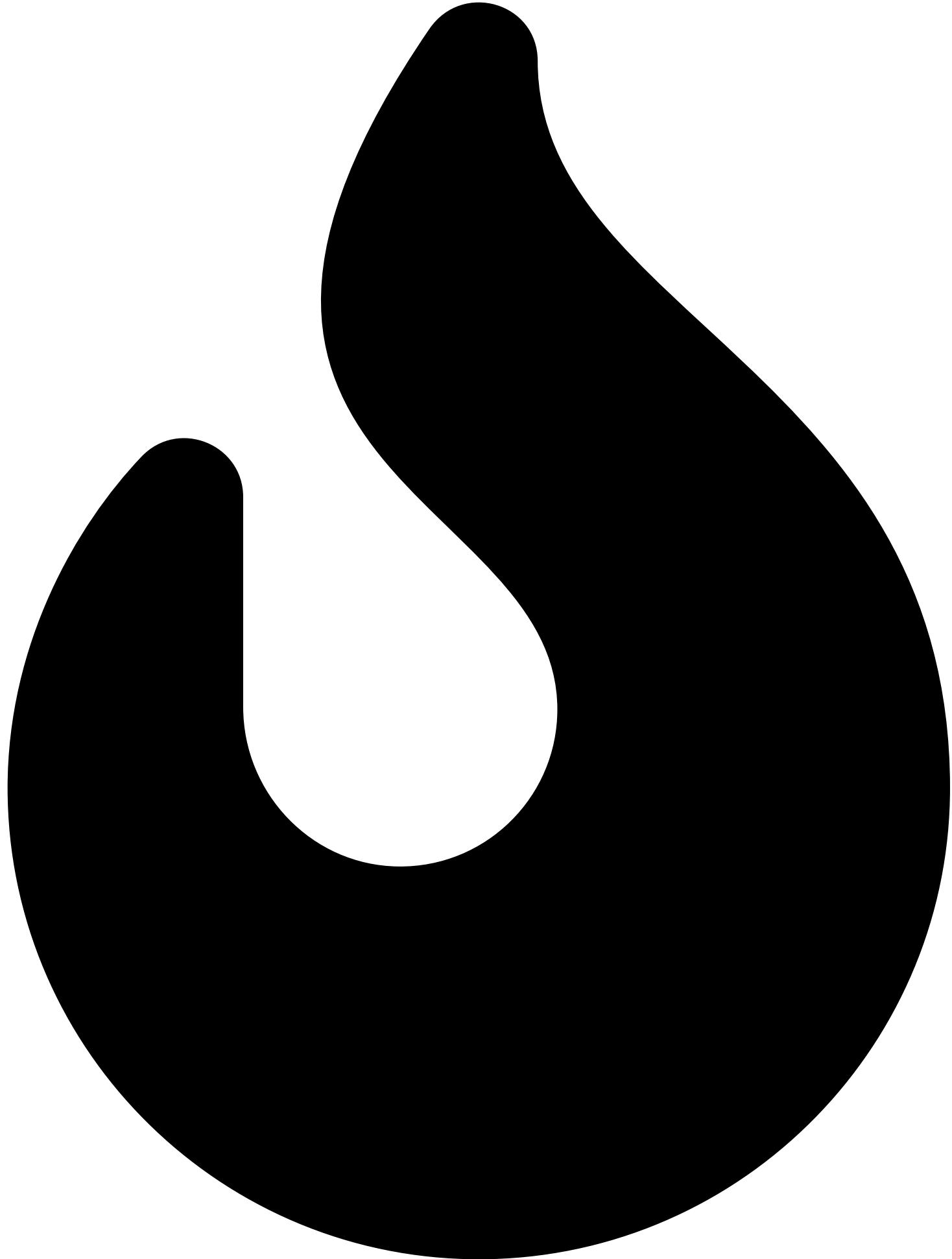
- Recovery Breath x 3-5 minutes
- Comment
- Note

Give Jen feedback on her workout!



Fri, Apr 9

Functional Body Composition Day 13 | Horizontal Push + Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 10/arm Single Arm Bottoms Up KB Press
- 10 Scap Push Ups ON ELBOWS
- 30 second Hang
- 15 Band Face Pull

A1

Wide Grip Bench Press



[View exercise history](#)

- 3 set x 10-12 reps



A2

Pendlay Row



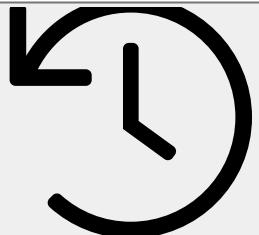
[View exercise history](#)

- x 10-12 reps
- 1:00 rest



B1

Strict Dips

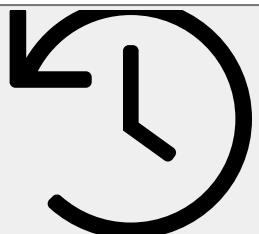
[View exercise history](#)

- 3 set x 10-12 reps



B2

Inverted Row

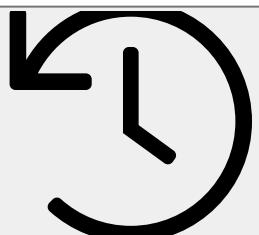
[View exercise history](#)

- 3 set x 12-14 reps
- 1:00 rest



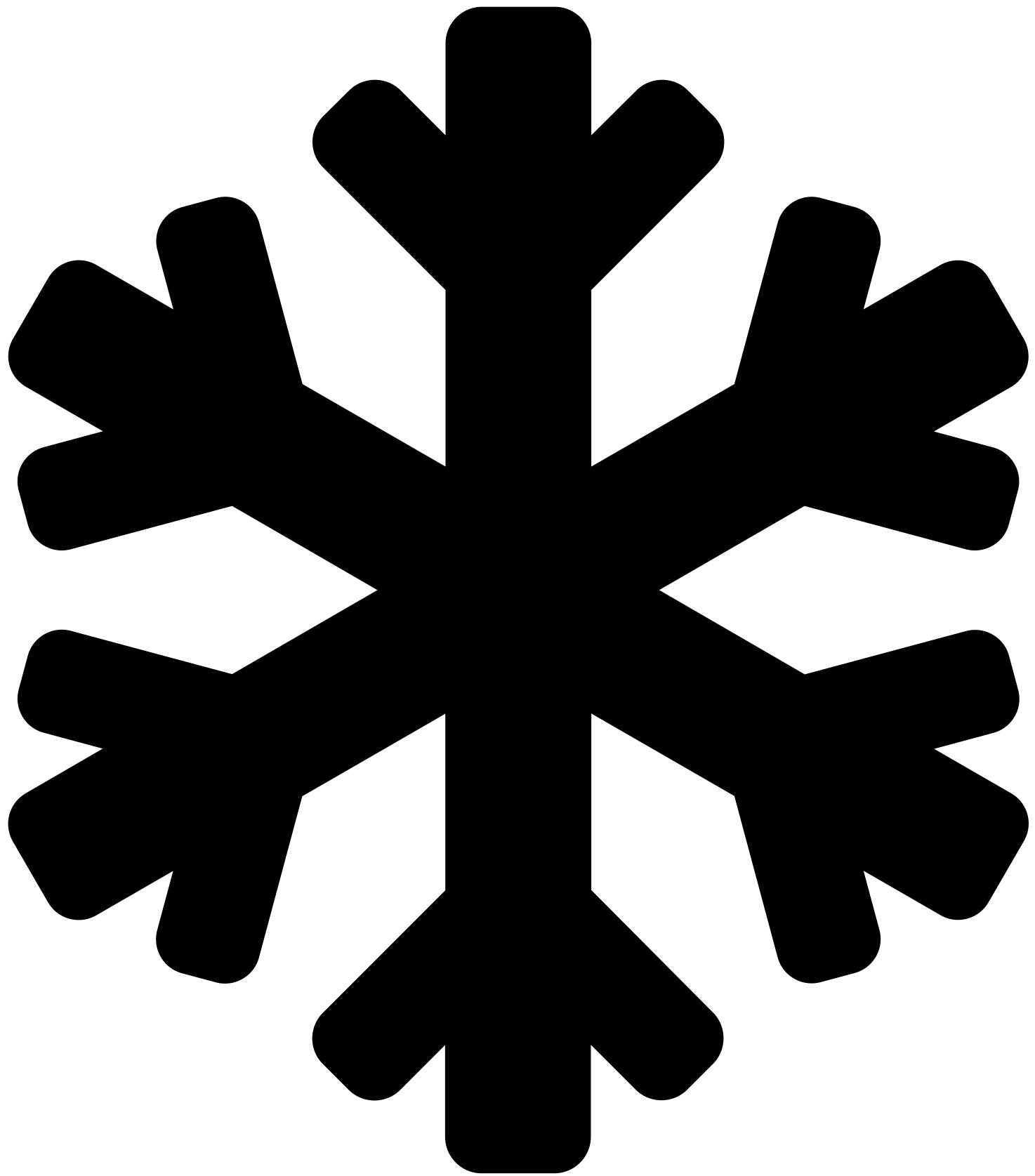
C

15 Minute AMRAP

[View exercise history](#)

- :30 Bent Hollow Hold
- 3 Wall Walk Ups or Stability Ball / Slider Pike
- 6 Strict Pull-Up
- 9 Ring / TRX / Stability Ball Push-Up
- :30 Dual Rack Carry or Hold





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

- Note

Give Jen feedback on her workout!

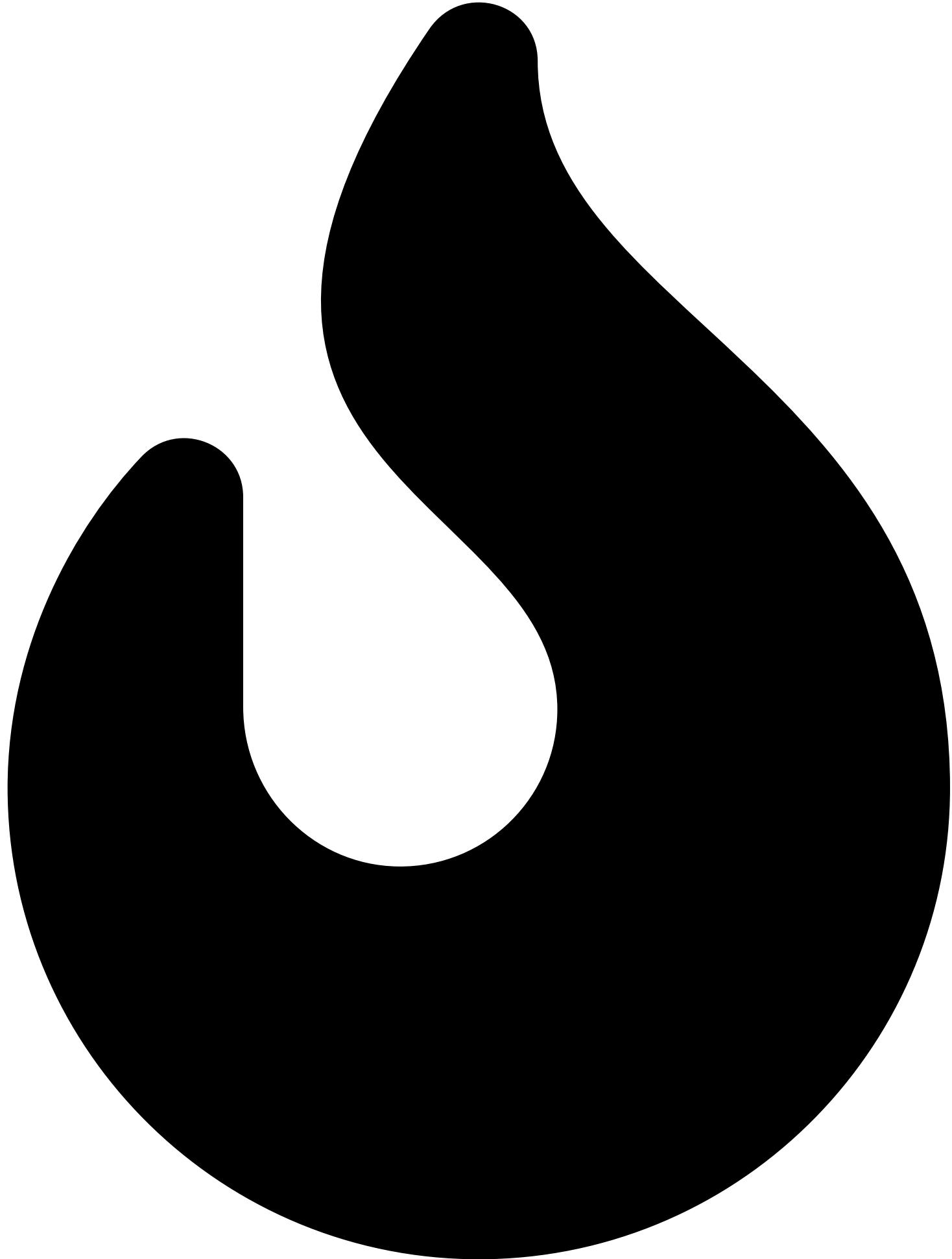


GIF

Send

Mon, Apr 12

Functional Body Composition Day 14 | Hinge + Squat



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 20 Banded Hip Thrust + :10 Isometric Single Leg Hold on last rep
- :30 rest
- 8-10 GHD Back Extension
- :30 rest
- :30 Hollow Body Hold

A1

Snatch Grip Romanian Deadlift



- 3 set x 8-10 reps

A2

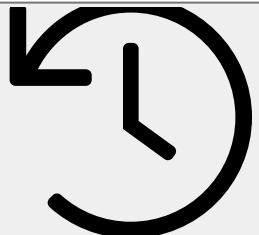
Dumbbell Walking Lunges



- LONG STEPS
- x 14-16 reps
- 1:00 rest

B1

Barbell Hip Thrust

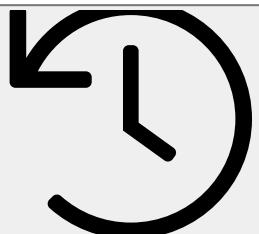
[View exercise history](#)

- 3 set x 8-10 reps



B2

Goblet 1-1/4 Squat

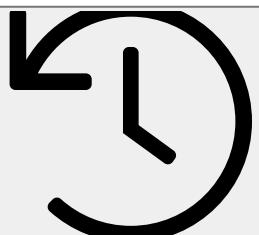
[View exercise history](#)

- 3 set x 8-10 reps
- 1:00 rest



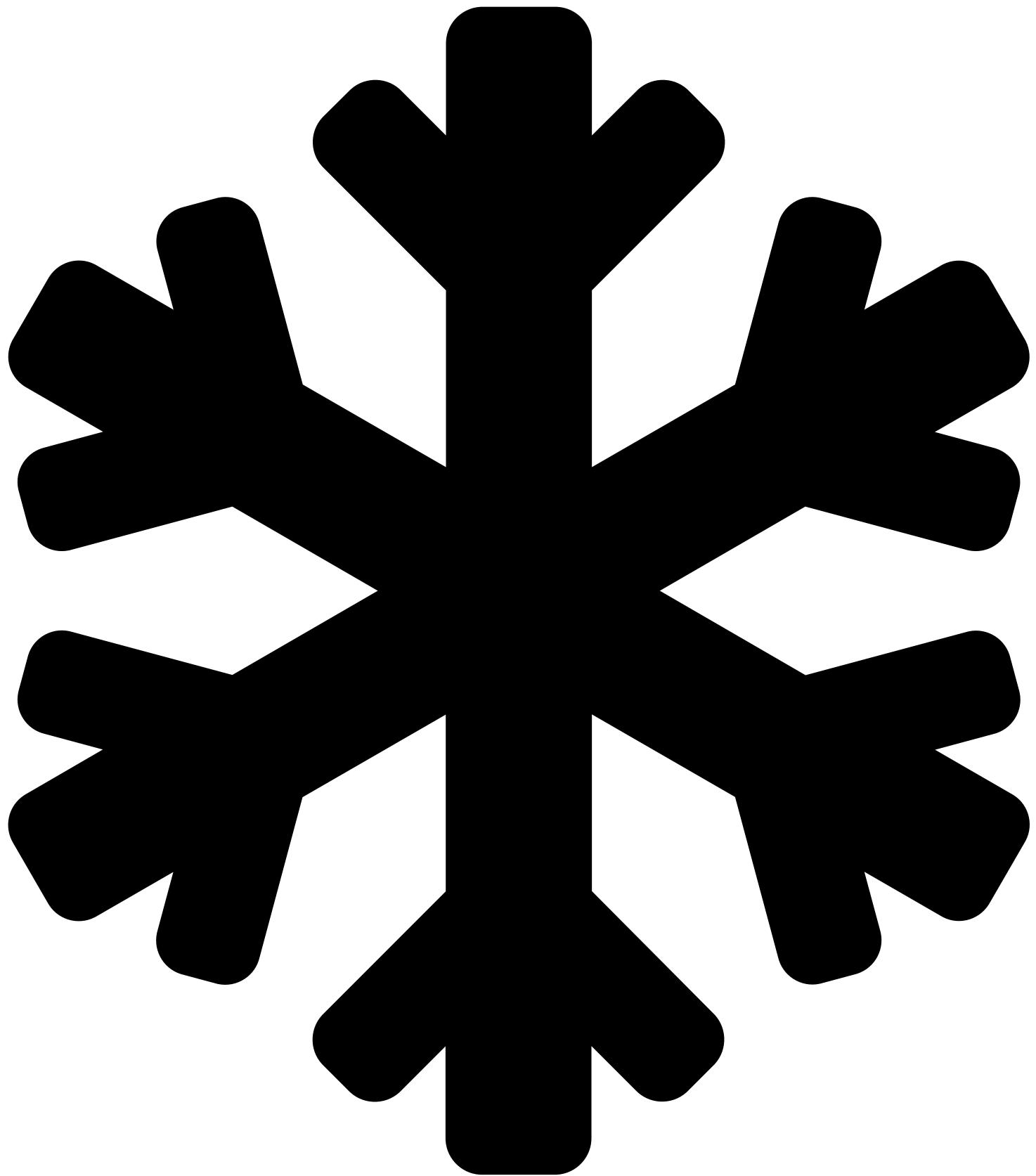
C

Metabolic Conditioning

[View exercise history](#)

- Every 5 minutes x 4 sets
- Push G4
- :
- :30 RT Side-Plank
- 18/15 Calorie Row
- 12 American KB Swings
- 6 Burpee Box Jump to 24"/20"
- :30 LT Side-Plank
- Rest for remaining time.





Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes
- Comment

- Note

Give Jen feedback on her workout!

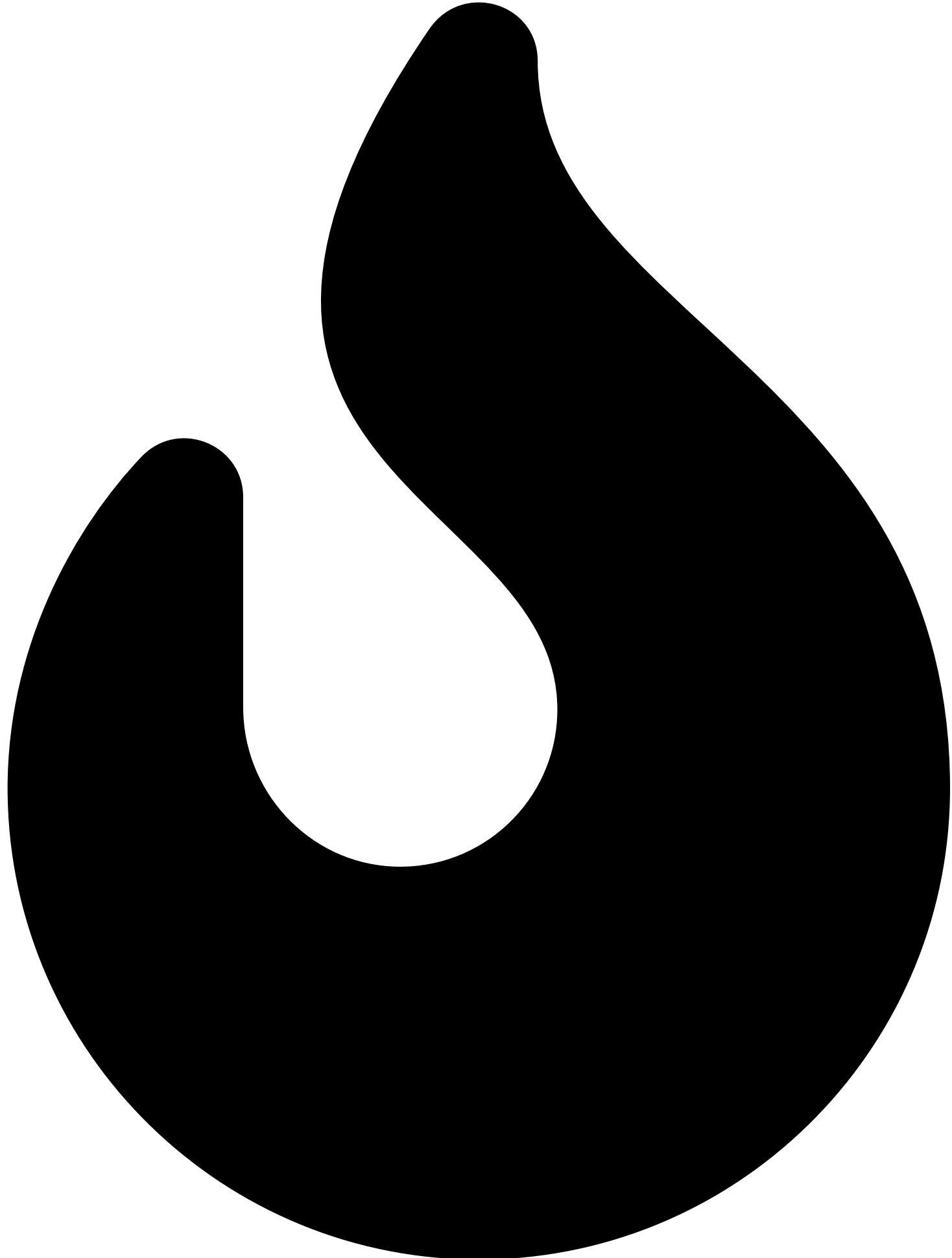


GIF

Send

Wed, Apr 14

Functional Body Composition Day 15 | Shoulders & Arms



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 12 Yoga Push-Up
- 12 Scapular Row
- 8-10/side Dumbbell Side-Plank Rotations

A1

Tall Kneeling Filly Press



- 3 set x 8-10 reps per arm

A2

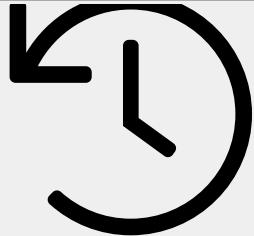
Close Grip Parallette Tricep Push-Up



- x 10-12 reps

A3

Barbell Drag Curl

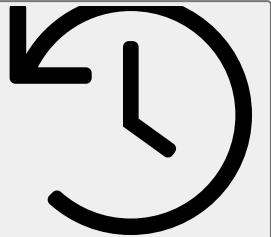
[View exercise history](#)

- 3 set x 10-12 reps
- 1:00 rest



B

Gymnastics Interval

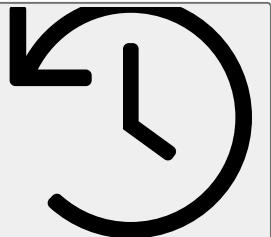
[View exercise history](#)

- 3 sets x
- 200/150m Row @ 85%
- 12-15 Toes to Bar
- 15-18 Tuck Ups or Knee Tucks
- 200/150m Row @ 95%
-
- 2:00-3:00 rest b/t sets

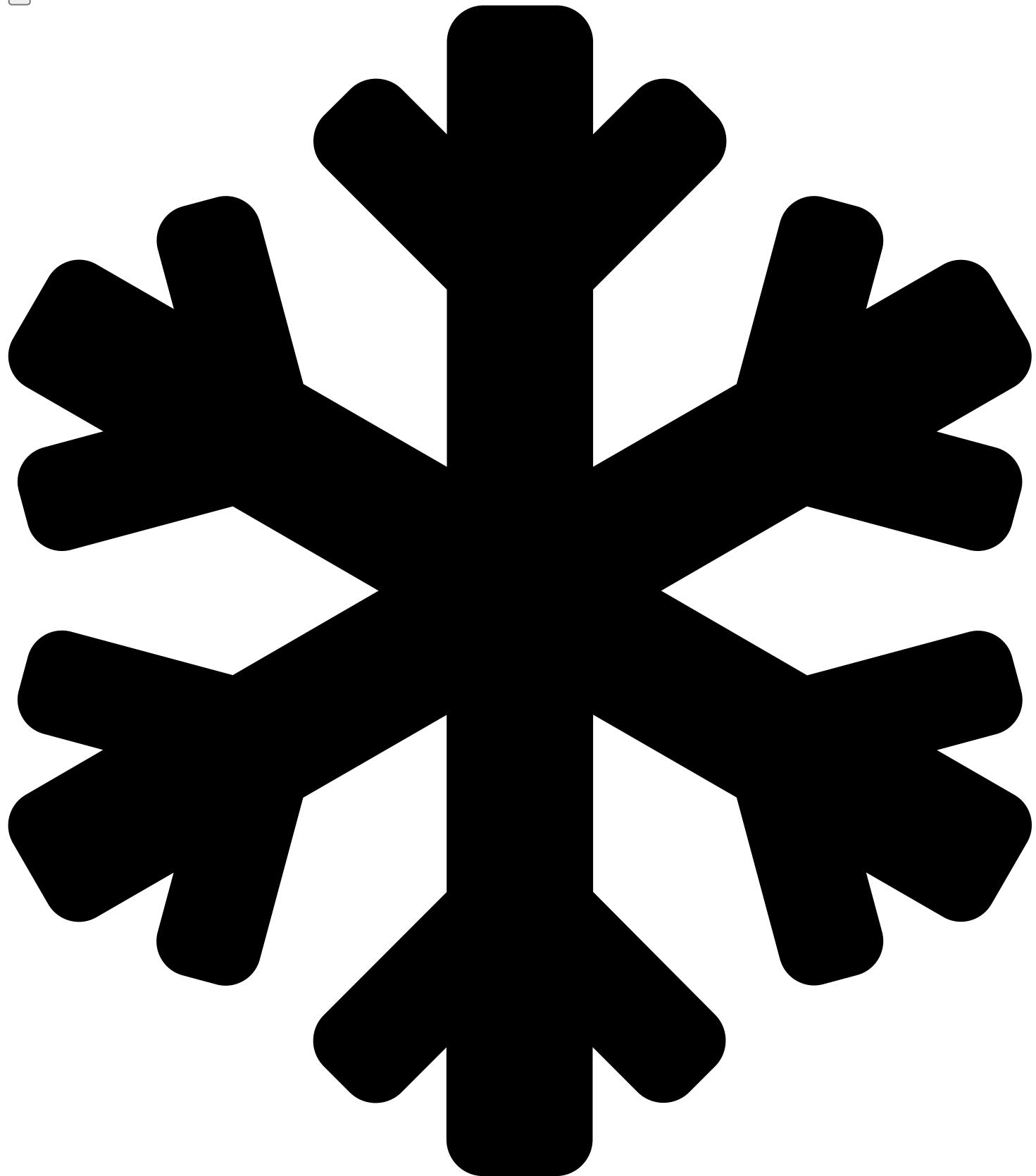


C

Pump Time

[View exercise history](#)

- 3 sets x
- 20 Band Push-Ups
- 10 / Arm DB Preacher Curl
- 20 Banded Face Pull
- -- rest as needed --



Cooldown

- Open Wing
- Overhead Bent Arm Stretch
- Recovery Breath x 3-5 minutes

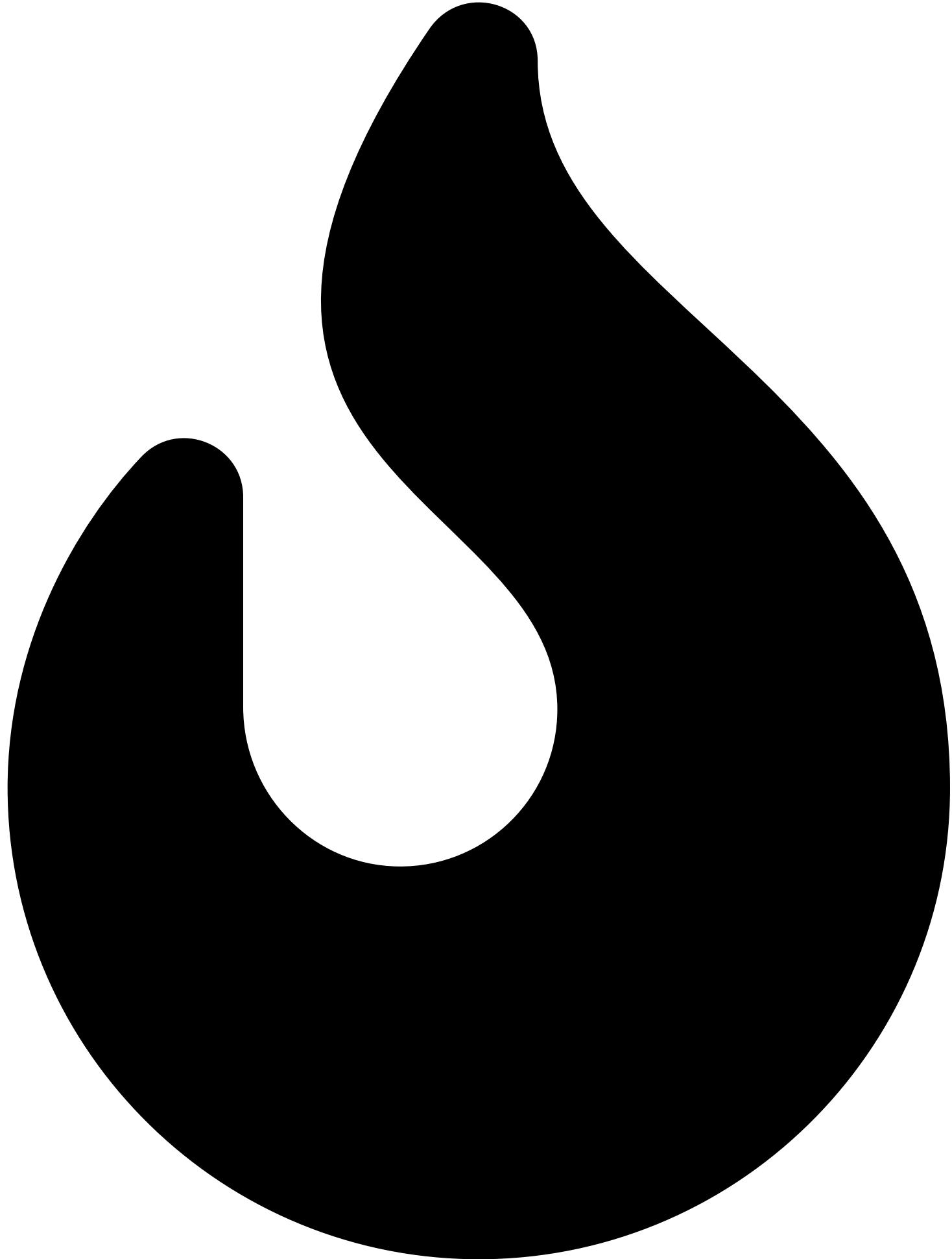
- Comment
- Note

Give Jen feedback on her workout!



Fri, Apr 16

Functional Body Composition Day 16 | Squat & Upper Pull



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 10m Monster Band Walk forward and backwards
- 12 Band Goblet Squats
- 12 Supine PVC + Band Lat Pullover

A1

Front Rack Drop Lunge



- STEP BACKWARDS
- 3 set x 8-10 / leg

A2

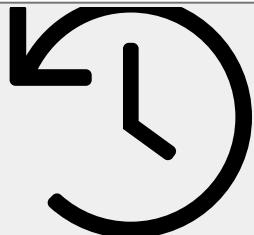
Pull-up



- x 8-10 reps
- 1:00 rest

B1

Dual Kettlebell Front Squat

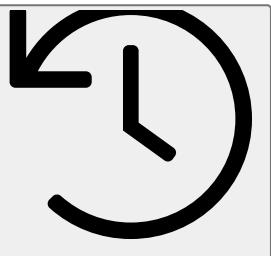
[View exercise history](#)

- 3 set x 8-10



B2

Dumbbell Chest Supported Row

[View exercise history](#)

- 3 set x 8-12 reps
- 1:00 rest



C

Muscle Endurance

[View exercise history](#)

- 7 minute AMRAPs
-
- 15 Double Unders / 30 Single Unders
- 10 Walking Lunges
- 5 Renegade Rows @ 50/35#
-
- Rest 3 minutes
-
- 4 Burpee Pull-Up
- 8 Wall Ball or Push-Press
- 12 4-Way Deadbug



Cooldown

- Couch Stretch
- Hand Elevated Child's Pose
- Recovery Breath x 3-5 minutes

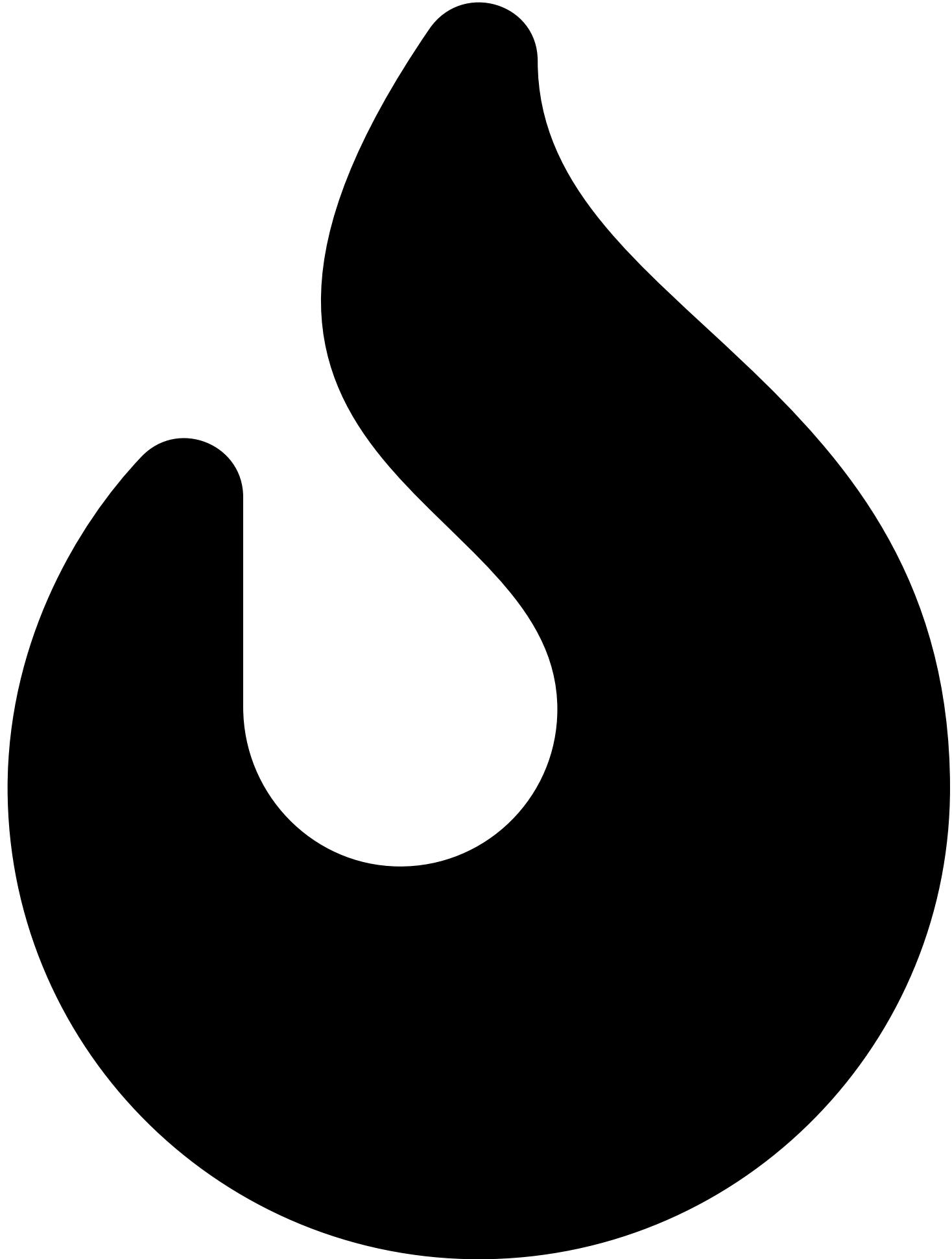
- Comment
- Note

Give Jen feedback on her workout!



Mon, Apr 19

Functional Body Composition Day 17 | Hinge & Vertical Push



Warmup

- Breathwork Warm-Up
-
- 3 set x
- 5 Split Stance Dumbbell RDL
- 10 Dual Dumbbell Bent-Over Row + External Rotation
- 5 Vertical Jump w/ Athletic landing position
- :15 Bike Acceleration (increase pace every :05)

A1

Segmented Snatch Grip Deadlift - 3 Pauses



- 3 set x 6-8 reps

A2

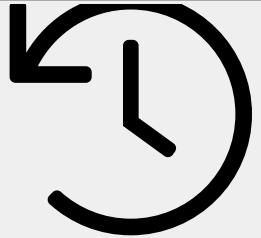
Kettlebell Z Press



- x 8-10 reps
- 1:00 rest

B1

Dumbbell Split Stance Romanian Deadlift

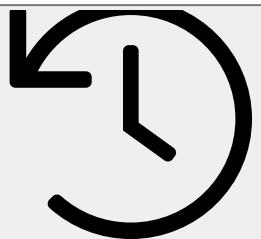
[View exercise history](#)

- 3 set x 6-8 / leg



B2

Seated Alternating Dumbbell Arnold Press

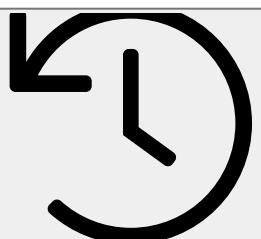
[View exercise history](#)

- 3 set x 8-10 / arm
- 1:00 rest



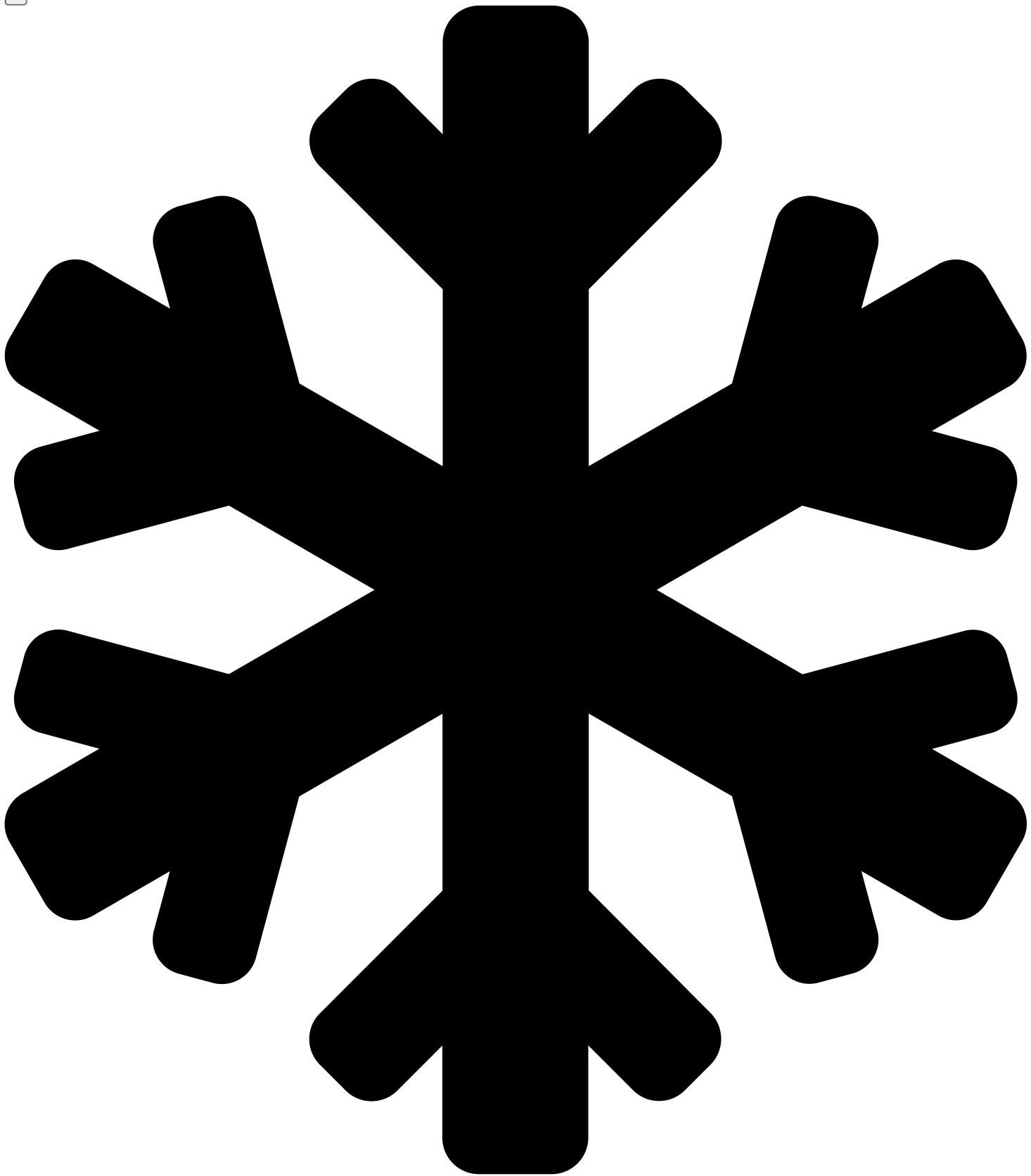
C

5 Minute AMRAPs

[View exercise history](#)

- 1-2-3-4-5-etc. reps
- Single Arm Incline Dumbbell Bench Press @ 60#/40# R
- Single Arm Incline Dumbbell Bench Press @ 60#/40# L
- 1 Turkish-Get-Up /arm b/t each set @ 60#/40#
-
- rest 2:00
-
- 1-2-3-4-5-etc. reps
- Weighted Dips @ 25/10# DB
- 5 calorie Row b/t sets
-

- rest 2:00
-
- 1-2-3-4-5-6-etc. reps
- L-Sit Lift-Overs (per side)
- 5 Calorie Assault Bike b/t sets



Cooldown

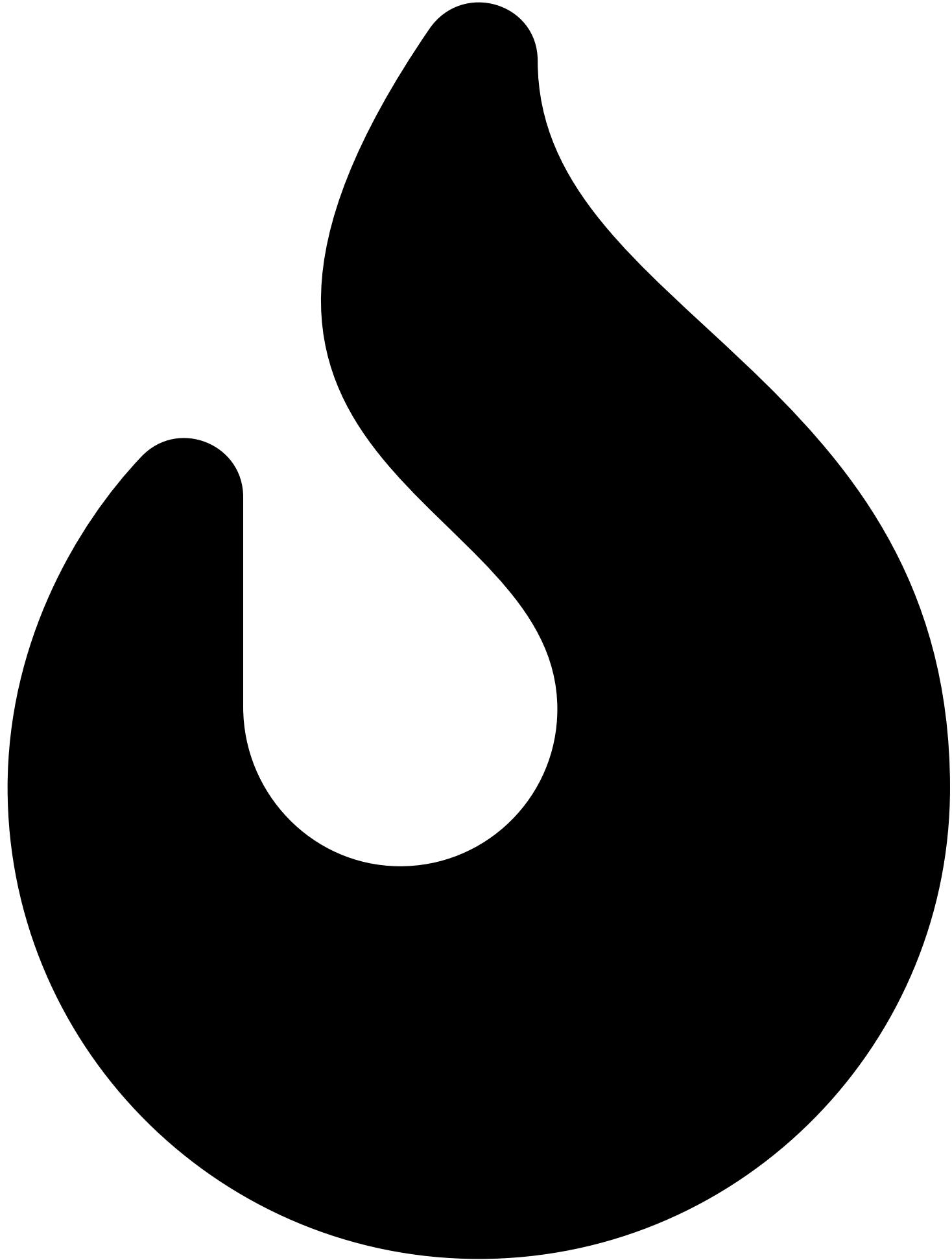
- 90 seconds
- Pigeon Stretch
- Wide Legged Forward Fold
-
- Recovery Breath x 3-5 minutes
- Comment
- Note

Give Jen feedback on her workout!



Wed, Apr 21

Functional Body Composition Day 18 | Horizontal Push + Pull



Warmup

- Breathwork Warm-Up
-
- 3 sets
- 5 Bottoms Up Press R
- 20 Step BUP Carry R
-
- 5 Bottoms Up Press L
- 20 Step BUP Carry L
-
- 8/arm Single Arm Ring/TRX Row
- Rest as needed

A1

Incline Close Grip Bench Press



[View exercise history](#)

- 3 set x 10-12 reps



A2

Single Arm DB Tripod Row



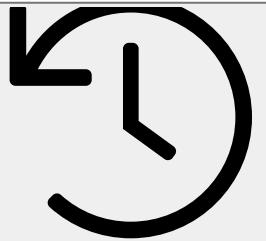
[View exercise history](#)

- x 8-10 / arm
- 1:00 rest



B1

Single Arm Dumbbell Bench Press

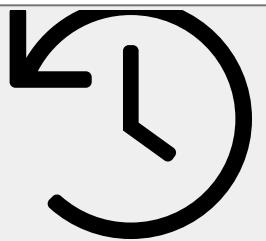
[View exercise history](#)

- 3 set x 8-10 / arm



B2

Lean Away Strict Ring Pull Up

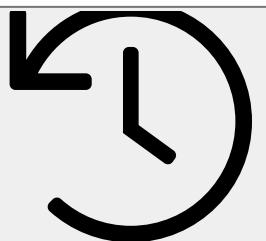
[View exercise history](#)

- 3 set x 8-10 reps
- 1:00 rest



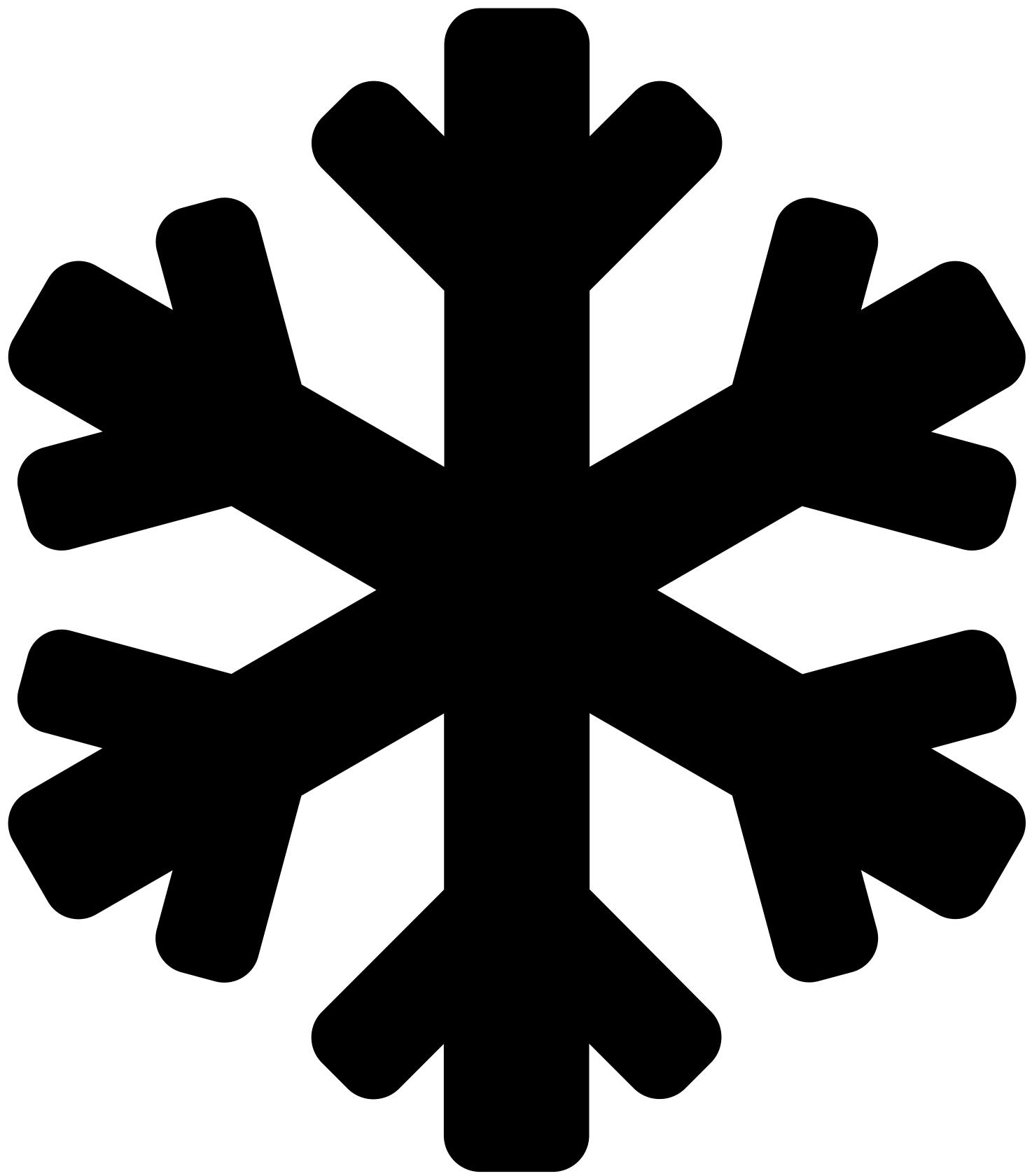
C

5 Rounds for Time

[View exercise history](#)

- :20 Single Arm Plank R
- :20 Single Arm Plank L
- 12 Inverted Row
- 12 Close Push-Ups





Cooldown

- 1:30 stretches
- Open Wing
- Hand Elevated Child's Pose
-
- Recovery Breath x 3-5 minutes

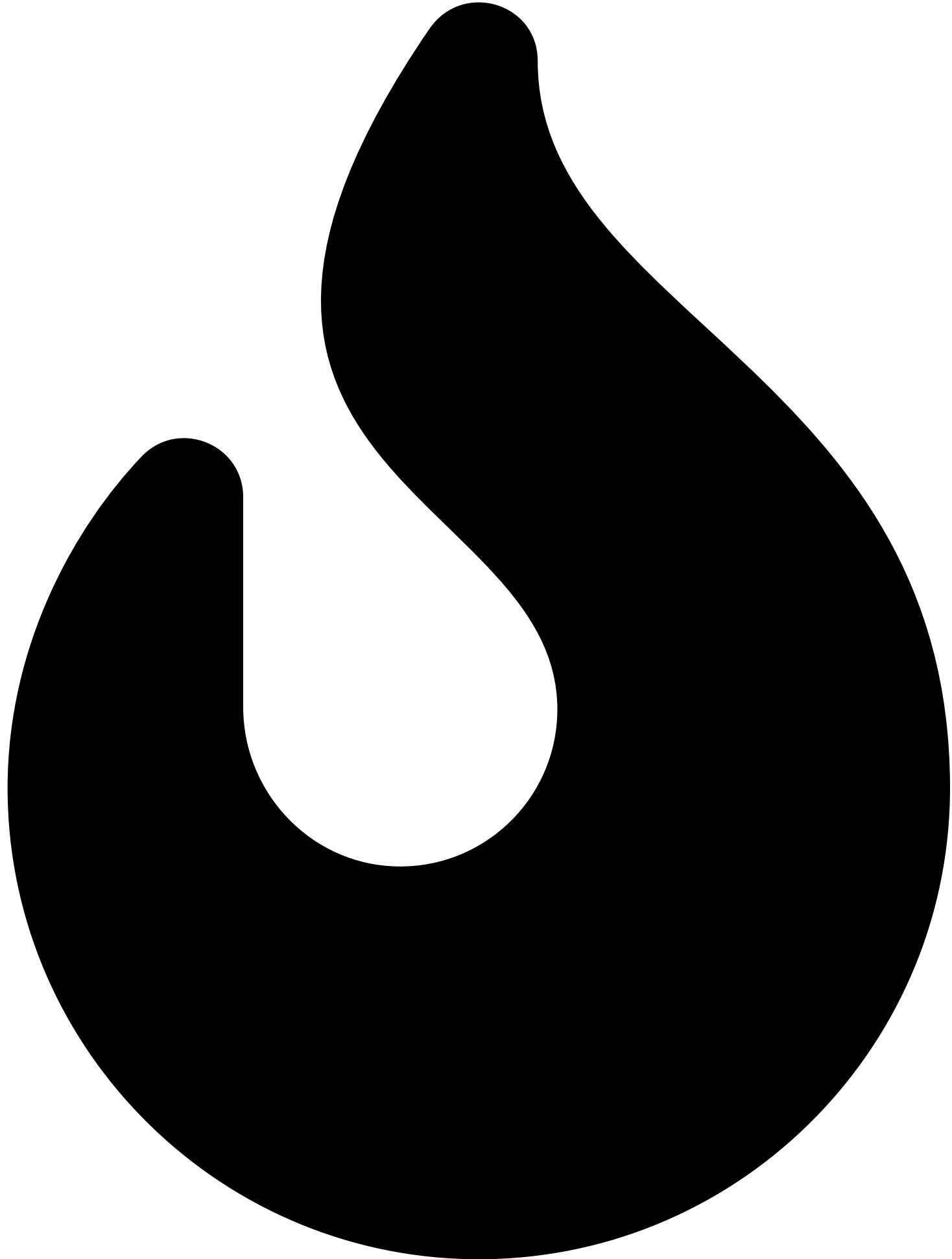
- Comment
- Note

Give Jen feedback on her workout!



Fri, Apr 23

Functional Body Composition Day 19 | Hinge + Squat



Warmup

- Breathwork Warm-Up
-
- R + L - 10 Single-Leg Glute Bridge + :15 SL Glute Bridge hold at top
- :30 rest
-
- 8-10 / leg Drop Lunge to Knee Lift (like the video, but on a SMALL box)
- Rest as needed

A1

Frog Stance Deadlift



- 3 set x 10-12 reps

A2

KB Rack Deficit Split Squat



- x 8-10 / leg
- 1:00 rest

B1

Russian Kettlebell Swing

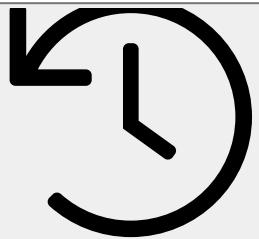
[View exercise history](#)

- HEAVY
- 3 set x 8-10 reps



B2

Goblet Cossack Squat

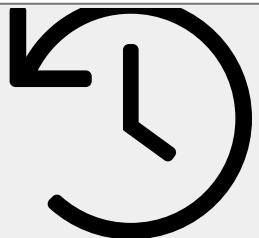
[View exercise history](#)

- 3 set x 16-20 reps
- 1:00 rest

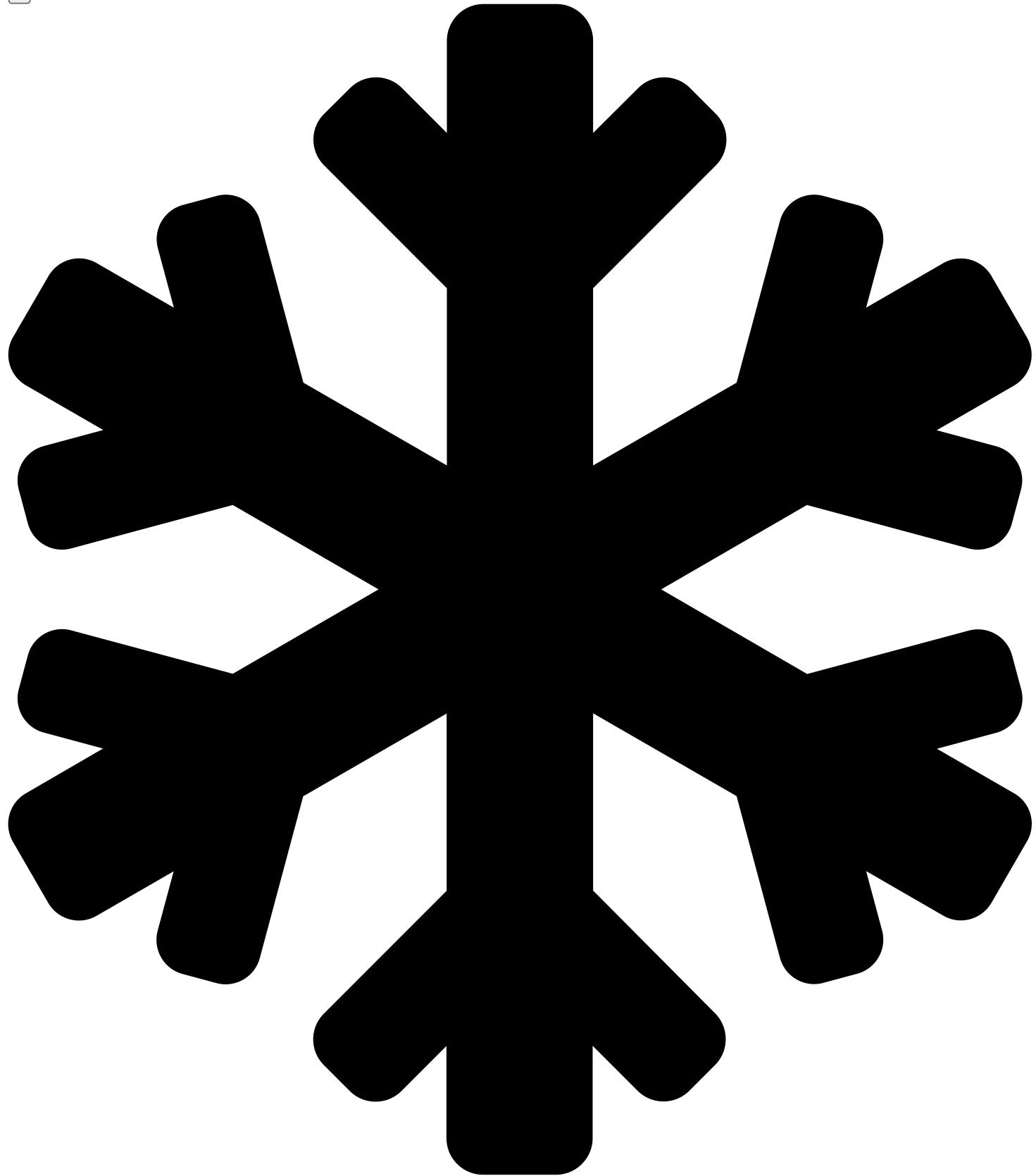


C

Repeatable Pace

[View exercise history](#)

- Every 10 minutes x 2 sets
- Stay below G4
-
- 250 / 225m Row
- 12 Dumbbell Front Squat @ 50#/30#
- 10 Devil's Press @ 50#/30#
- 12 DB Front Squats 50#/30#
- 250 / 225m Row
-
- When you finish. Stop.

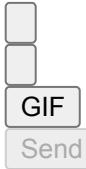


Cooldown

- 1:30 stretch
- Pigeon
- Wide Leg Forward Fold
-
- Recovery Breath x 3-5 minutes

- Comment
- Note

Give Jen feedback on her workout!

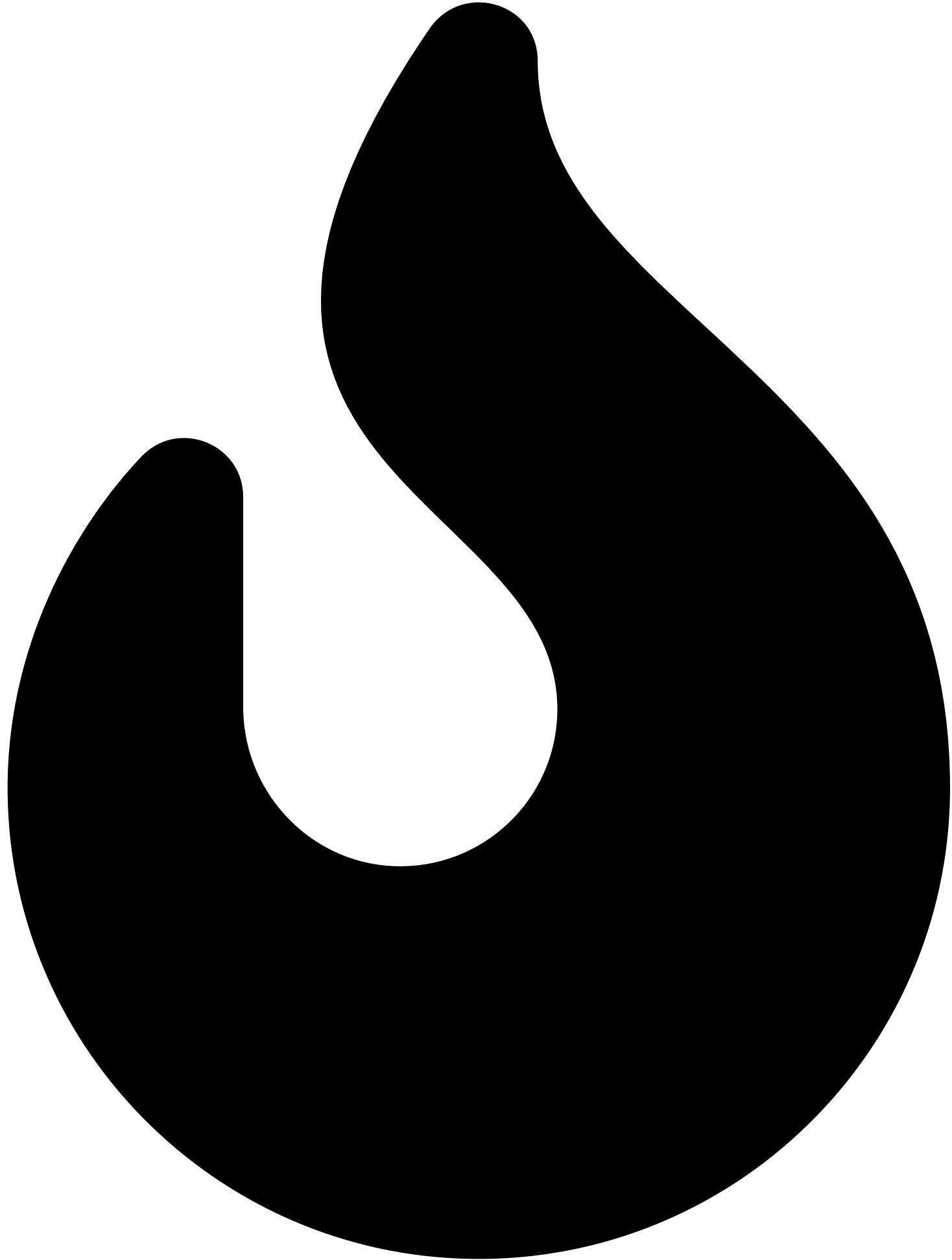


GIF

Send

Mon, Apr 26

Functional Body Composition Day 20 | Shoulders & Arms



Warmup

- Breathwork Warm-Up
-
- 3 set
- 20 Plank Shoulder Taps
- 12 Bent Over Reverse Dumbbell Fly w/ LIGHT weight
- :30 Active Ring Row Hold

A1

Farmer's Press



- 3 set x 8-10 reps per arm

A2

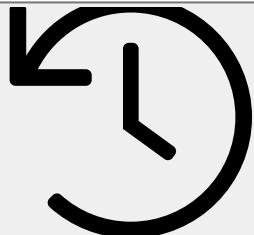
Decline Narrow Grip Bench Press



- x 10-12 reps

A3

Alternating Dumbbell Curls



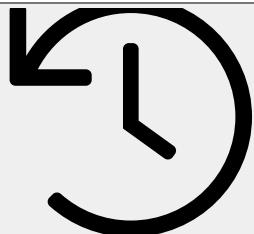
[View exercise history](#)

- 3 set x 10-12 /arm
- 1:00 rest



B

Interval



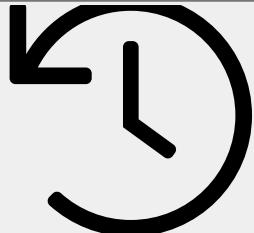
[View exercise history](#)

- 3 sets x
- Assault Bike x 14 / 12 Calories
- 10 Alternating KB Gorilla Rows @ 70#/53#
- 10 Dual KB Sumo Deadlift @ 70#/53#
- Assault Bike x 14 / 12 Calories
-
- 2:00-3:00 rest b/t sets



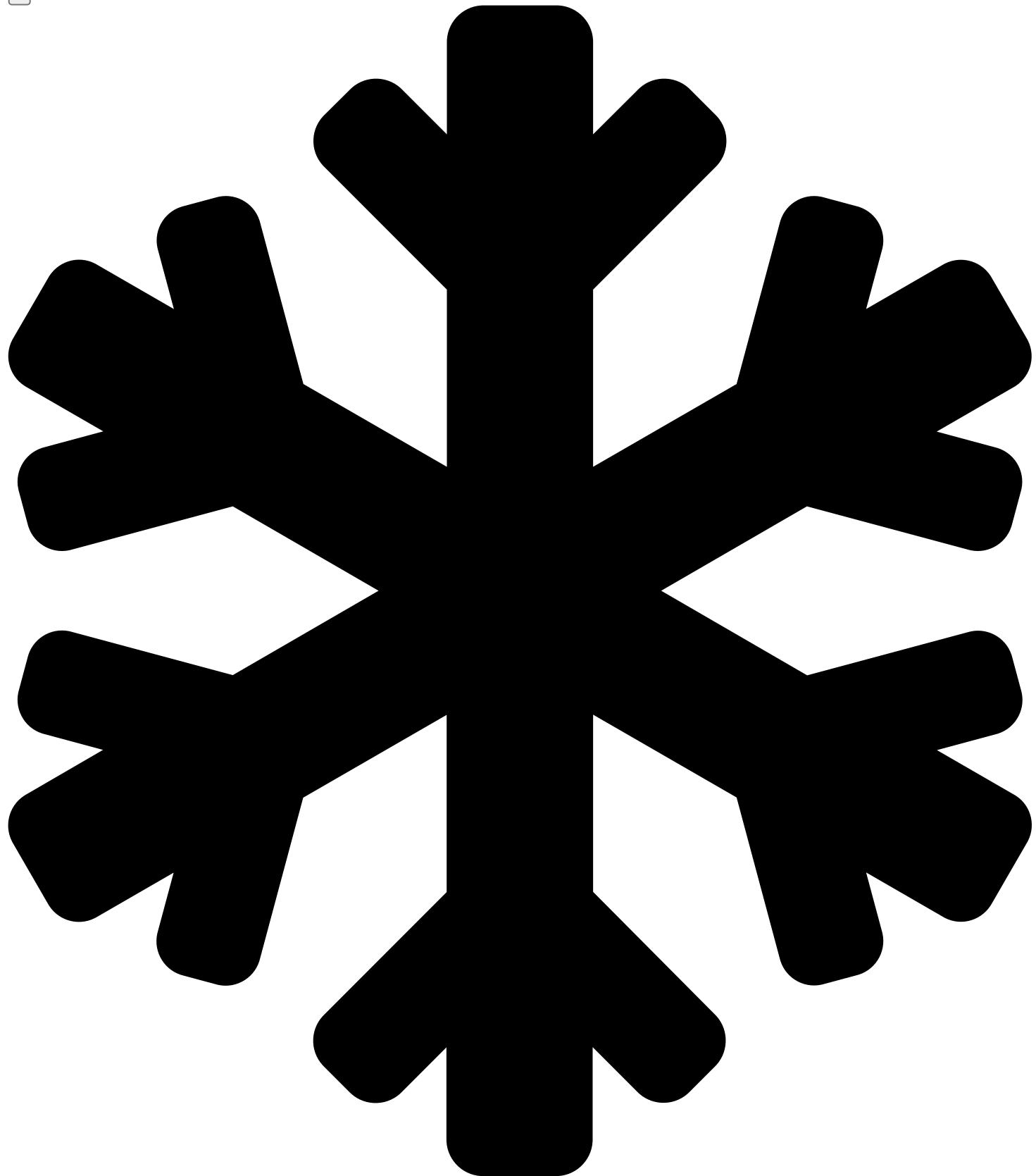
C

Pump Time



[View exercise history](#)

- 3 sets x
- 10-12 /arm KB High Pull Swing
- 10-12 Reverse Crunch
- 10-12 Dumbbell Tricep Kickback



Cooldown

- Open Wing
- Overhead Bent Arm Stretch
- Recovery Breath x 3-5 minutes

- Comment
- Note

Give Jen feedback on her workout!



Wed, Apr 28

Super-Strength W1D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7 Warm-Up
- Olympic Wall stretch: 2 minutes

A1

Back Squat



[View exercise history](#)

- 3x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)
- -proceed to A2-

A2

Bosu/Indo Squat

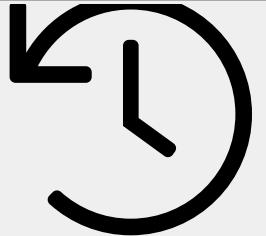


[View exercise history](#)

- 3x 12-20 reps
- -proceed to A3-

A3

Couch Stretch

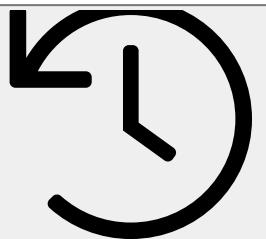


[View exercise history](#)

- During your 3-minute rest period

B

Hand Release Push-Up

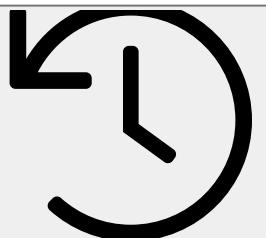


[View exercise history](#)

- 5 sets x max reps w/ 1 minute rest b/t sets

C1

Head-Over-Foot Lunges

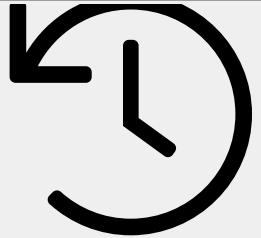


[View exercise history](#)

- 30 reps @ body weight or heavy weight w/ one kb/ball/db
- then move on to C2

C2

Pronated Pull-up

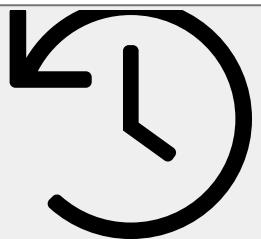


[View exercise history](#)

- 30 reps aqap
- then move on to C3



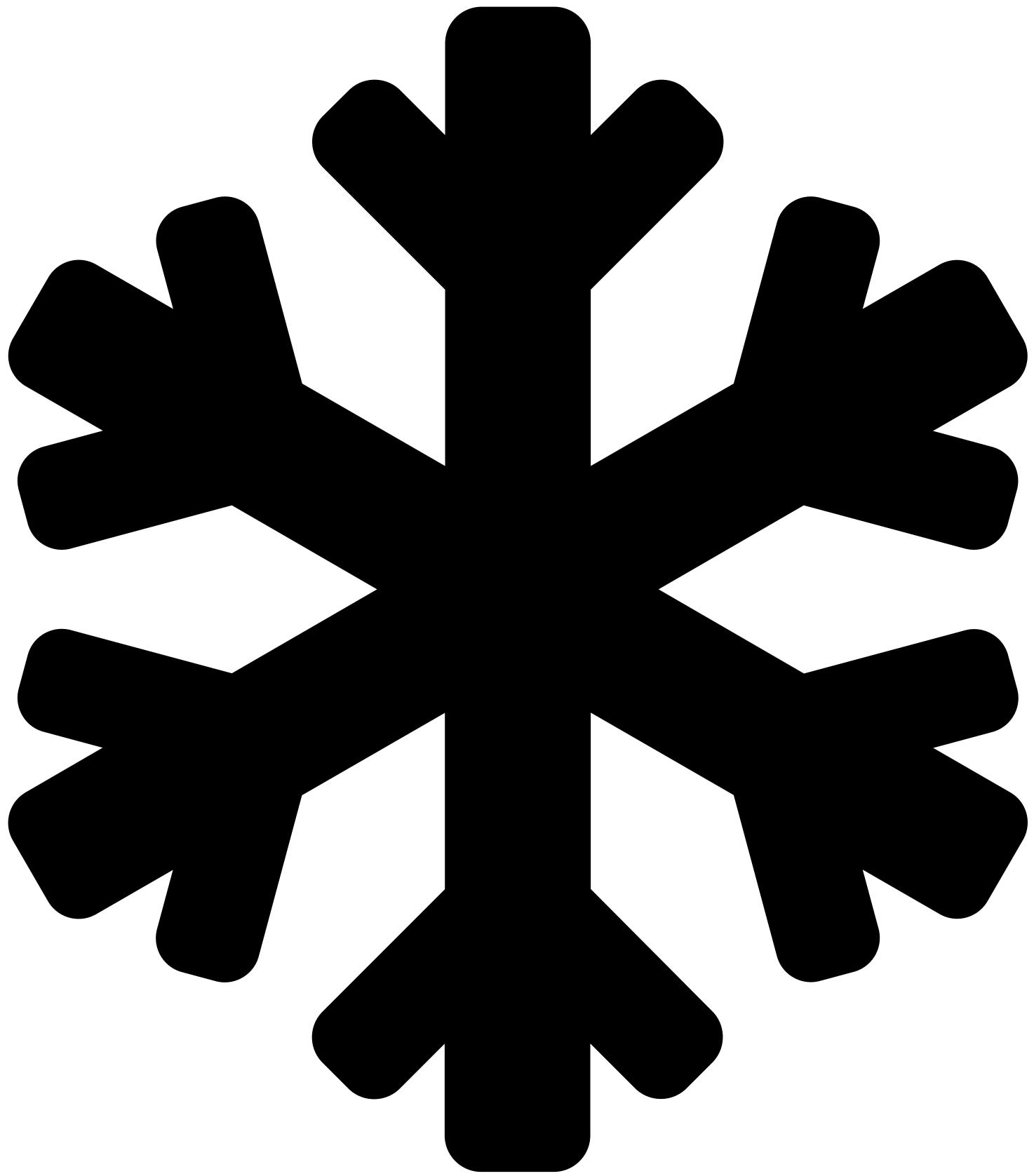
Deadbug



[View exercise history](#)

- 30 reps
- then cool it down!





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder
- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

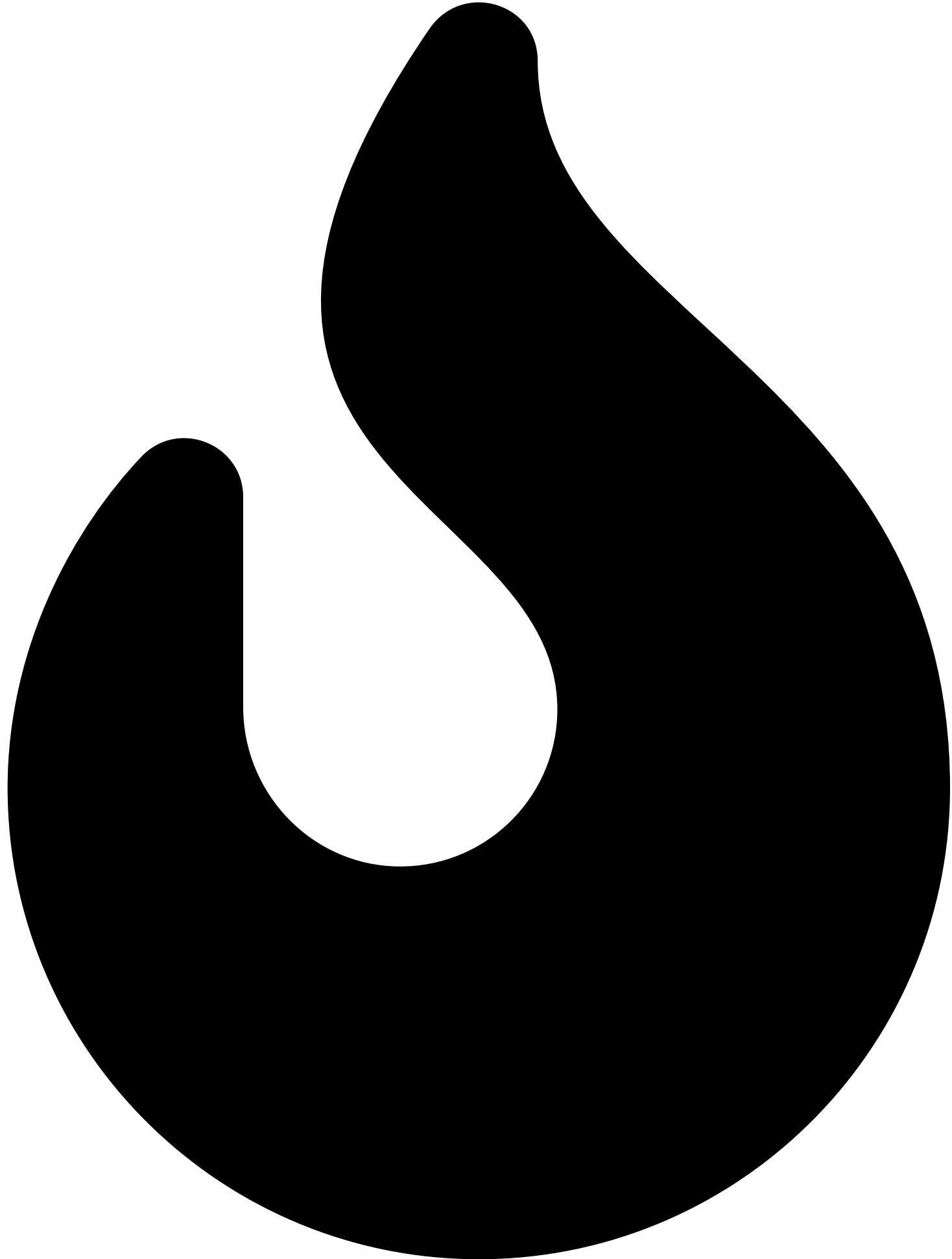


GIF

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Fri, Apr 30

Super-Strength W1D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7
-
- Olympic Wall Squat - 2 minutes

A1

Conventional Deadlift



[View exercise history](#)

- 3x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)



A2

Stability Ball Bridge



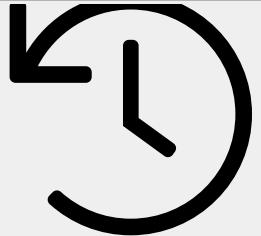
[View exercise history](#)

- 3x 12-20



A3

Frog Stretch

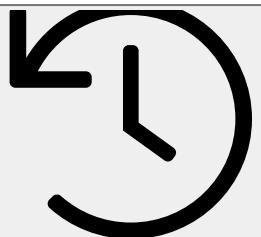


[View exercise history](#)

- During your 3 minute rest

B

Dumbbell Arnold Press

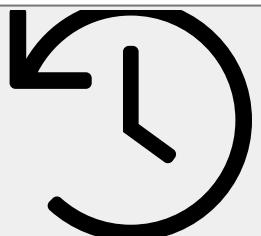


[View exercise history](#)

- 5x5 @ 75% TM w/ 1 minute rest

C1

Single Leg Romanian Deadlift

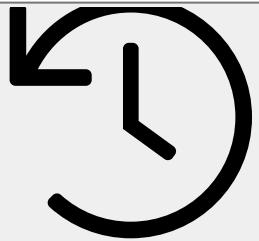


[View exercise history](#)

- 15 reps/side @ intermediate weight with perfect technique
- then move on to C2...

C2

Kipping Pull-Up

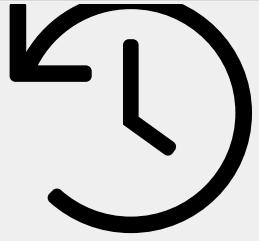
[View exercise history](#)

- 30 reps aqap
- complete 5 HSPU as a penalty for stopping
- then move on to C3 upon completion



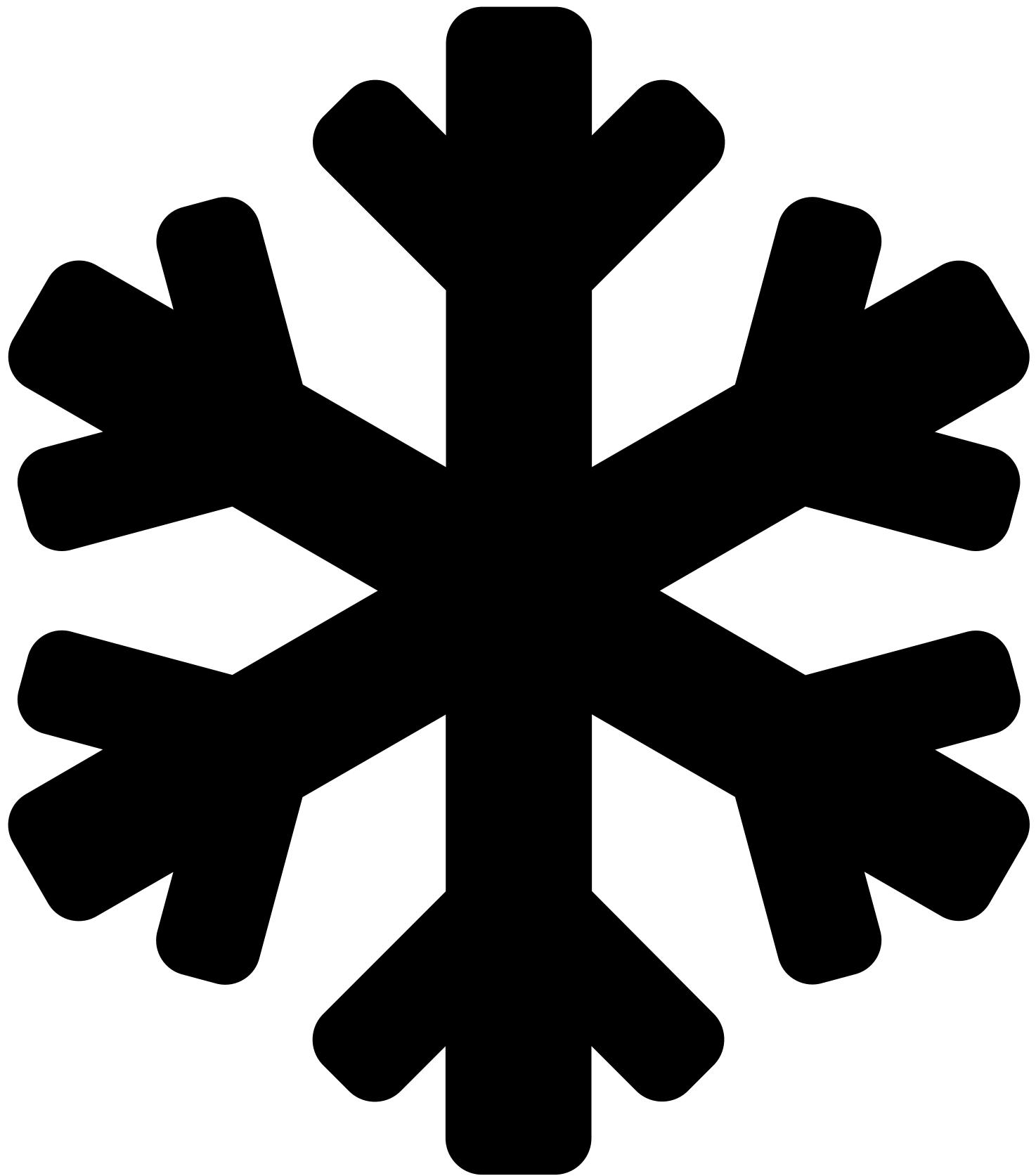
C3

Hollow Rocks

[View exercise history](#)

- 30 reps AQAP
- then, cool it down!





Coldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder
- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

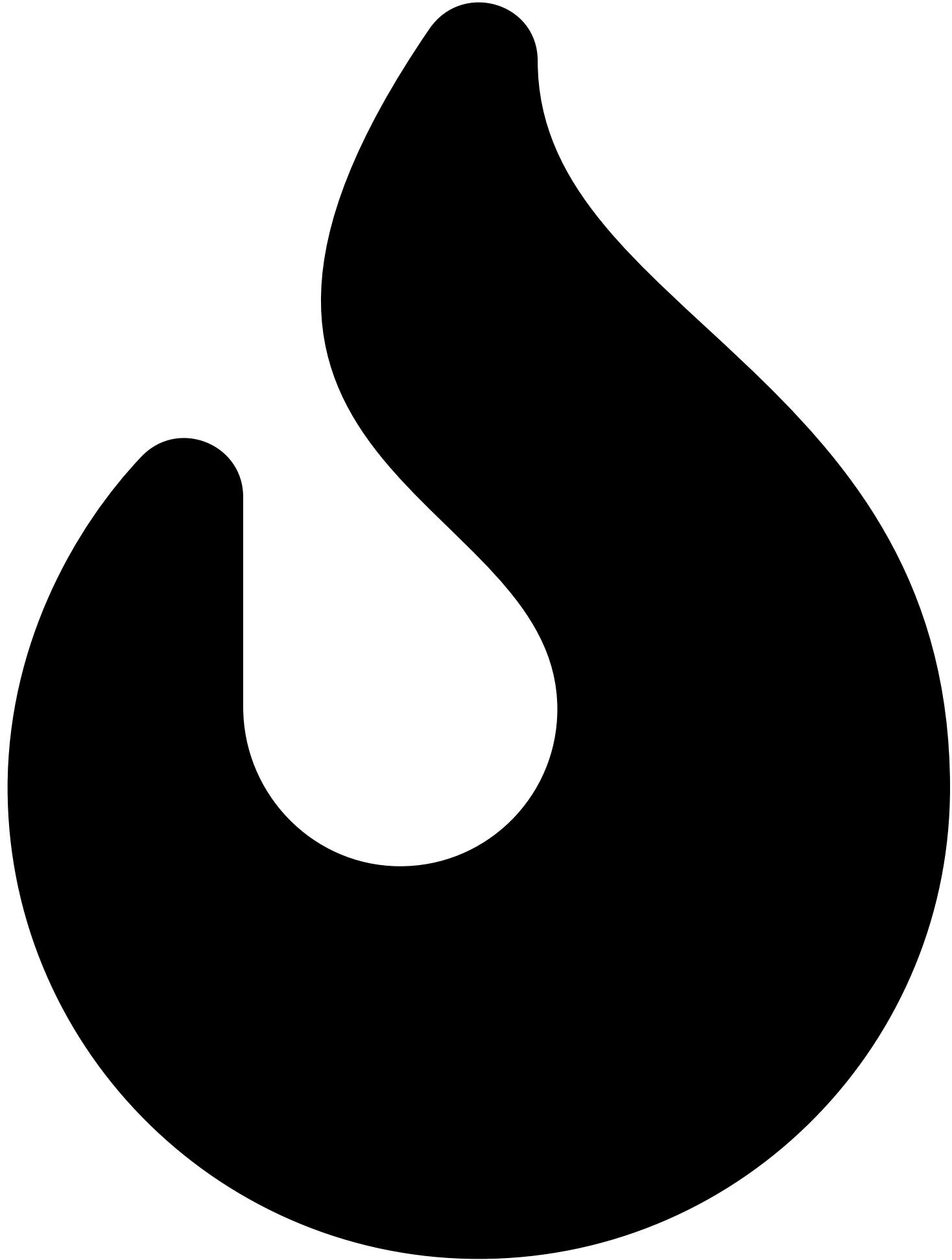


GIF

Send

Mon, May 3

Super-Strength W1D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Olympic Wall Squat - 2 minutes

A

Back Squat



- 5x5 @ 75% TM w/ 1 minute rest



B1

Hand Release Push-Up

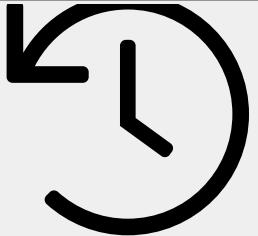


- Start with 1 push-up. Rest. 2 push-up. Rest. 3 push-up. Rest. Etc.
-
- Regress to easier variations if needed.
-
- Repeat until you reach failure, then reverse the pyramid and work your way all the way down, resting as needed.



B2

Stability Ball Chest Stretch



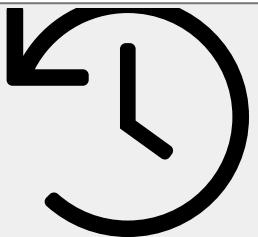
[View exercise history](#)

- During your 3 minute rest period



C1

Side Lunge



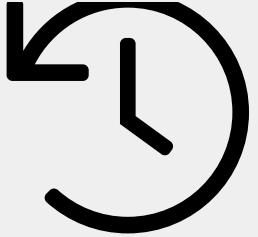
[View exercise history](#)

- 30 reps/side



C2

Pendlay Row



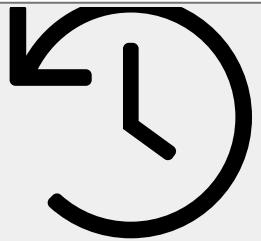
[View exercise history](#)

- 30 reps aqap @ intermediate weight
- -complete c3 as a penalty for stopping
- then move on to C4 upon completion-



C3

Renegade Row



[View exercise history](#)

- 5/side penalty reps @ intermediate weight
- -then go back to C2-



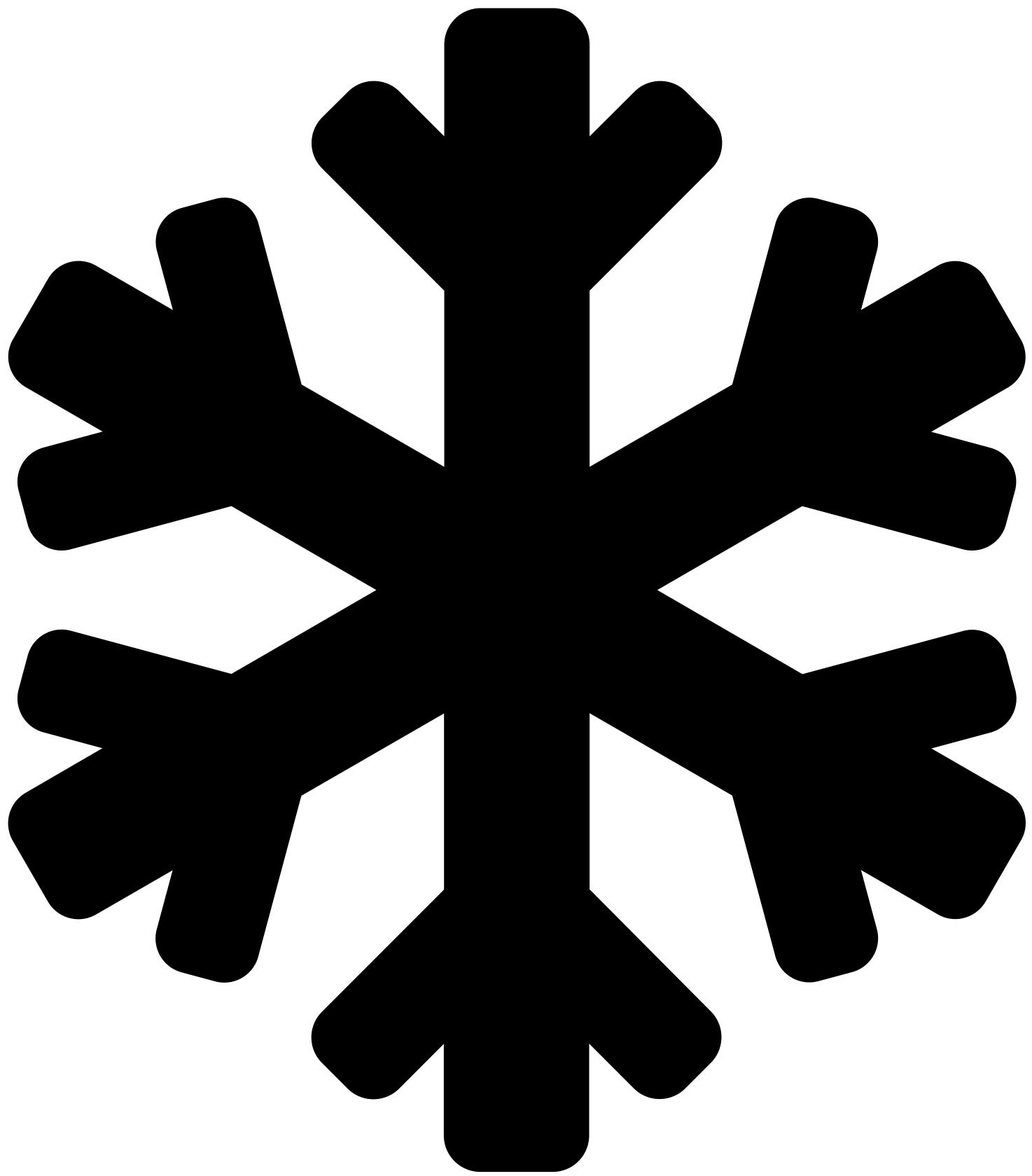
Deadbug



[View exercise history](#)

- 30 reps AQAP
- then, cool it down!



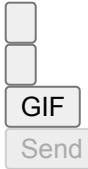


Coldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder
- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

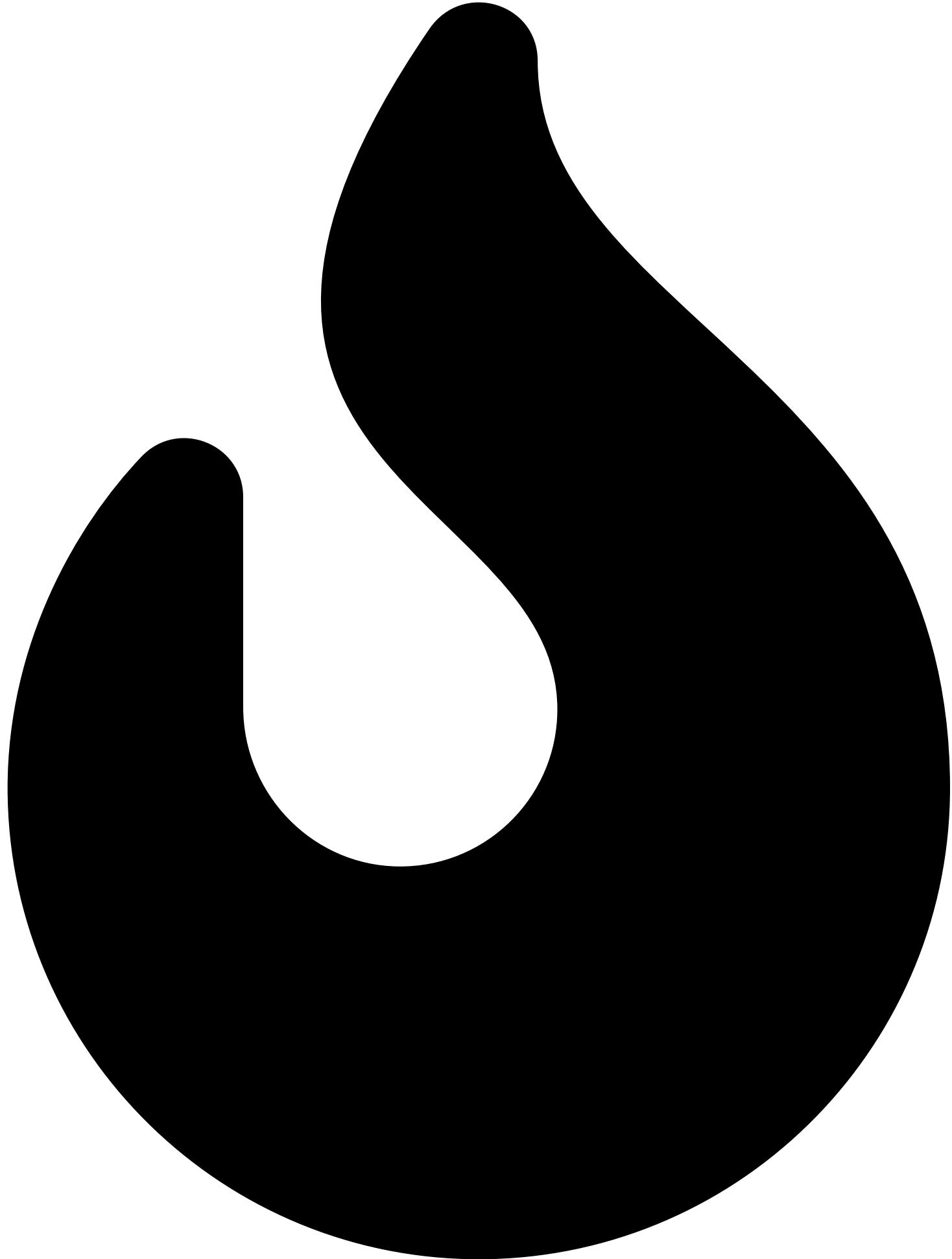


GIF

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Wed, May 5

Super-Strength W2D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Agile 8
-
- Frog Stretch - 2 minutes

A

Conventional Deadlift



[View exercise history](#)

- 5 sets x 3 reps @ 75% TM w/ 1 minute rest b/t sets



B1

Dumbbell Arnold Press



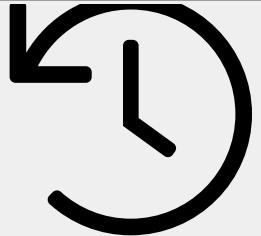
[View exercise history](#)

- 3x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)



B2

Band Pull Aparts



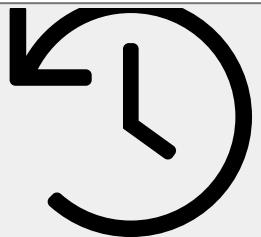
[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



C1

Box Step Up



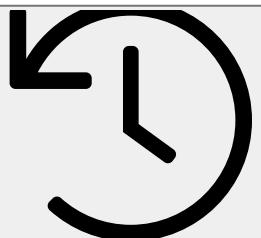
[View exercise history](#)

- 30 reps/side AQAP



C2

Towel Pull-up



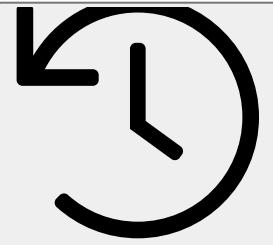
[View exercise history](#)

- 30 reps aqap
- then move on to C3



C3

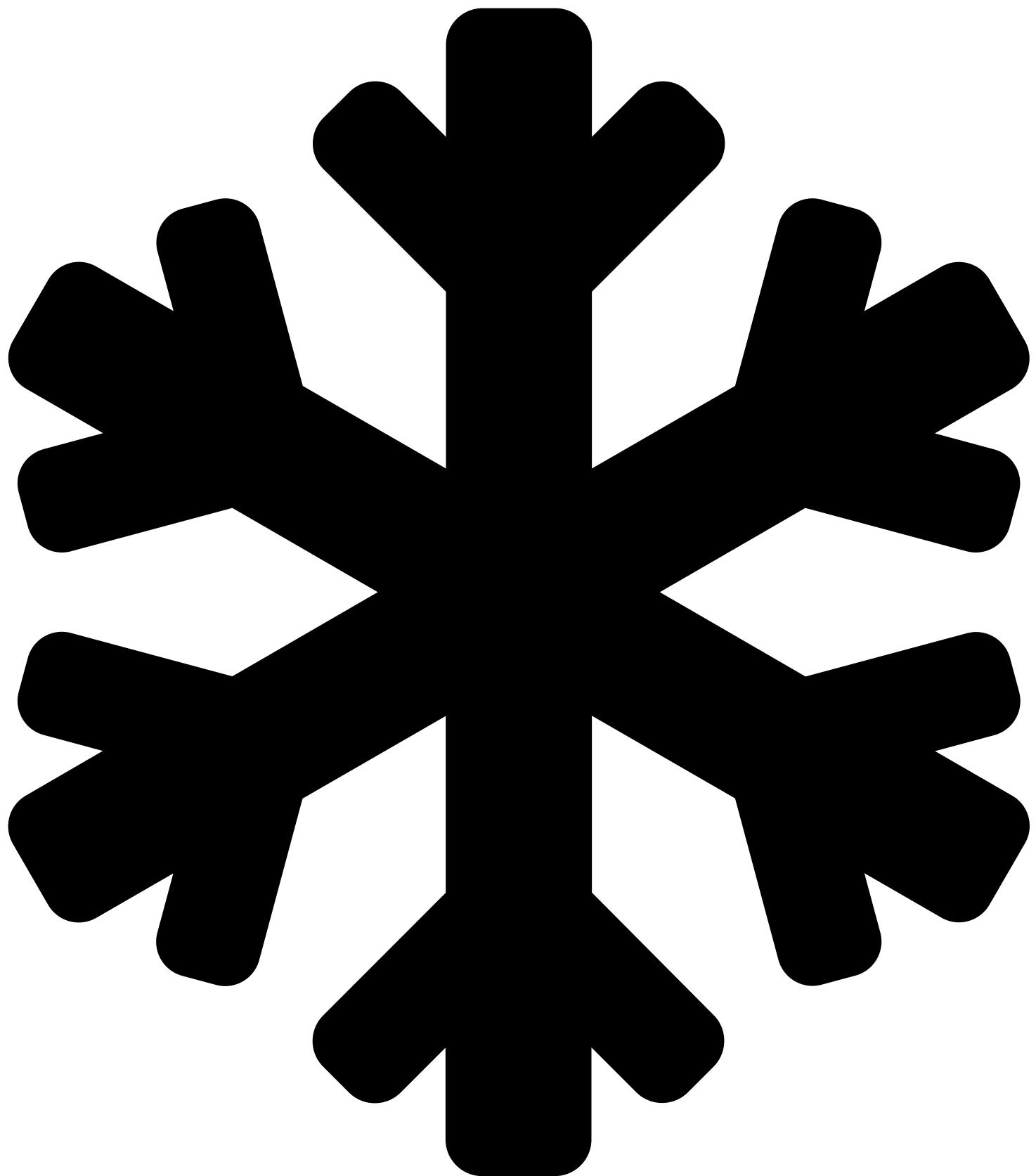
Cable Chop



[View exercise history](#)

- 30 reps @ max weight
- 1 minute rest b/t sets





Coldown

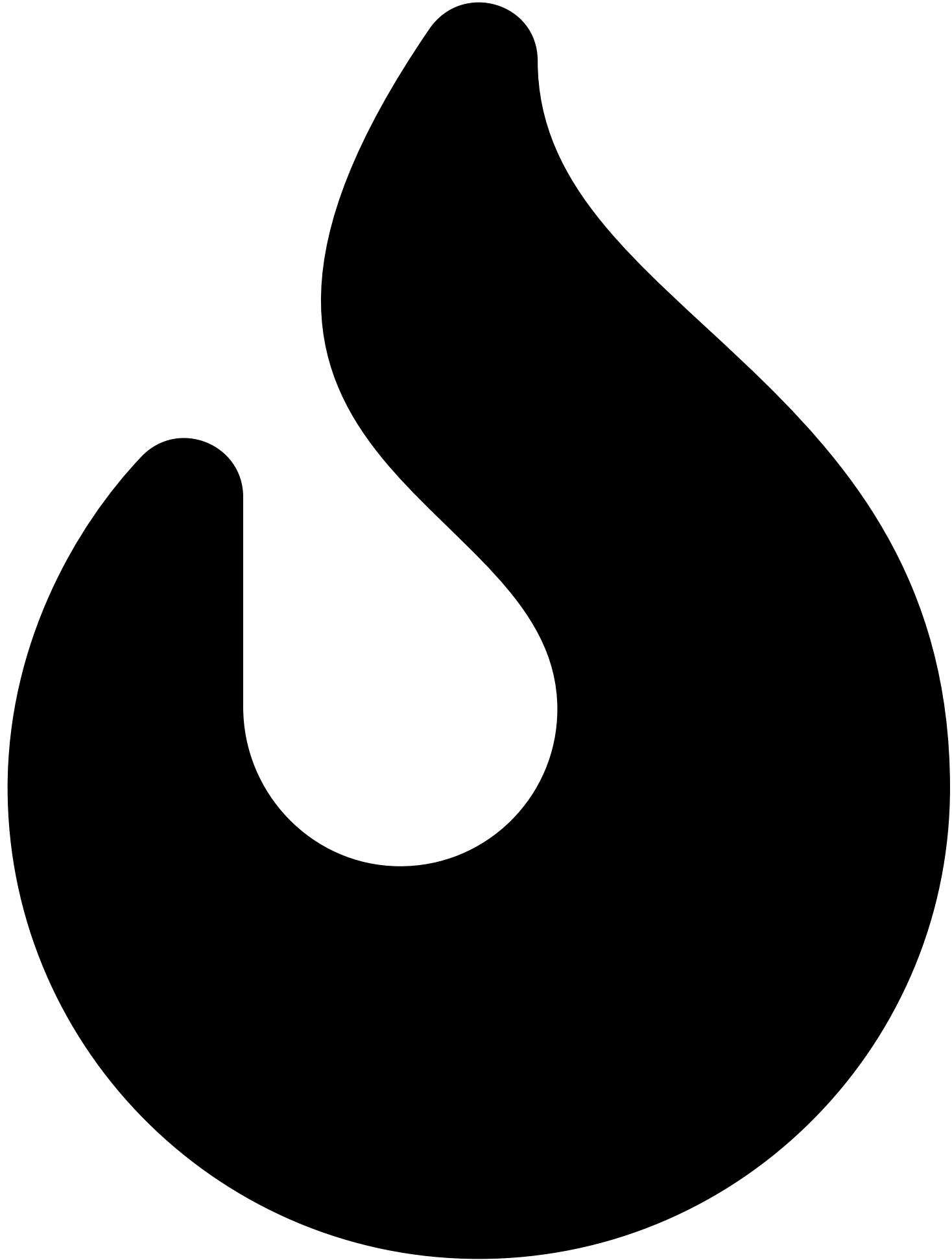
- Frog stretch - 2 minutes
- Comment
- Note

Give Jen feedback on
her workout!



Fri, May 7

Super-Strength W2D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- Olympic Wall Squat: 2 minutes

A1

Back Squat



[View exercise history](#)

- 3x 5, 5, 5+ (max reps) @ 65%, 75%, 85% Training Max (TM)



A2

Pistol



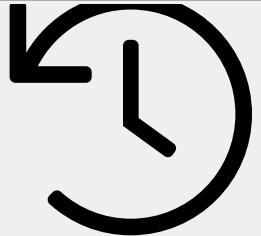
[View exercise history](#)

- 3x 6-10/side; 3 minute rest



B

Hand Release Push-Up



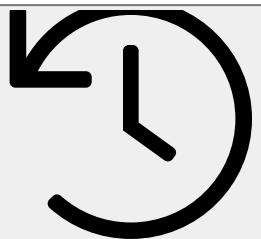
[View exercise history](#)

- 5x5 max reps w/ 1 minute rest



C1

Cossack Squat



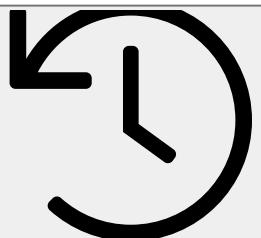
[View exercise history](#)

- 30 reps aqap, then on to c2



C2

Single Arm Dumbbell Row



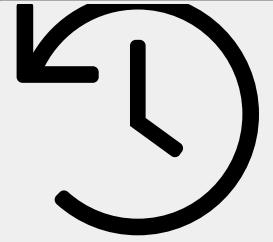
[View exercise history](#)

- 30 reps/side @ max weight
- then move on to C3.



C3

Side Bridge



View exercise history

- 30/side aqap w/ b/w





Cooldown

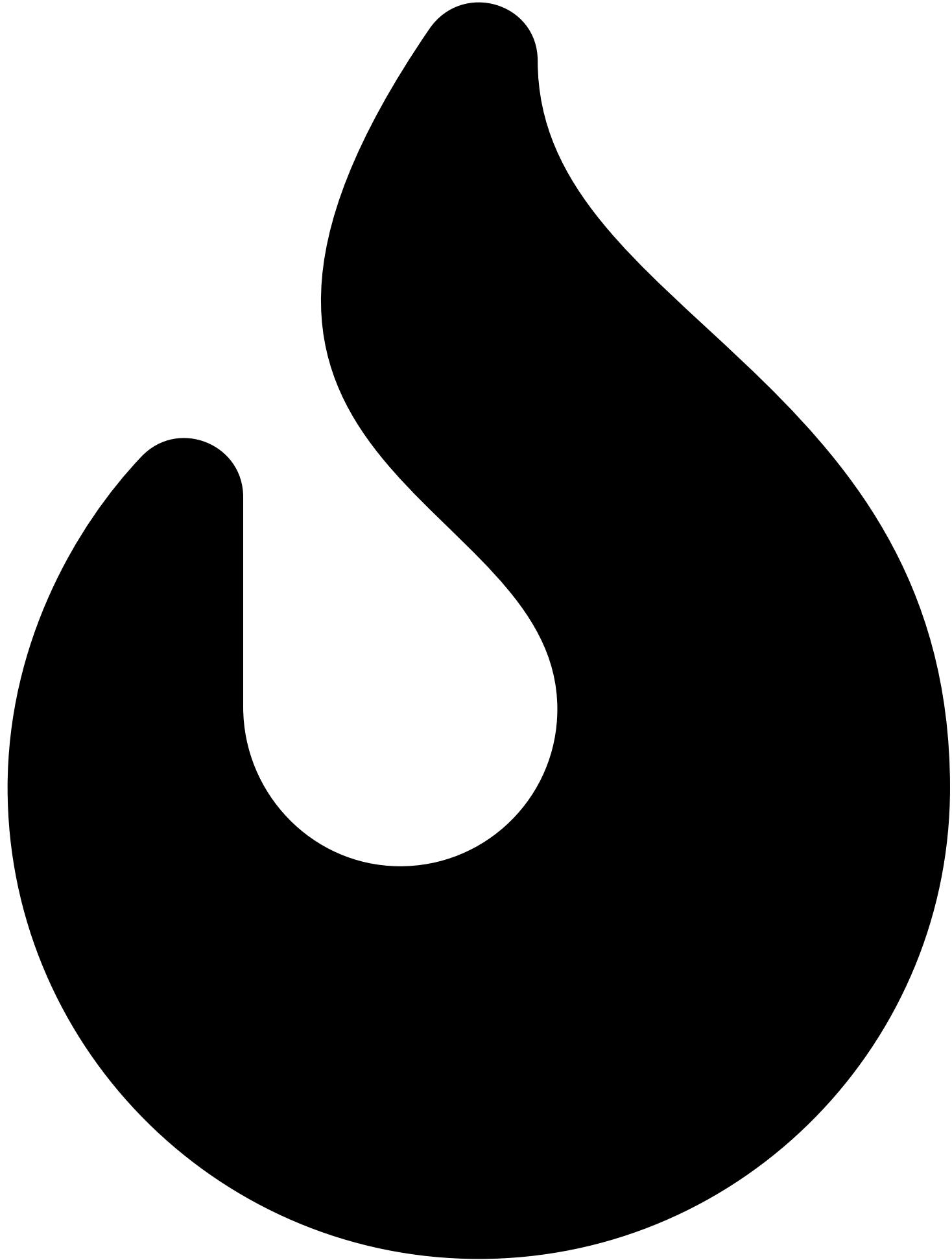
- Olympic Wall Squat: 2 minutes
- Couch Stretch: 1 minute/side
- Chest Stretch: 1 minute/side
- Comment
- Note

Give Jen feedback on
her workout!



Mon, May 10

Super-Strength W2D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog Stretch - 2 minutes

A1

Conventional Deadlift



[View exercise history](#)

- 3x 3, 3, 3+ @ 65%, 75%, 85% TM



A2

Stability Ball Bridge



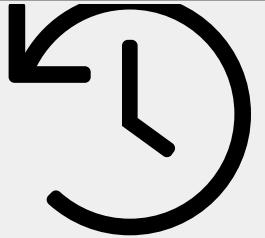
[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



B

Dumbbell Arnold Press



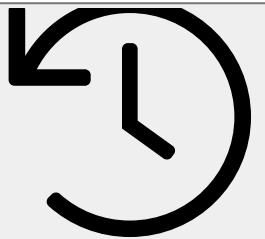
[View exercise history](#)

- 5x5 @ 75% TM w/ 1 minute rest



C1

Single Leg Romanian Deadlift



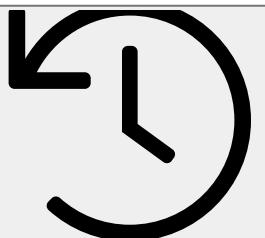
[View exercise history](#)

- 30/side aqap @ max weight, then on to c2



C2

Renegade Row



[View exercise history](#)

- 30 reps aqap @ max weight, then on to c3.



C3

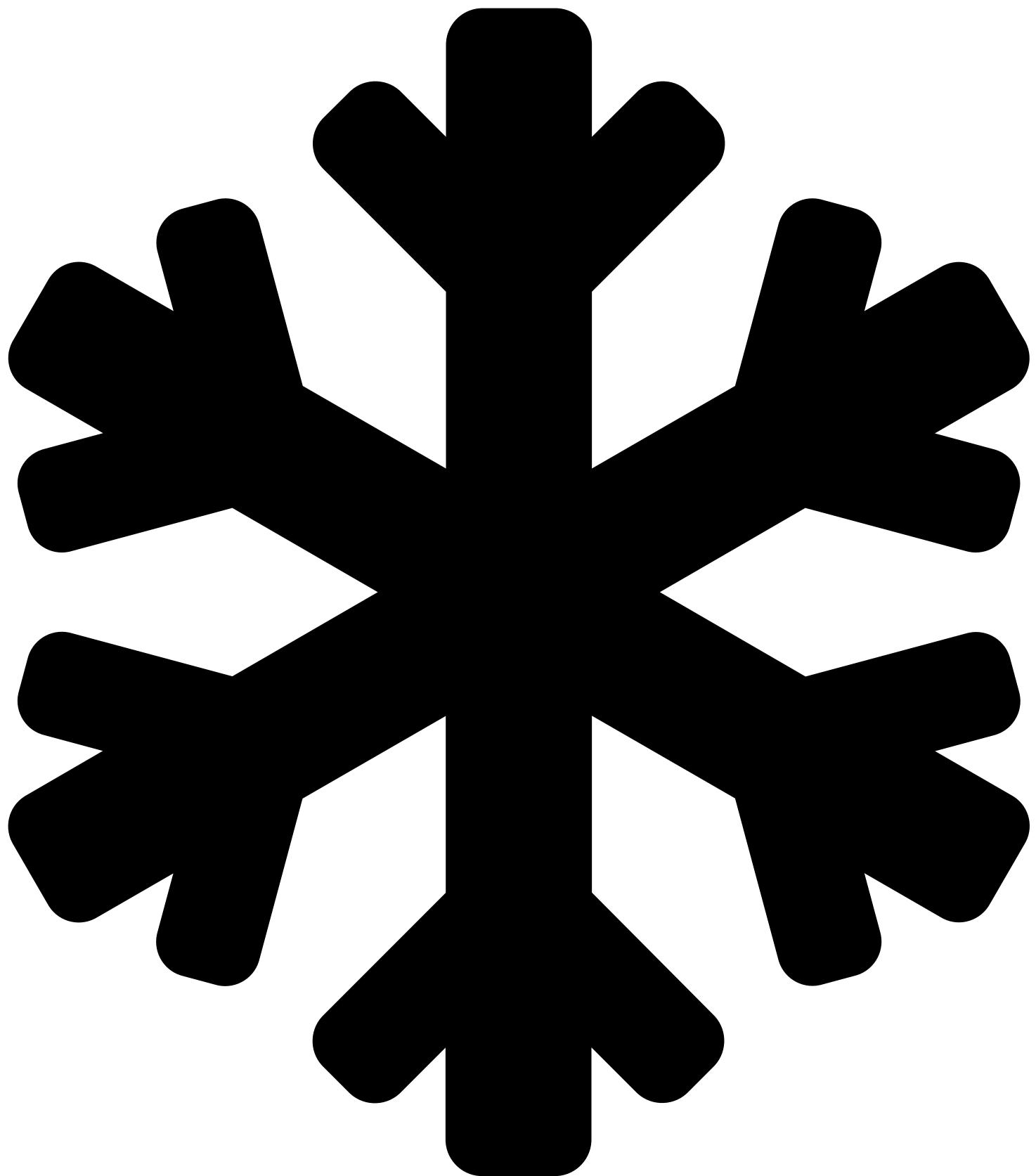
Captain Morgans



View exercise history

- 30/side aqap





Cooldown

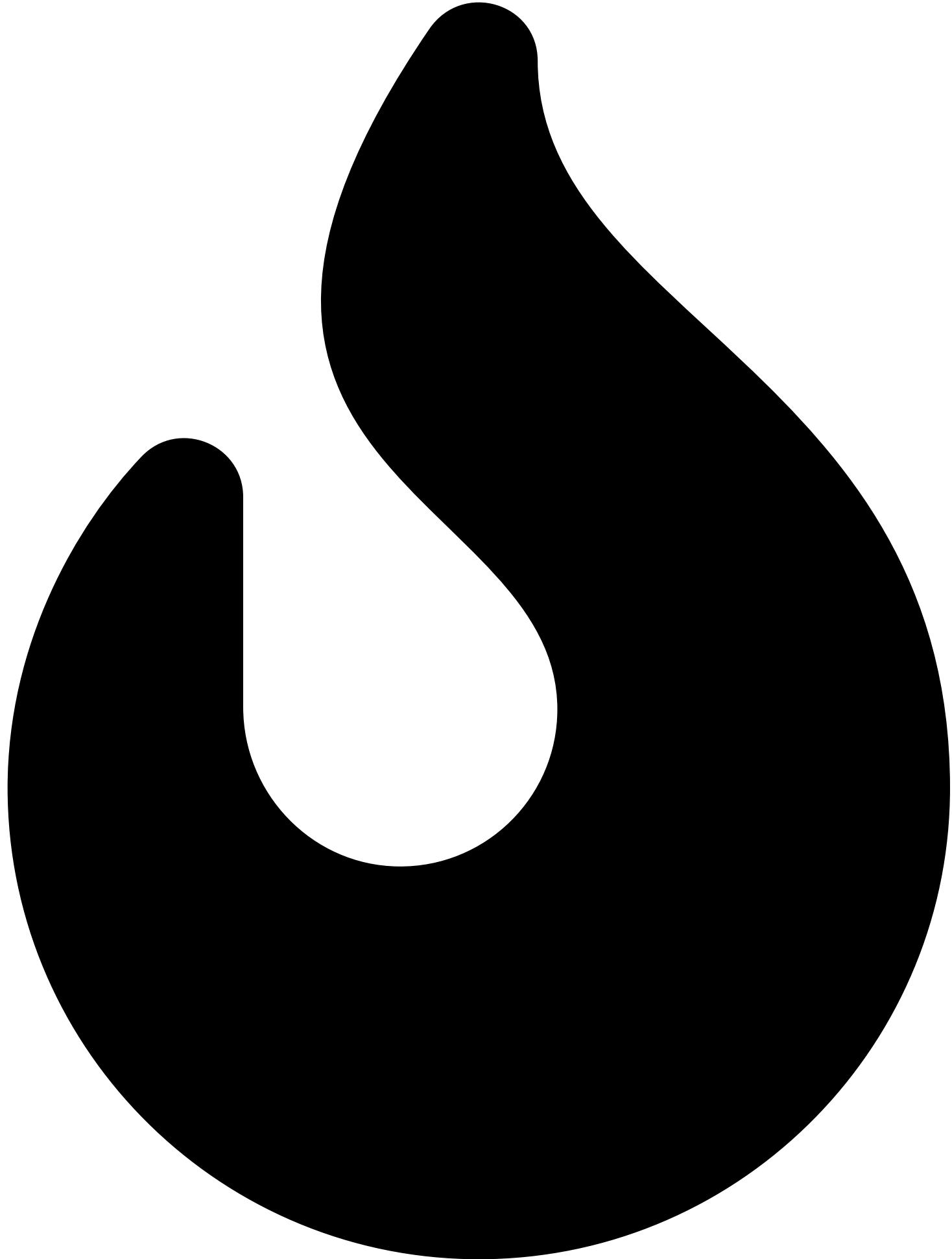
- Frog stretch - 2 minutes
- Comment
- Note

Give Jen feedback on
her workout!



Wed, May 12

Super-Strength W3D1



Warmup

- Treadmill
-
- 8 x 20 seconds work at max effort
-
- Couch stretch

A

Back Squat



[View exercise history](#)

- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets

B1

Hand Release Push-Up

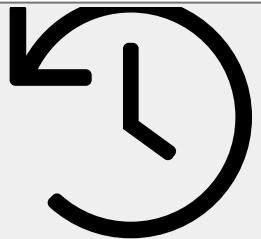


[View exercise history](#)

- Sprints!
-
- 3 rounds
- 1 minute to complete max reps.
- Resting 5-7 seconds as needed.

B2

Ring Flies

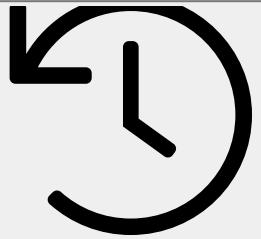
[View exercise history](#)

- Ring or TRX
- 3x 10; 3 minute rest



C1

Walking Lunges

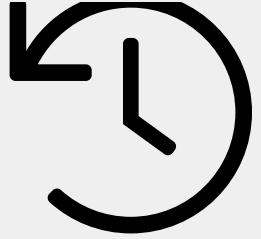
[View exercise history](#)

- 30 reps @ b/w or heavy weight,
- then move on to c2.



C2

Supinated Pull-up

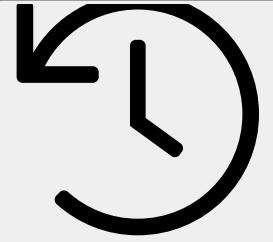
[View exercise history](#)

- 30 reps aqap.
- Move on to c3 upon completion



C3

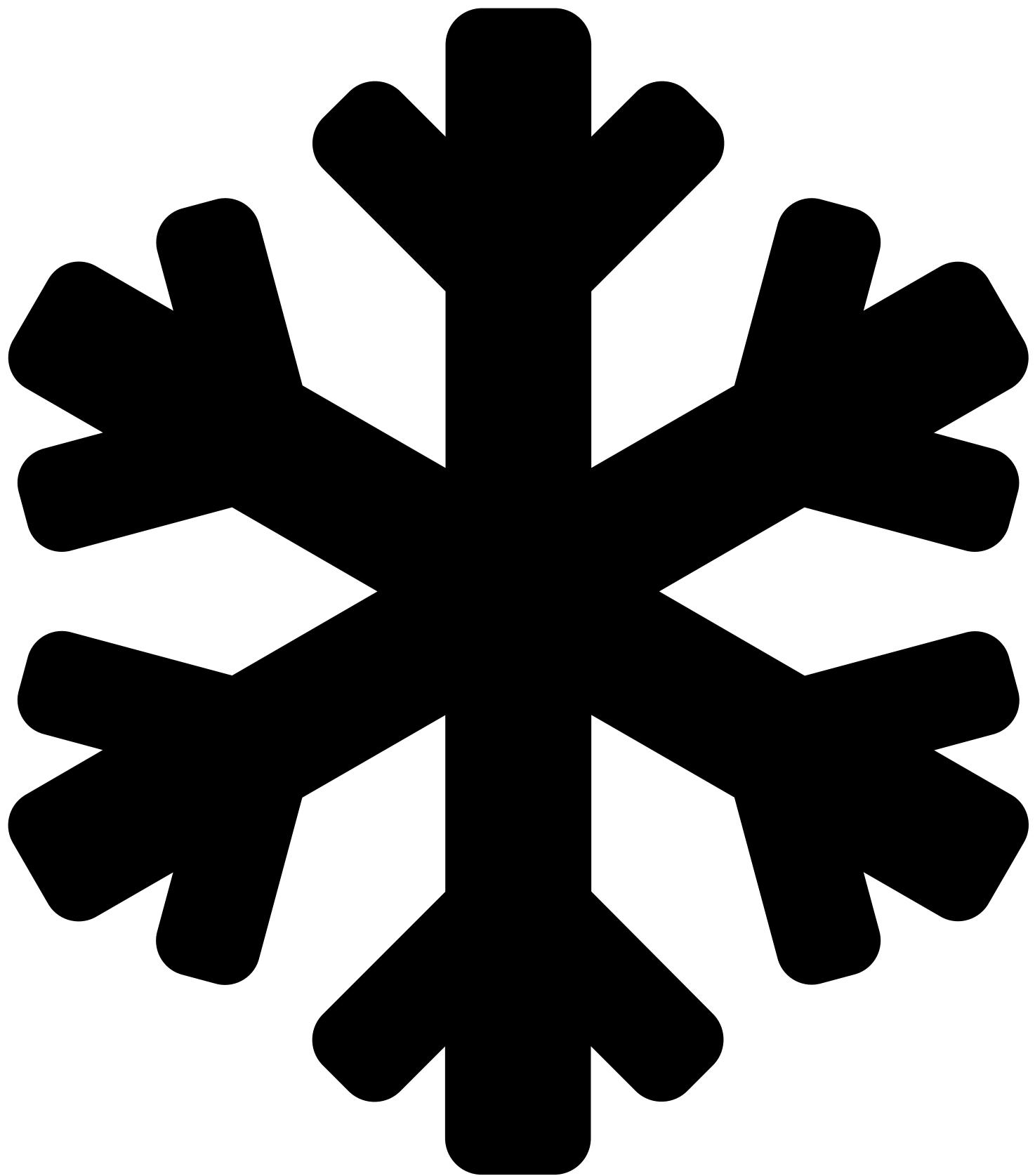
Cable Chop



[View exercise history](#)

- 30 reps/side @ max weight





Coldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder
- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

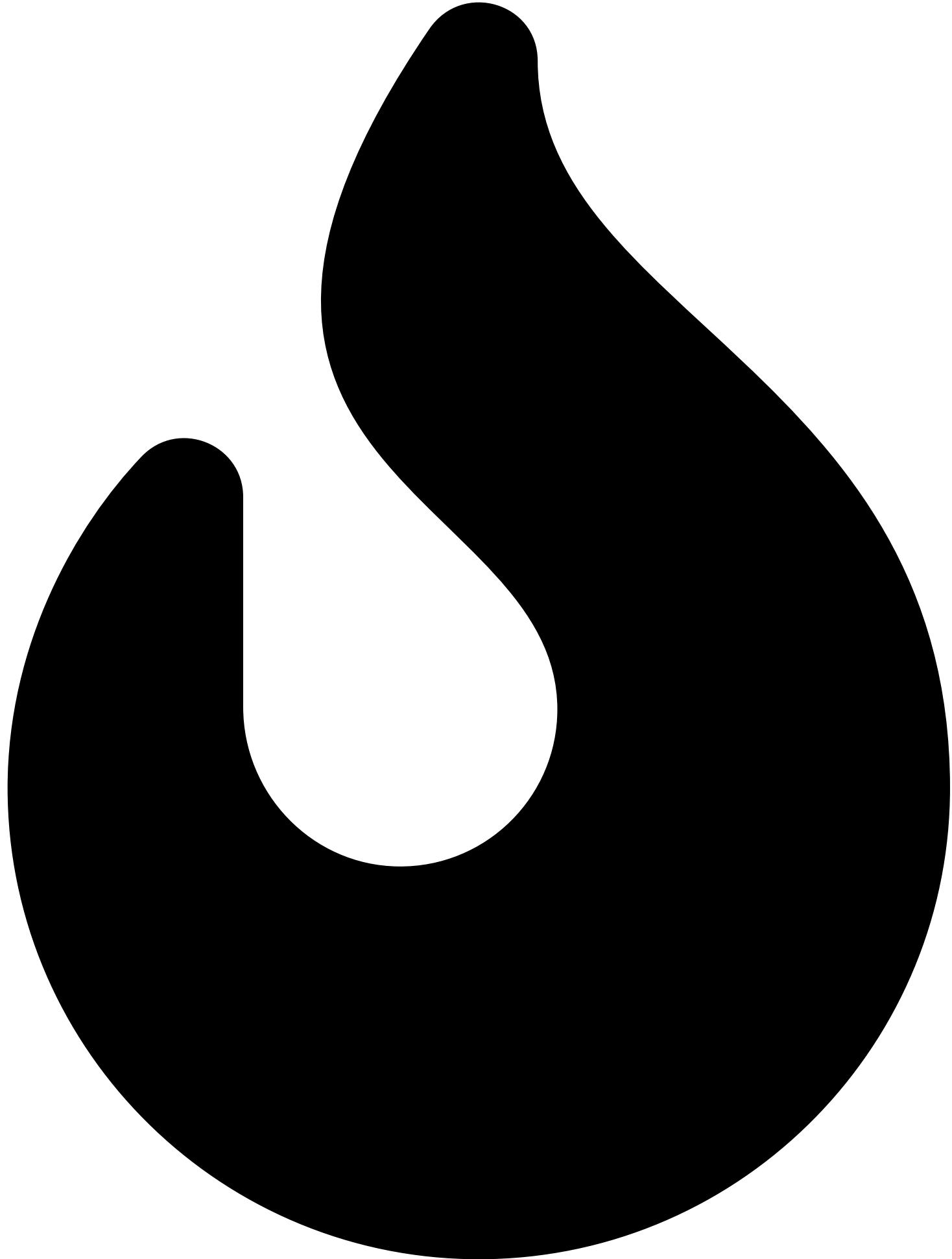


GIF

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Fri, May 14

Super-Strength W3D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- Frog Stretch - 2 minutes

A

Conventional Deadlift



[View exercise history](#)

- 5x3 @ 75% TM w/ 1 minute rest

B1

Dumbbell Arnold Press

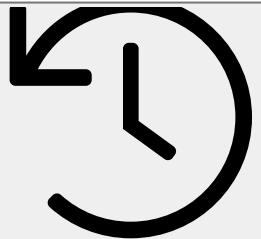


[View exercise history](#)

- 3x 5, 5, 5+ (max reps) @ 65%, 75%, 85% Training Max (TM)

B2

Band Pull Aparts

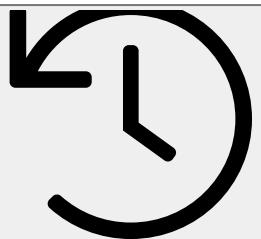
[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



C1

Single Leg Romanian Deadlift

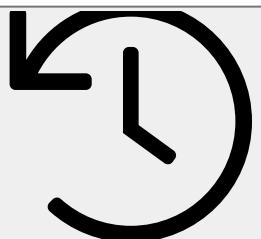
[View exercise history](#)

- 30 reps/side @ max weight
- move on to c2 upon completion



C2

Butterfly Pull-up

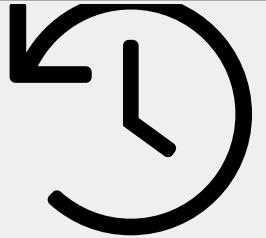
[View exercise history](#)

- 30 reps aqap
- -take 5 of c3 as a penalty-
- -move on to c4 upon completion-



C3

Strict Handstand Push-up



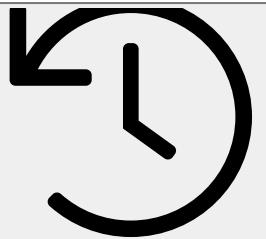
[View exercise history](#)

- 5 penalty reps, then return to c2.



C4

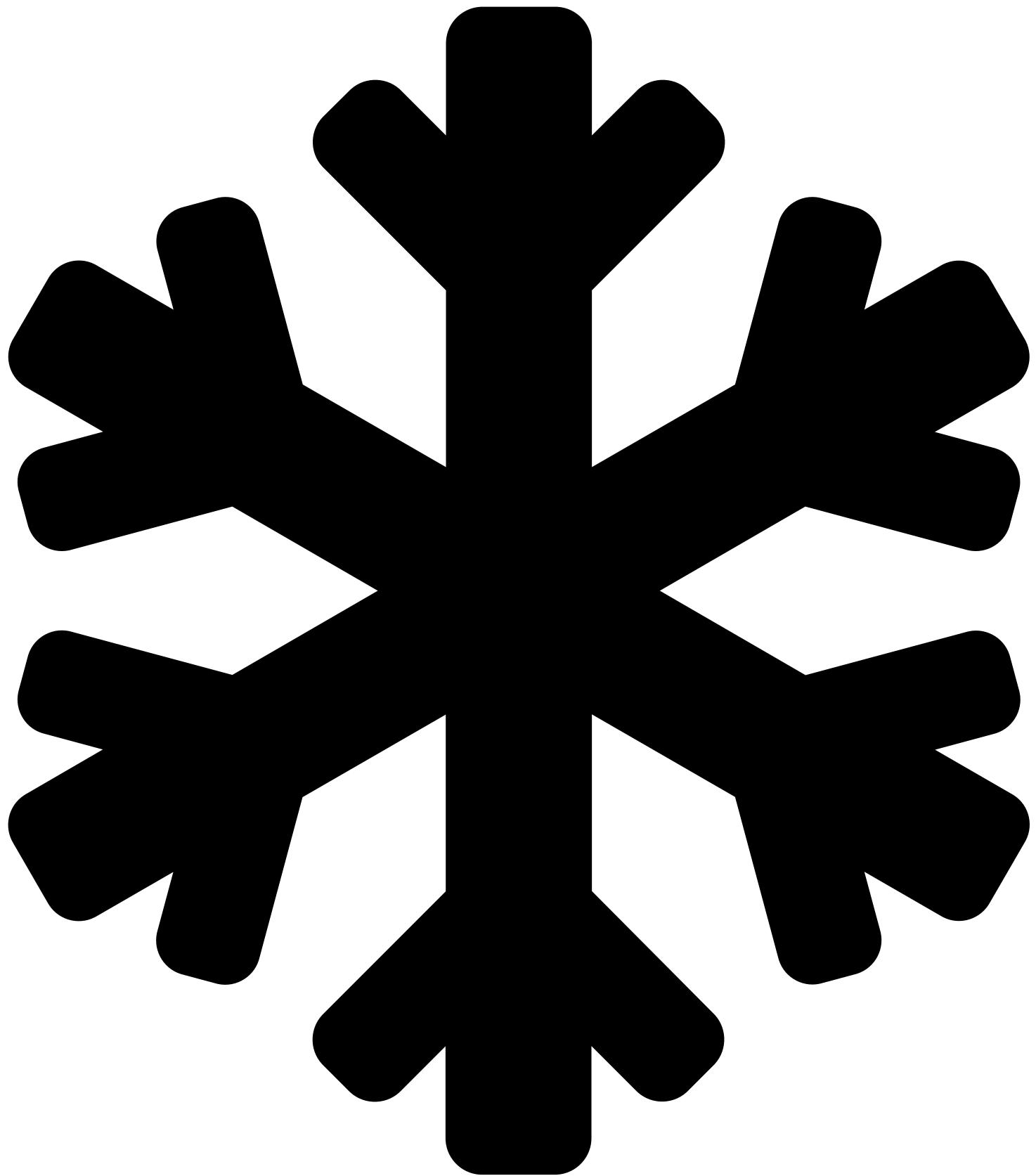
Hollow Rocks



[View exercise history](#)

- 30 reps aqap





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder

- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

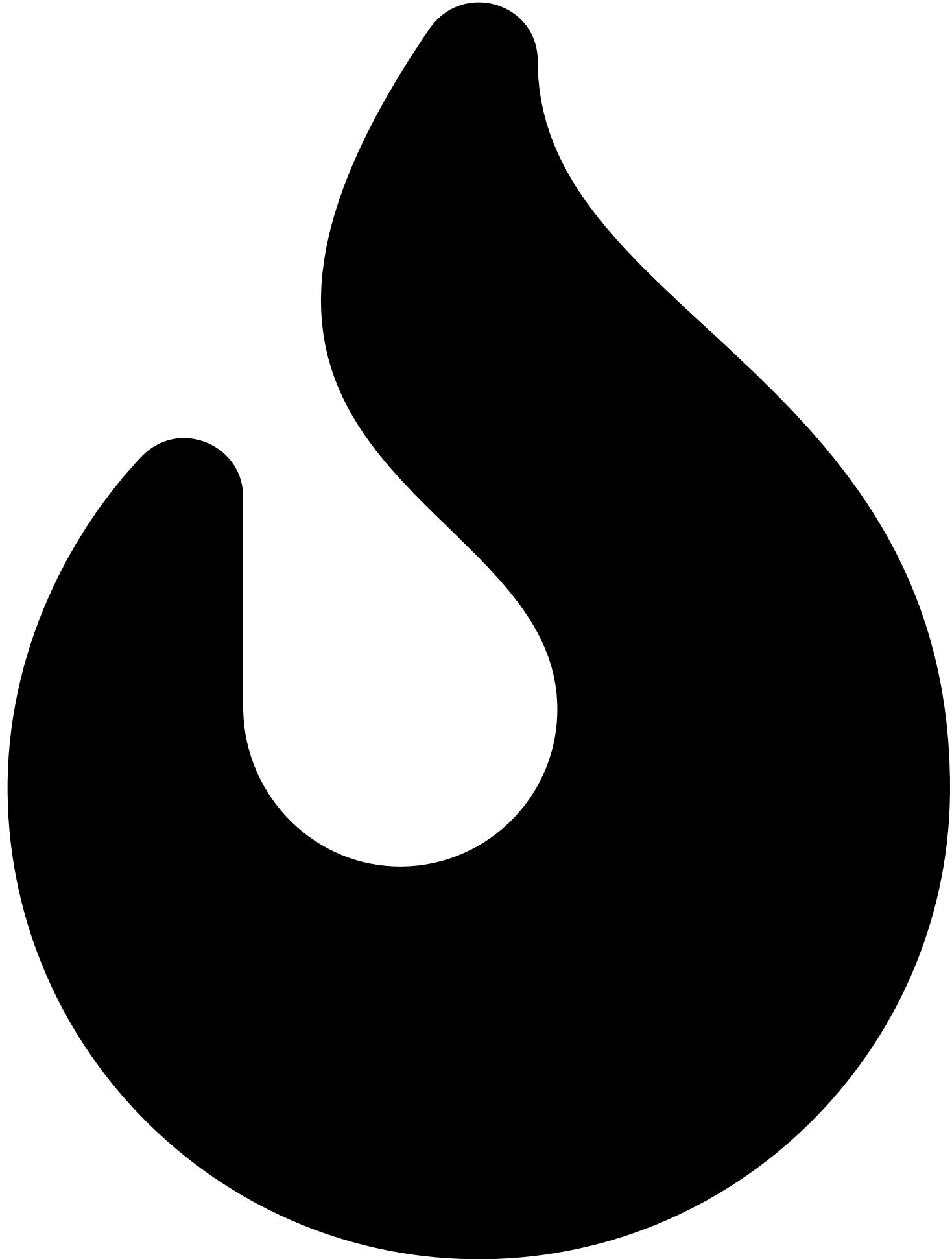


GIF

Send

Mon, May 17

Super-Strength W3D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Olympic wall squat - 2 minutes

A1

Back Squat



[View exercise history](#)

- 3x 5, 3, 1+ @ 75%, 85%, 95% TM
- -superset-



A2

Bosu/Indo Squat



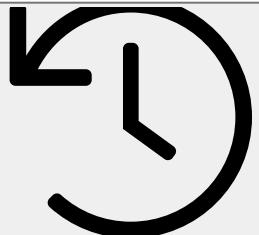
[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



B

Hand Release Push-Up

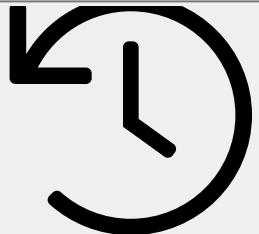
[View exercise history](#)

- Pyramid!
- Start with 1 push-up. Rest. 2 push-up. Rest. 3 push-up. Rest. Etc.
-
- Regress to easier variations if needed.
-
- Repeat until you reach failure, then reverse the pyramid and work your way all the way down, resting as needed.



C1

Clean and Jerk

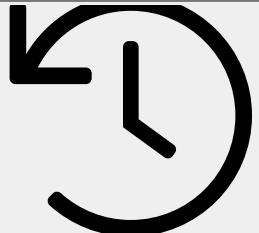
[View exercise history](#)

- 30 clean and press, increase weight every 5 reps



C2

Kroc Row

[View exercise history](#)

- 30 reps/side @ max weight aqap



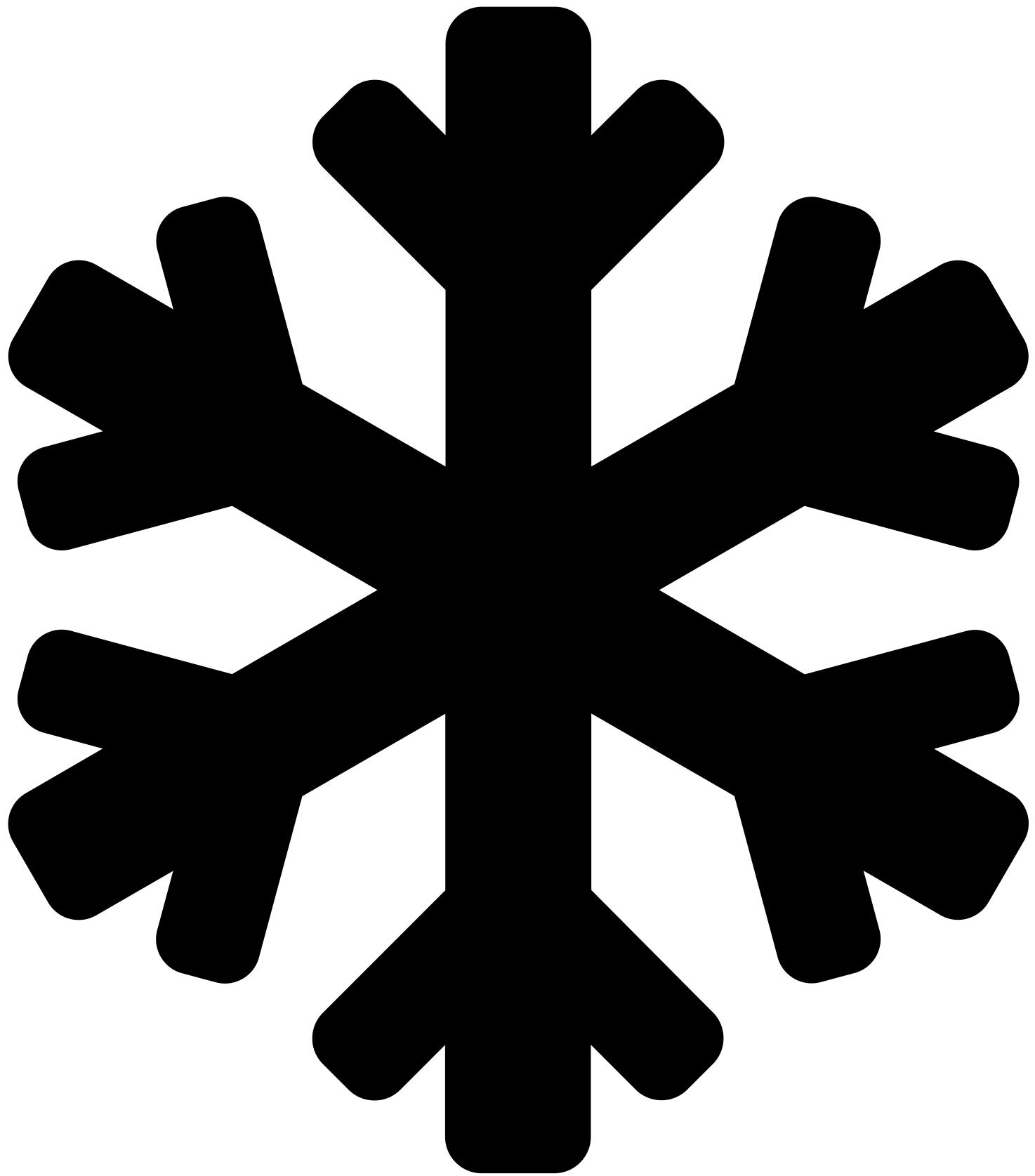
C3

Deadbug

View exercise history

- 30 reps/side aqap
- 1 minute rest b/t sets





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder

- Woodpecker

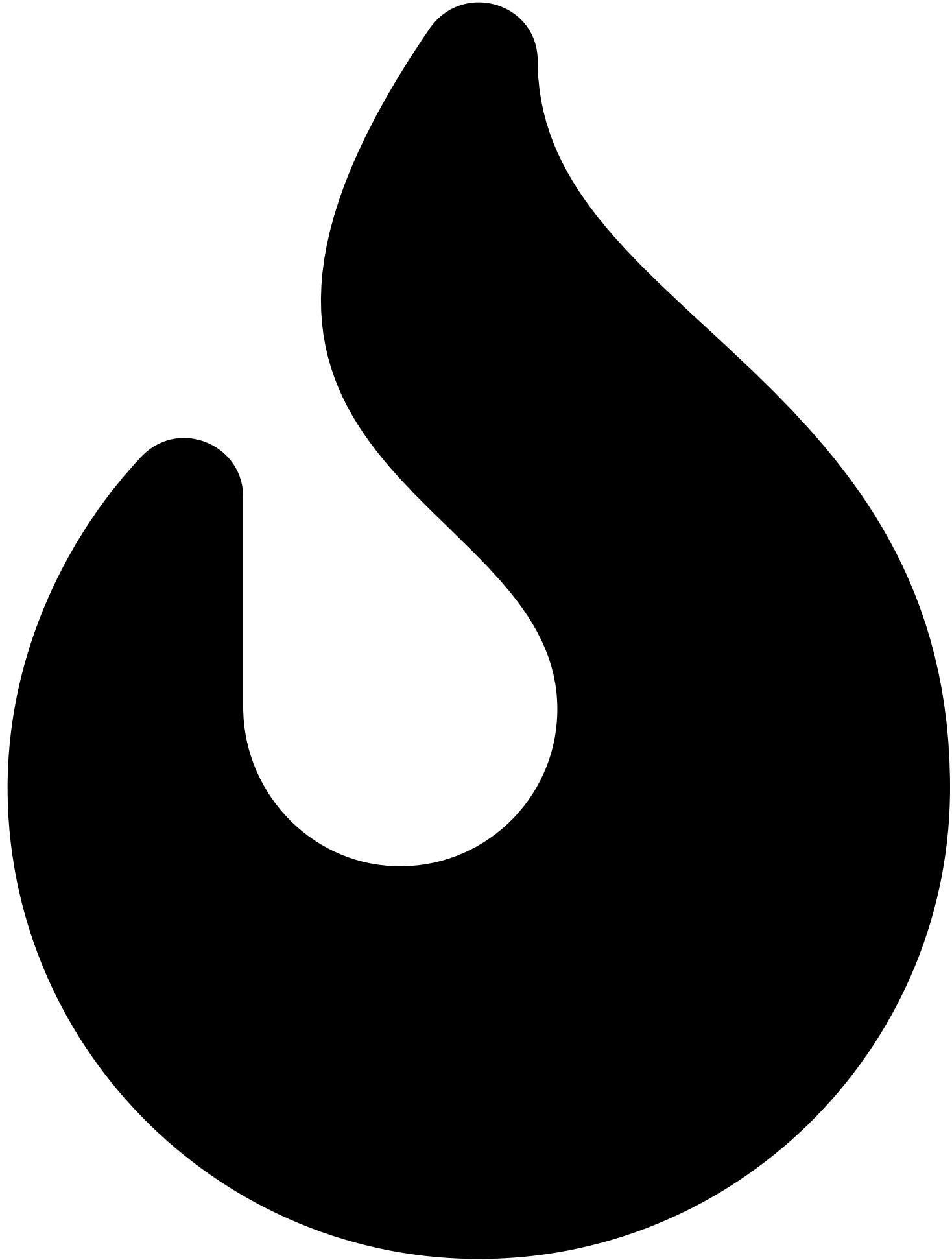
- Comment
- Note

Give Jen feedback on her workout!



Wed, May 19

Super-Strength W4D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest on sker .
-
- Agile 8
-
- Frog stretch - 2 minutes

A

Cocoon



- 2 minutes.
- Max reps.



B1

Conventional Deadlift

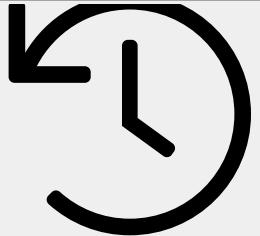


- 3x 3, 3, 1+ (max reps) @ 75%, 85%, 95% Training Max (TM)



B2

Stability Ball Hamstring Curl

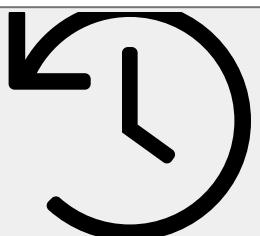


[View exercise history](#)

- 3x 12-20 reps; 3 minute rest

C

Dumbbell Arnold Press

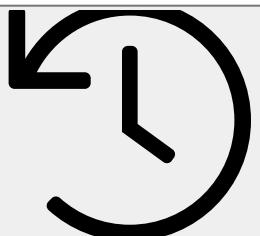


[View exercise history](#)

- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets

D1

Box Step Up

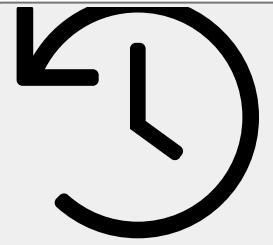


[View exercise history](#)

- 30/side @ max height aqap, then D2.

D2

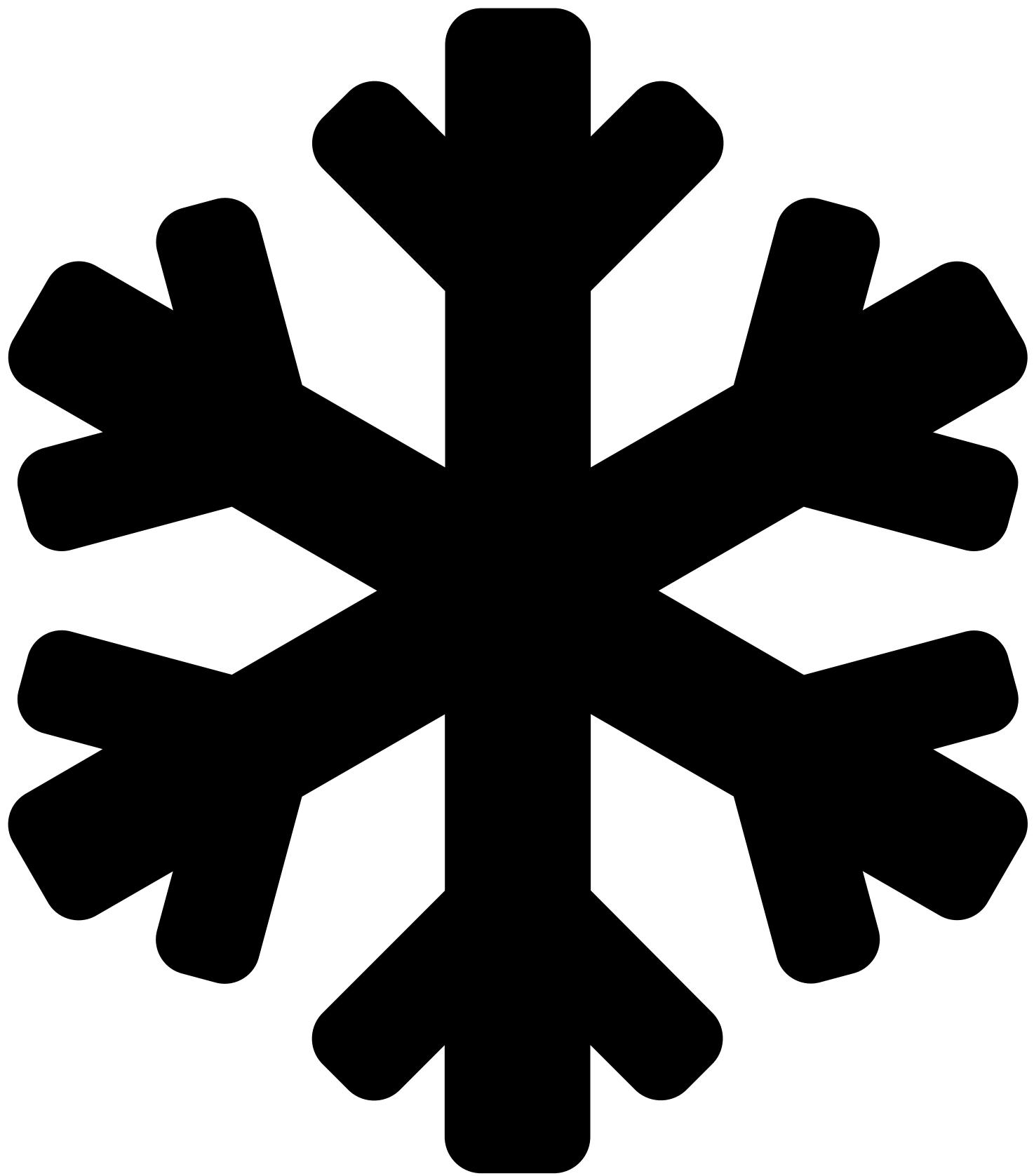
Towel Pull-up



[View exercise history](#)

- 30 reps aqap w/ 5 penalty reps for stopping.





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder

- Woodpecker

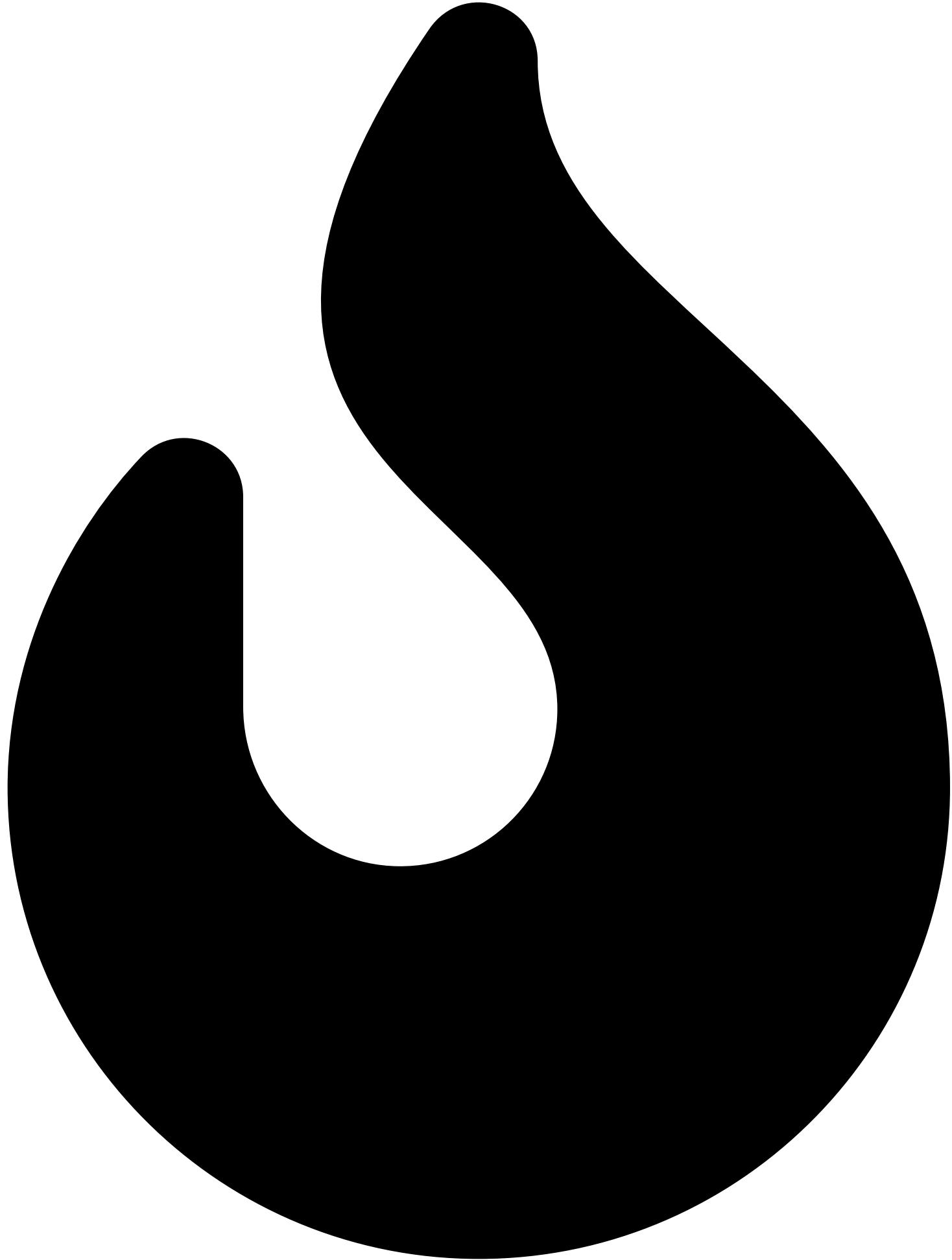
- Comment
- Note

Give Jen feedback on her workout!



Fri, May 21

Super-Strength W4D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- olympic wall squat - 2 minutes

A

RKC Plank



- 1 minute hold.
- No exceptions.



Back Squat



- 5x5 @ 75% TM w/ 1 minute rest



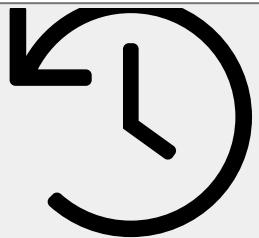
Hand Release Push-Up

[View exercise history](#)

- Sprints!
-
- 4 rounds
- 1 minute to complete max reps.
- Resting 5-7 seconds as needed.



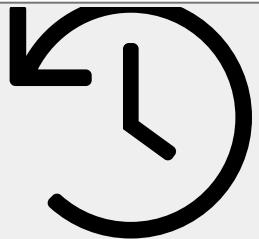
Stability Ball Push-Up

[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



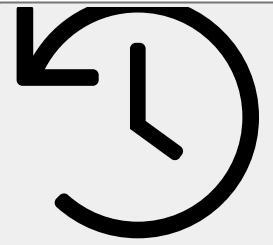
Goblet Side Lunge

[View exercise history](#)

- 30 reps/side.
- Then, D2.



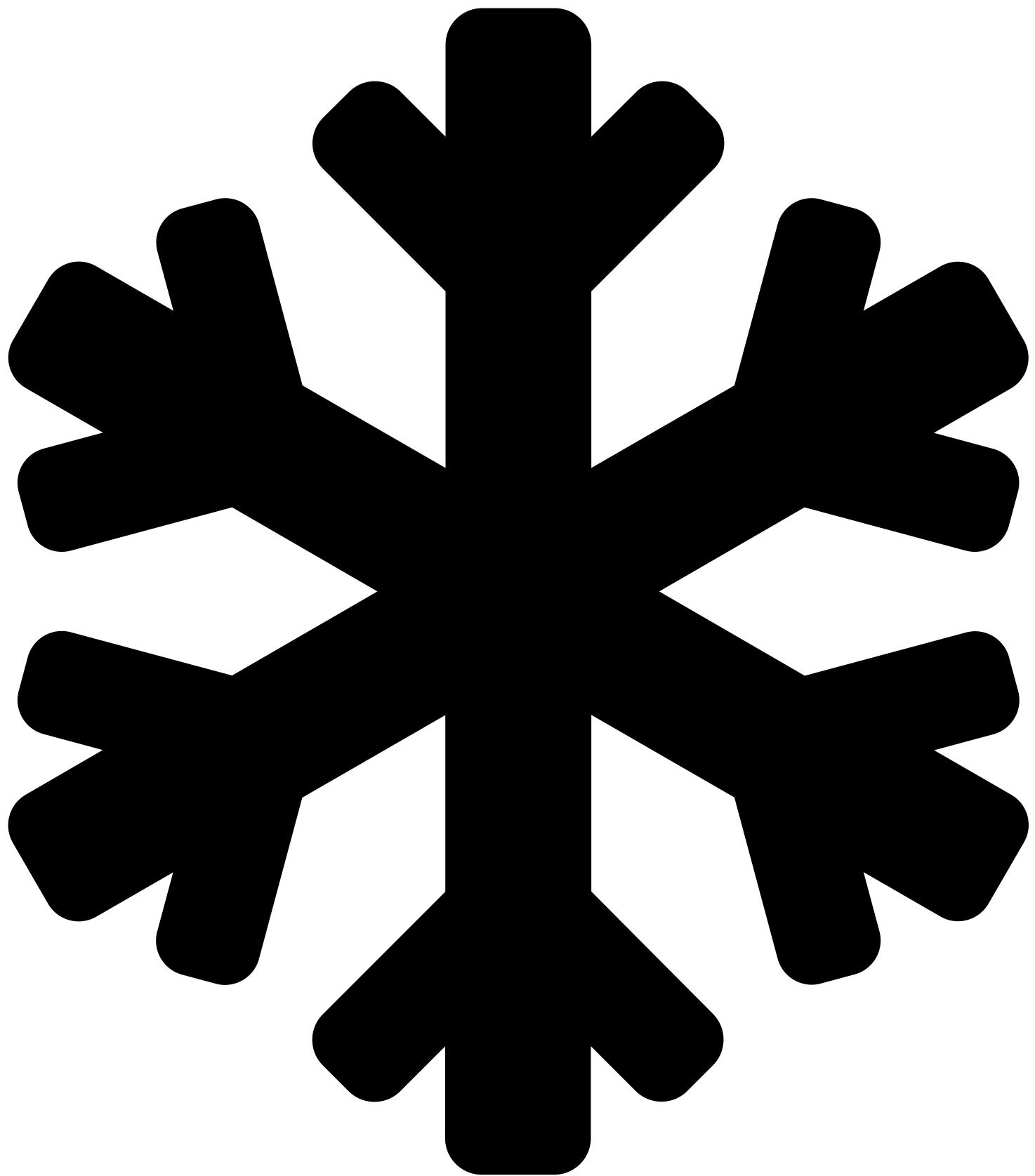
Kroc Row



[View exercise history](#)

- 30 reps/side @ max weight.





Coldown

- 3-5 breaths per position
- Hanging decompression
- Belly Decompression
- Crossover active stretch
- Back Decompression

- Comment
- Note

Give Jen feedback on her workout!

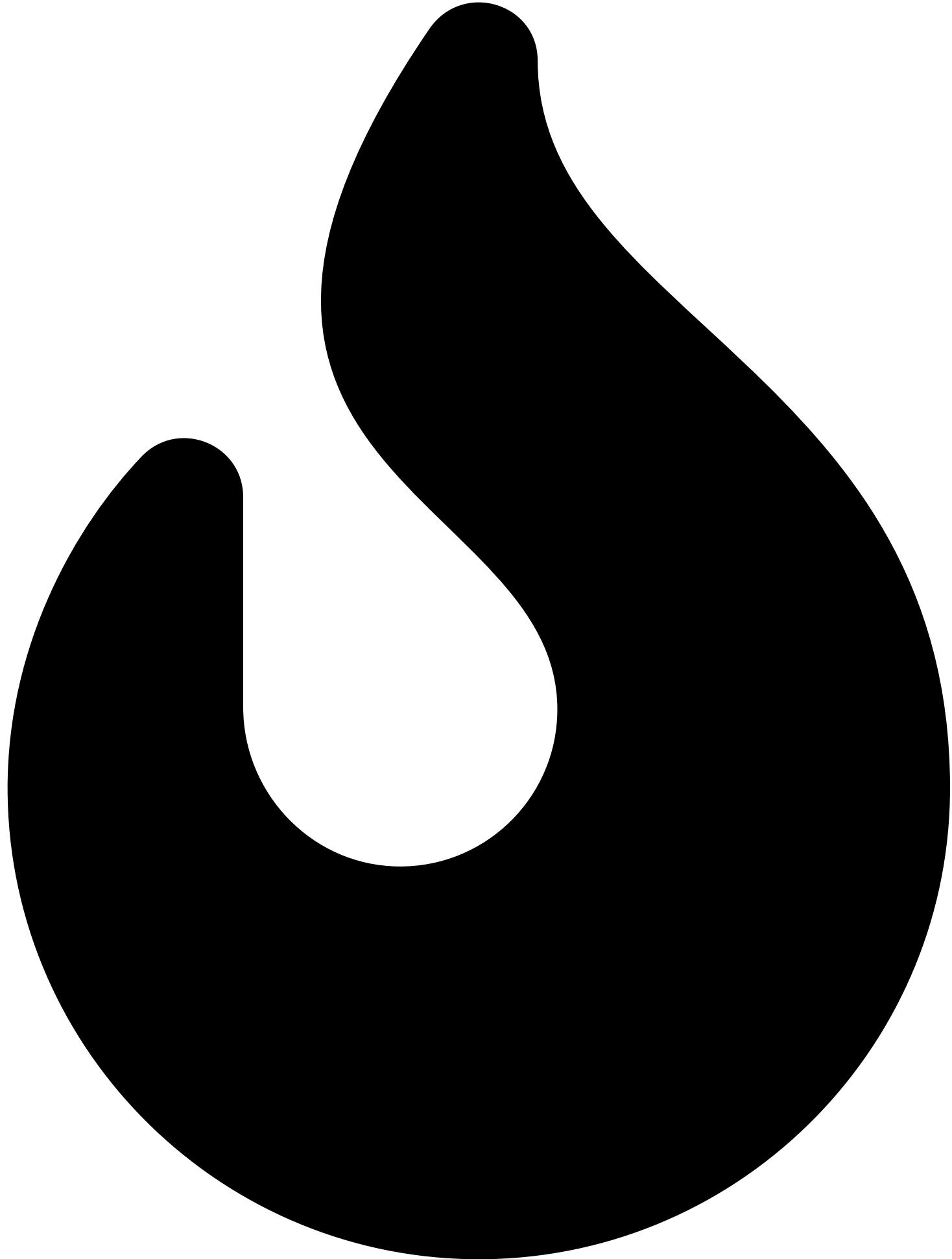


GIF

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Mon, May 24

Super-Strength W4D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog stretch - 2 minutes

A

Captain Morgans



- 1 minute/side.
- Max reps.



B

Conventional Deadlift

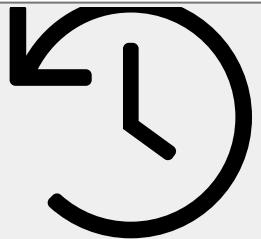


- 5x3 @ 75% TM w/ 1 minute rest



C1

Dumbbell Arnold Press

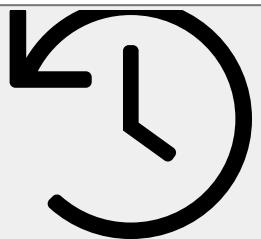
[View exercise history](#)

- 3x 5, 3, 1+ @ 75%, 85%, 95% TM



C2

Band Lateral Raise

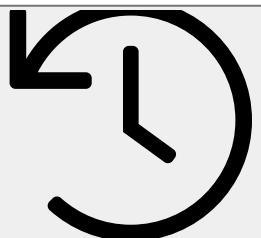
[View exercise history](#)

- 3x 12-20 reps; 3 minute rest



D1

Walking Lunges

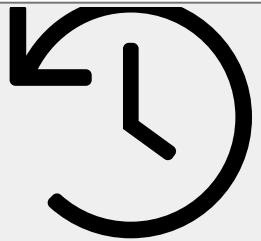
[View exercise history](#)

- 30 reps/side @ max weight aqap



D2

Pendlay Row



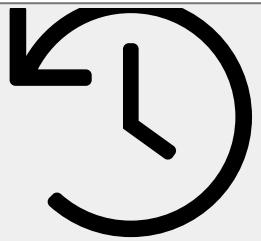
[View exercise history](#)

- 30 reps aqap @ intermediate weight
- -complete c3 as a penalty for stopping
- then move on to C4 upon completion-



D3

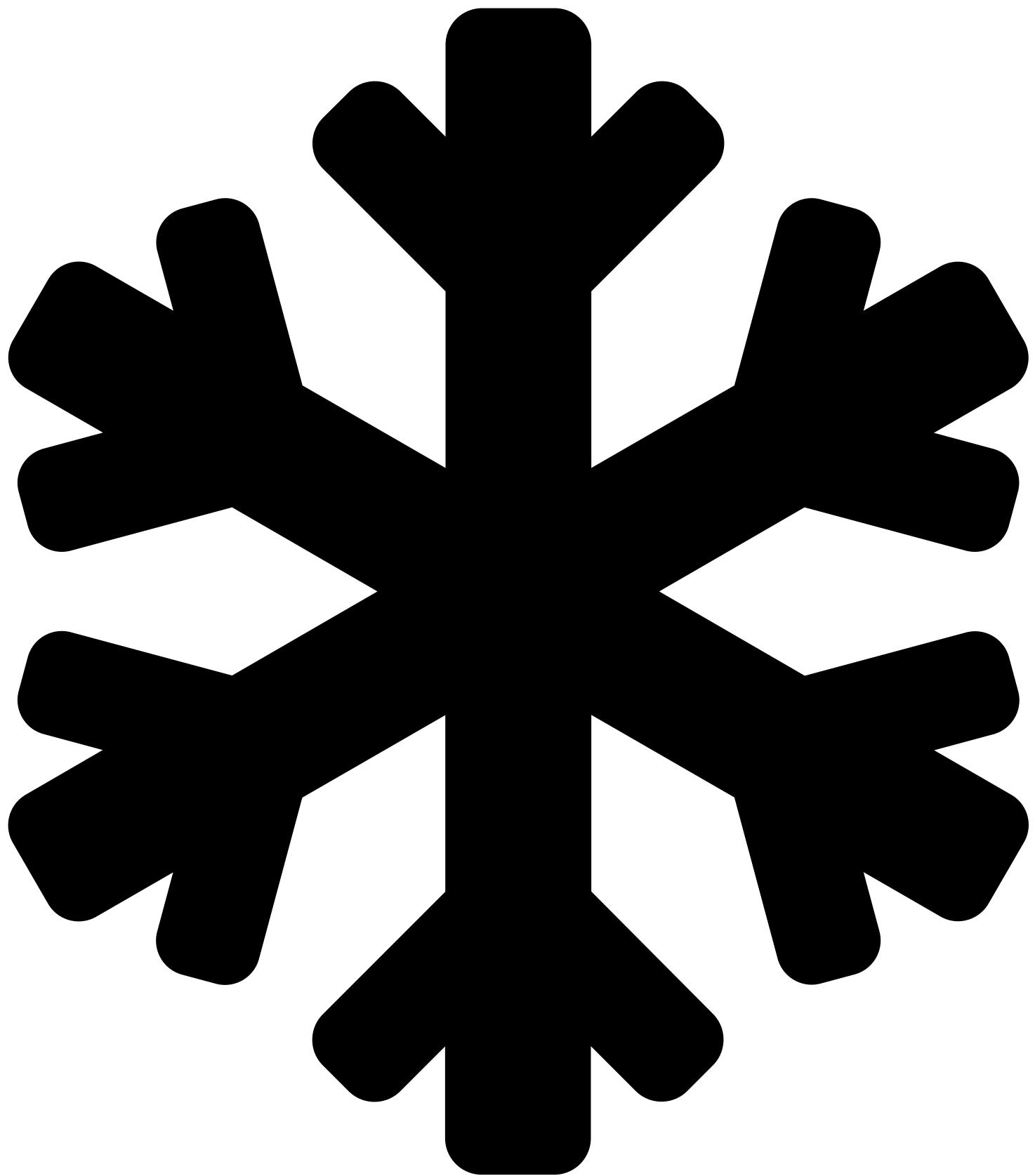
Tactical Pull-Up



[View exercise history](#)

- 5 penalty reps
- -then go back to C2-





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder

- Woodpecker

- Comment
- Note

Give Jen feedback on her workout!

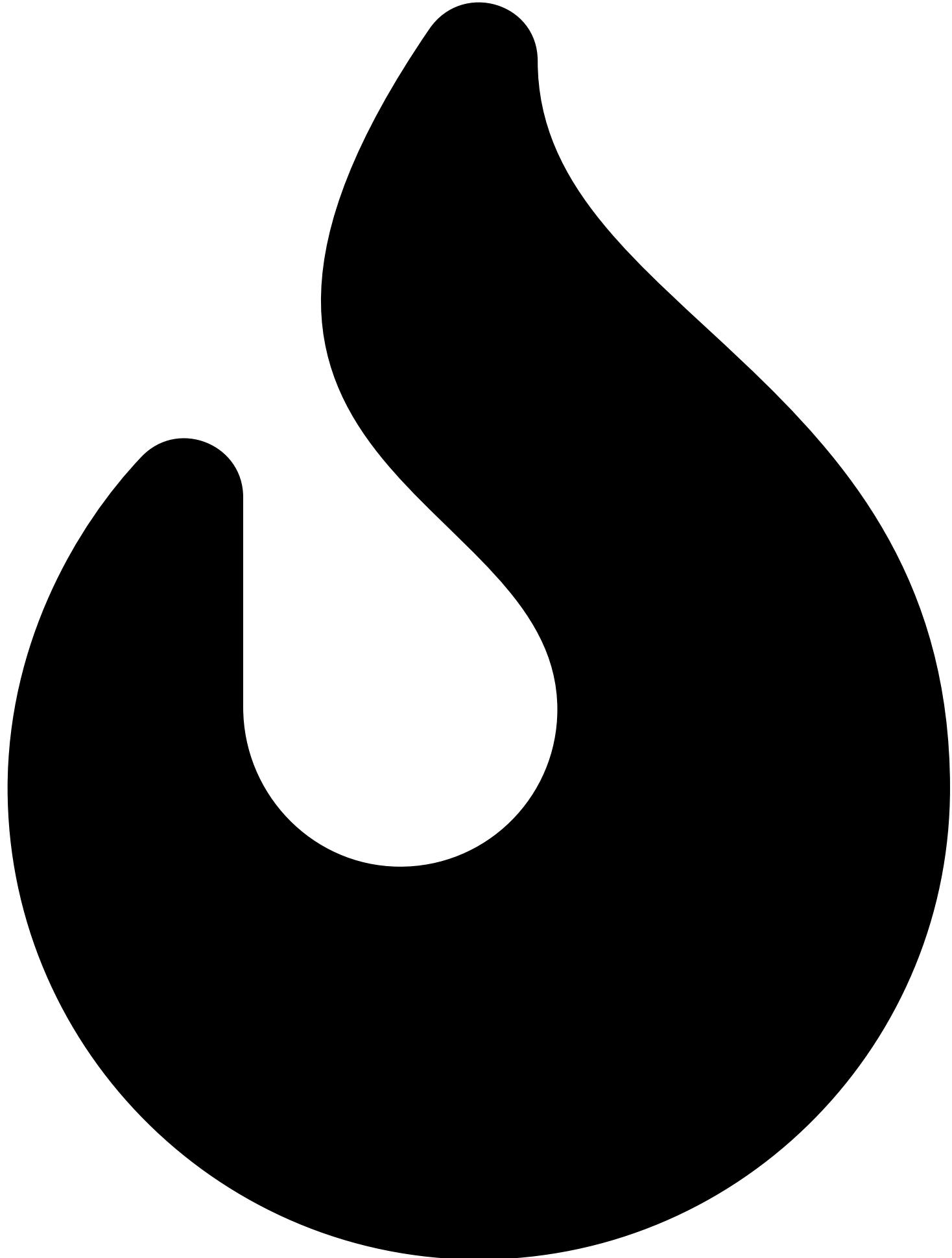


GIF

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Wed, May 26

Super-Strength W4D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
- Agile 8

A

Captain Morgans



- 1 minute/side.
- Max reps.

B

Conventional Deadlift



- 5x3 @ 75% TM w/ 1 minute rest

C1

Dumbbell Arnold Press



- 3x 5, 5, 1+ @ 75%, 85%, 95% TM



C2

Band Lateral Raise



- 3x 12-20 reps; 3 minute rest



D1

Walking Lunges



- 30 reps/side @ max weight aqap



D2

Pendlay Row



- 30 reps aqap @ intermediate weight
- -complete c3 as a penalty for stopping
- then move on to C4 upon completion-



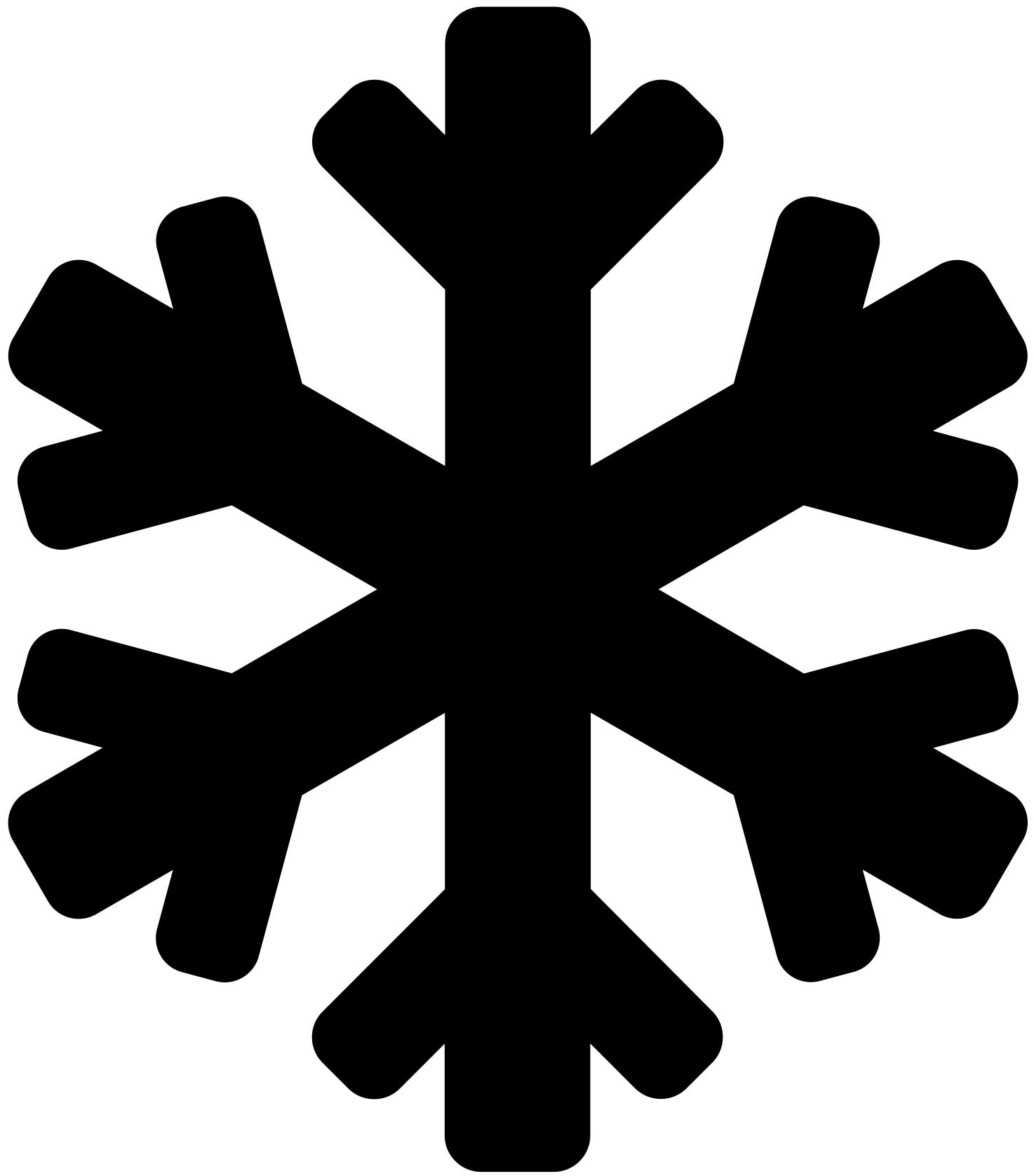
D3

Tactical Pull-Up



- 5 penalty reps
- -then go back to C2-





Cooldown

- Standing decompression
- Lunge Decompression
- Prone Decompression
- Internal Leg Tracing
- Founder

- Woodpecker

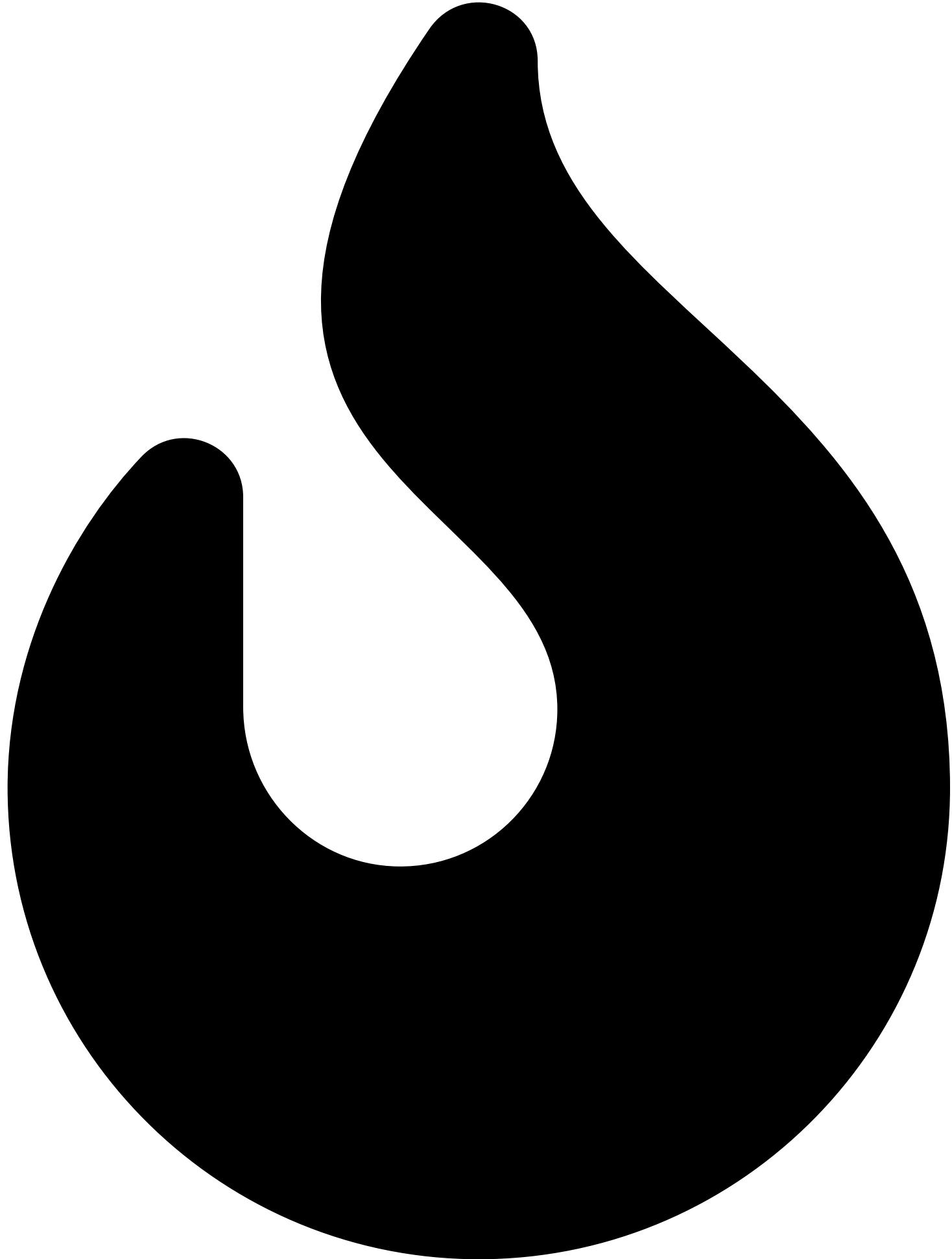
- Comment
- Note

Give Jen feedback on her workout!



Fri, May 28

Super-Human w1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

McGill Curl Up

[View exercise history](#)

- max reps in 2 minutes, switch legs @ half-way point.



B

Bottoms Up Carry

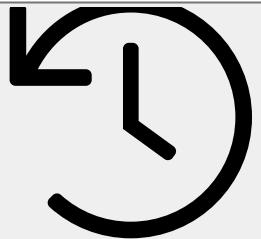
[View exercise history](#)

- 2 x 40 yards @ max weight



C

Pronated Pull-up

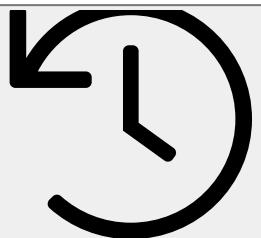


[View exercise history](#)

- 8 x max reps.
-
- Feel free to progress/regress the variation.
-
- Rest 2-3 minutes b/t sets.



External Rotation Pull Apart

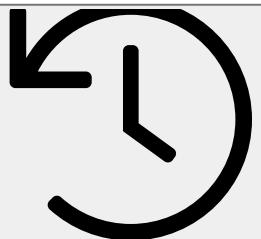


[View exercise history](#)

- 3 x 12-20 reps @ max weight.
- 0-60s rest b/t sets.



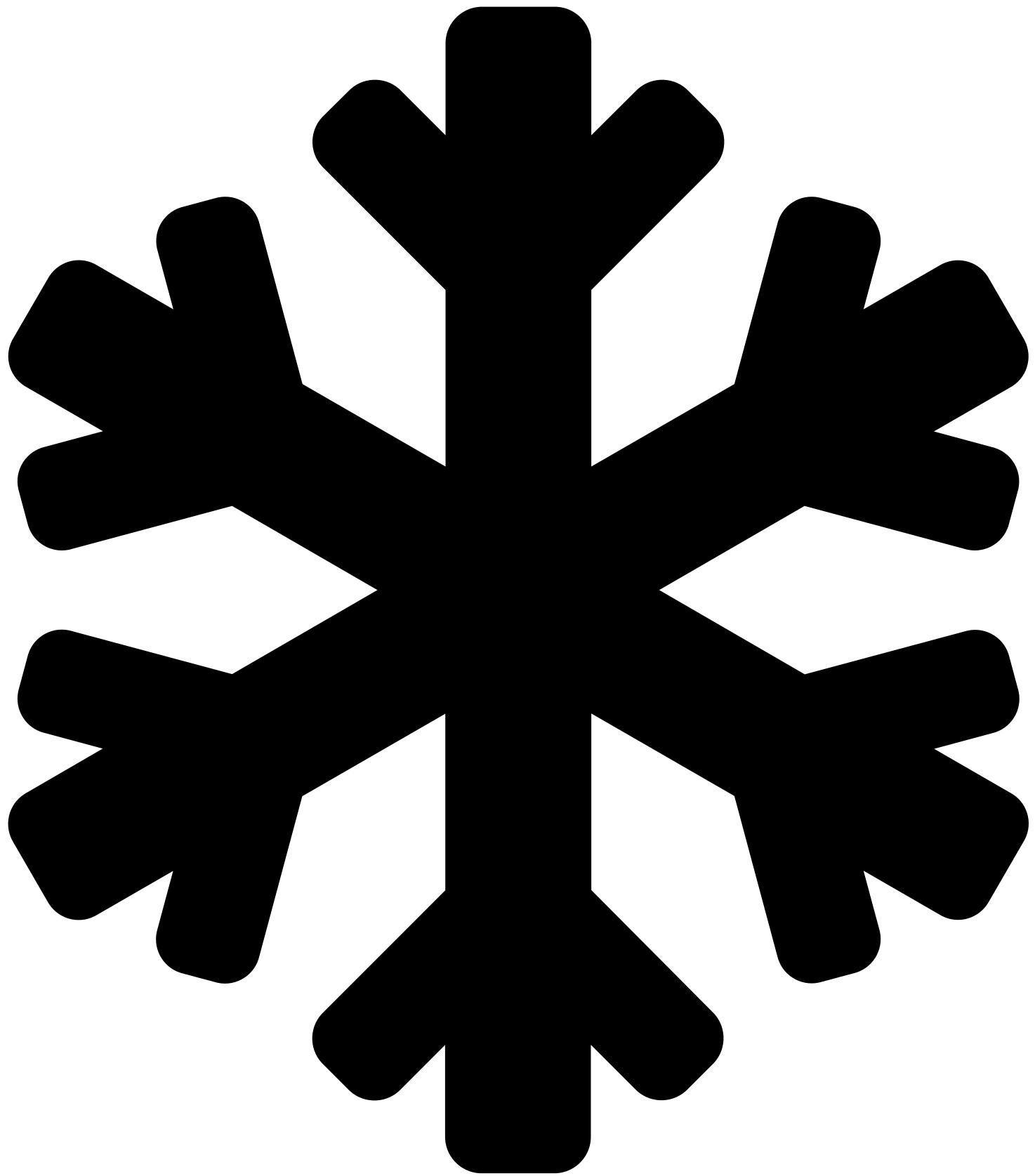
Run



[View exercise history](#)

- .25 mile x 2 sets





Cooldown

- Decompression 1
- Complete 1-3 rounds of 3 breaths per position
- Standing Decompression
- 1 Woodpecker Flow (A)
- 1 Lunge Flow
- Internal Leg Trace

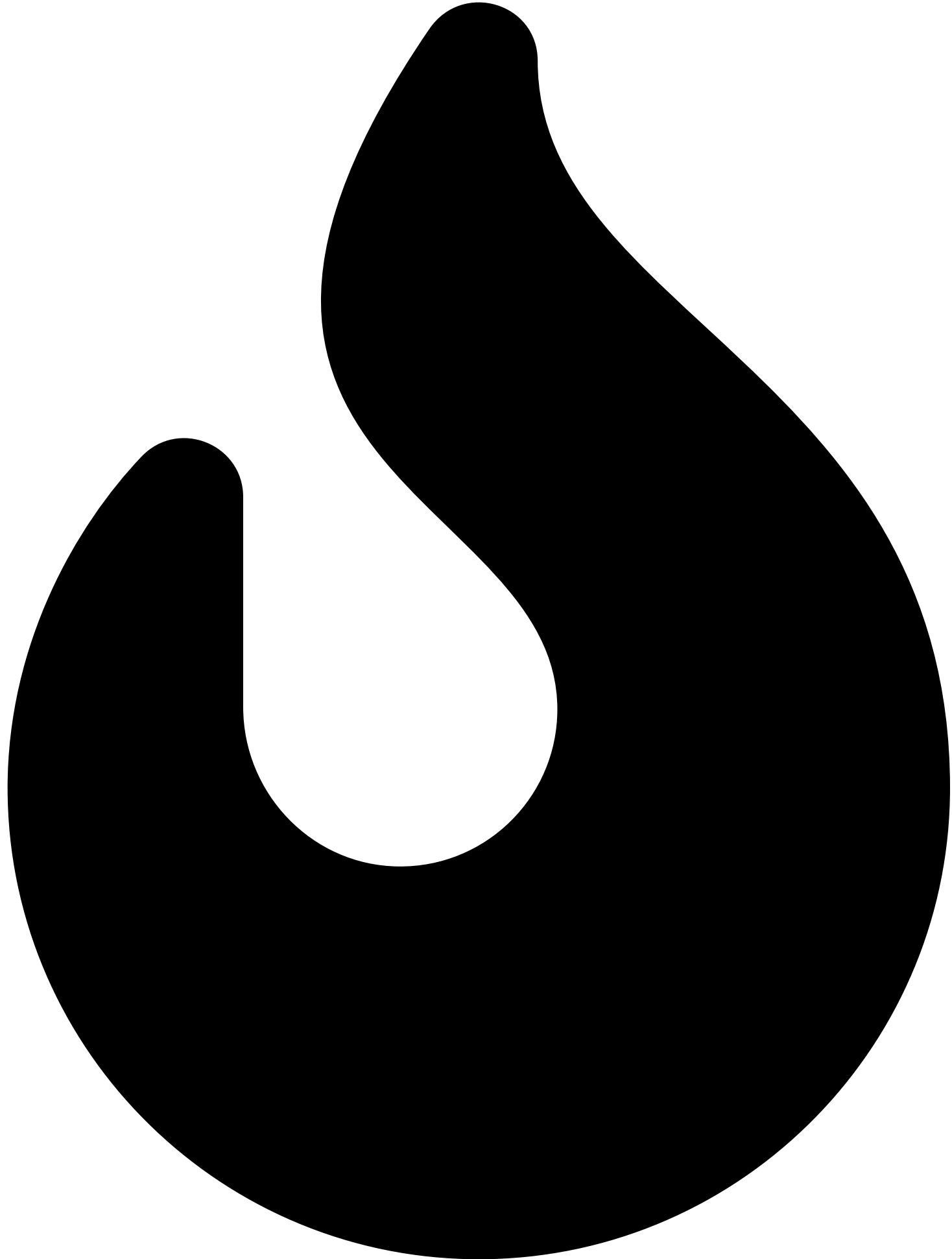
- Bridge Hold
 - Anchored Back Extension Hold
 - Child's Pose to Kneeling Founder (A)
-
- Comment
 - Note

Give Jen feedback on
her workout!



Mon, May 31

Super-Human w1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Static hip flexor stretch 3 x 10seconds/leg

A1

Side Bridge



[View exercise history](#)

- Max reps in 1 minute.
- Repeat for the other side...obvi.

A2

Reverse Crunch

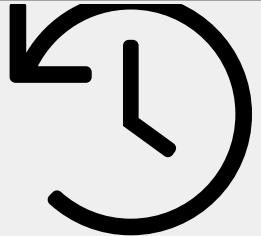


[View exercise history](#)

- Max reps in 1 minute

B

Single Leg Seesaw

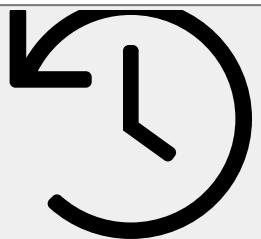


[View exercise history](#)

- 2-3 x 4-6 reps/side @ most unstable.

C

Walking Lunges

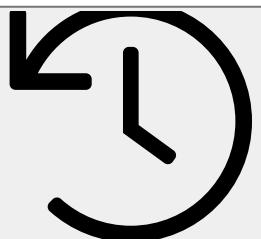


[View exercise history](#)

- 50 reps @ max weight.
- Rest 2-3 minutes b/t sets.

D

Side Lunge

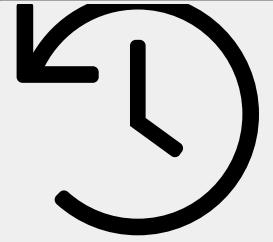


[View exercise history](#)

- 3 x 12-20 reps total.
- 0-60s rest b/t sets.

E

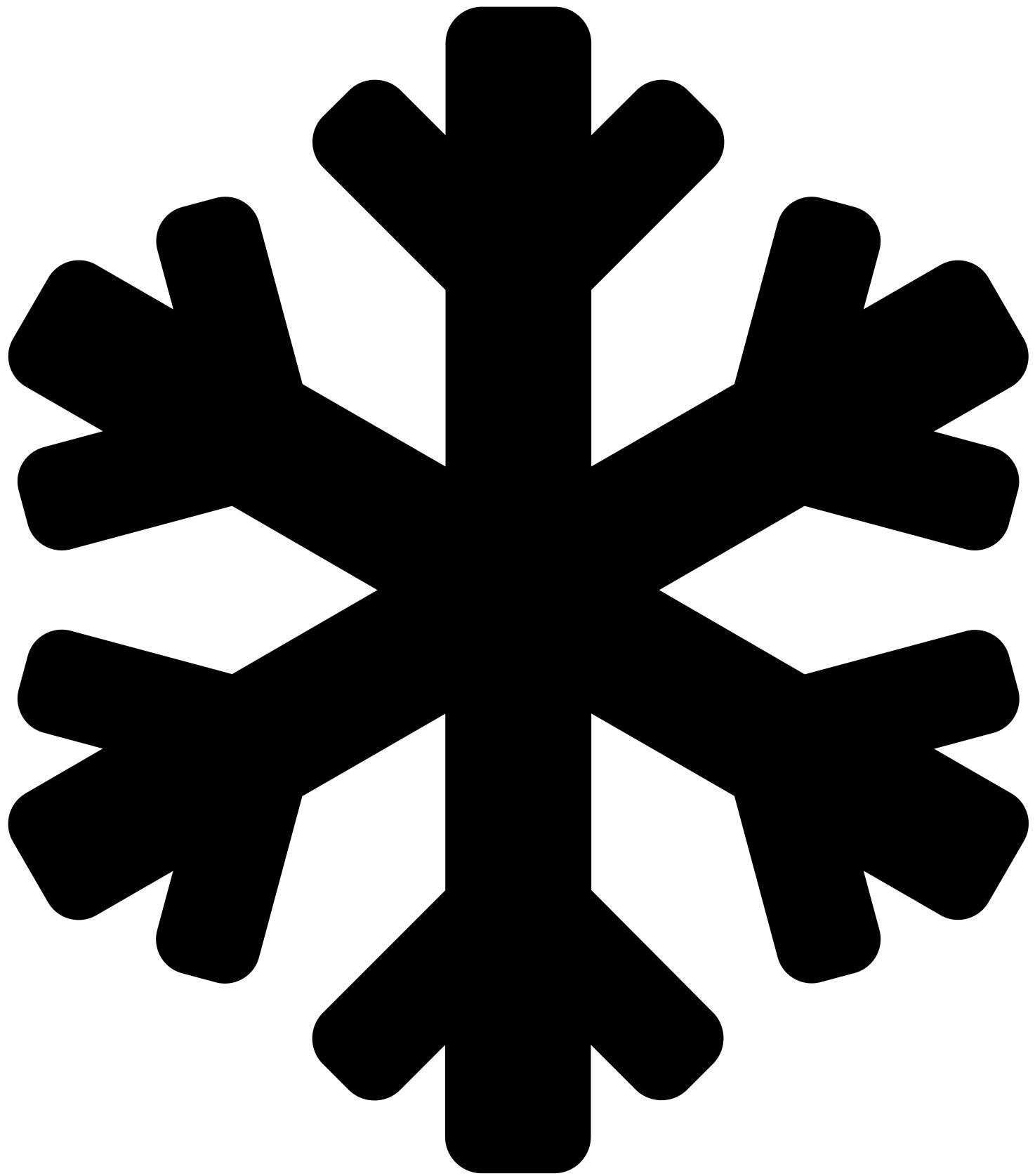
Burpee



[View exercise history](#)

- Max reps in 2 minutes.





Cooldown

- Decompression 1
- Complete 1-3 rounds of 3 breaths per position
- Standing Decompression
- 1 Woodpecker Flow (A)
- 1 Lunge Flow
- Internal Leg Trace

- Bridge Hold
- Anchored Back Extension Hold
- Child's Pose to Kneeling Founder (A)
- Comment
- Note

Give Jen feedback on
her workout!

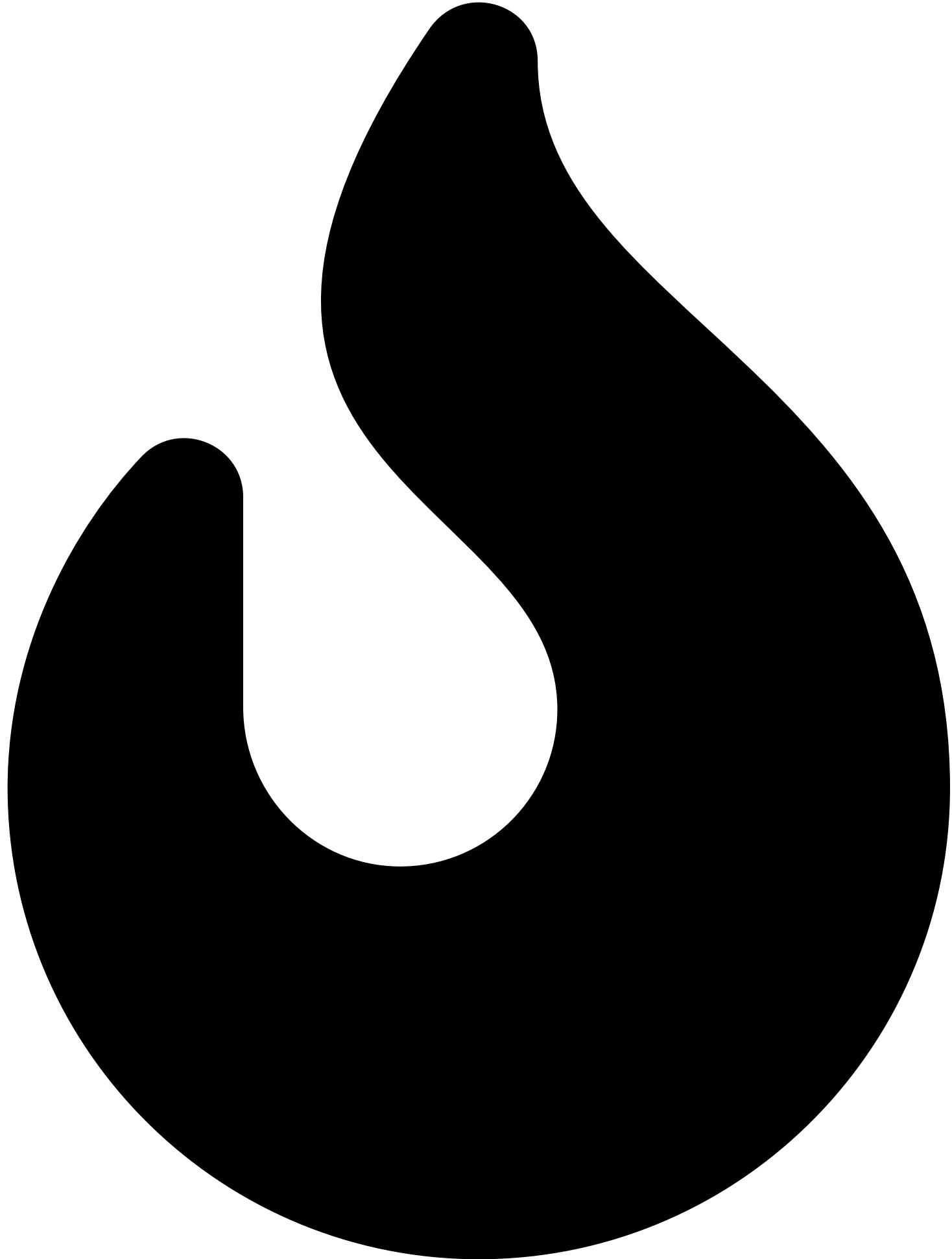


GIF

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Wed, Jun 2

Super-Strength W1D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7 Warm-Up
-
- Olympic Wall stretch: 2 minutes, focusing on breathing and your bottom squat position.

A

Weighted Crunch

[View exercise history](#)

- 2 minutes.
- Max reps @ a smart weight.



B1

Back Squat

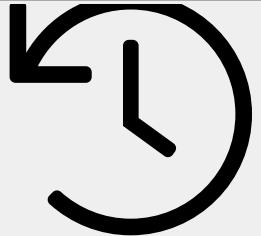
[View exercise history](#)

- 4 x 3, 3, 3, 1+ (max reps) @ 70%, 80%, 90%, 100% Training Max (TM)
- -proceed to A2-



B2

Box Step Up

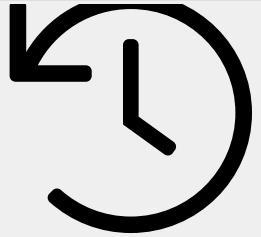
[View exercise history](#)

- 4 x 6-10/side @ smart max weight
- Work in Couch stretch during 3 minute rest period.



B3

Hand Release Push-Up

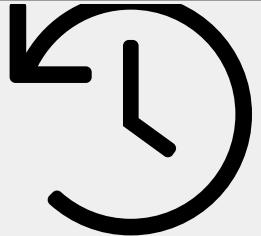
[View exercise history](#)

- 7 sets x max reps w/ 1 minute rest b/t sets



C1

Head-Over-Foot Lunges

[View exercise history](#)

- 40 reps @ body weight or heavy weight w/ one kb/ball/db
- then move on to C2



C2

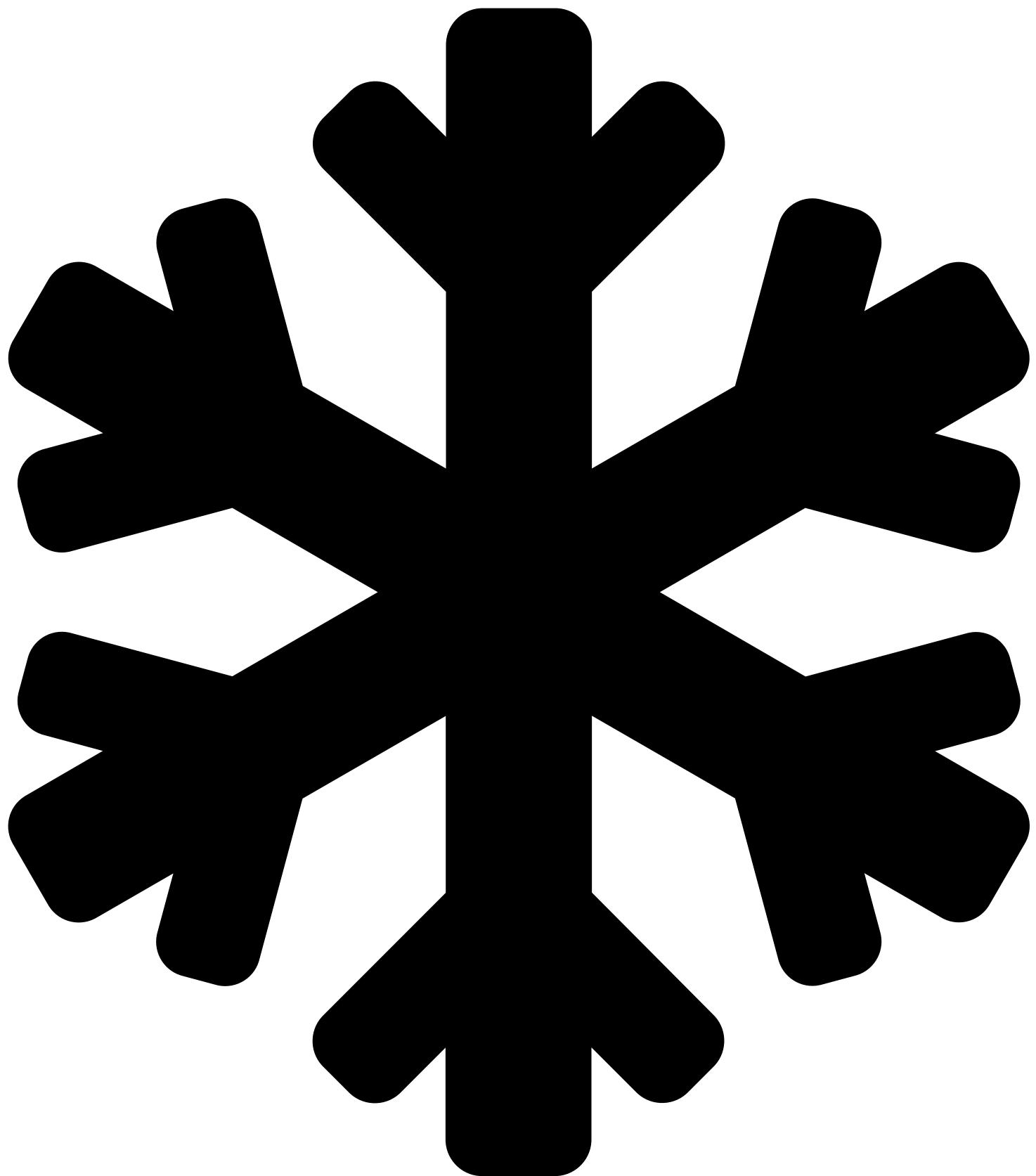
Inverted Row



View exercise history

- 40 reps aqap
- -complete 10 dips as a penalty for stopping-
- then move on to C4





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!

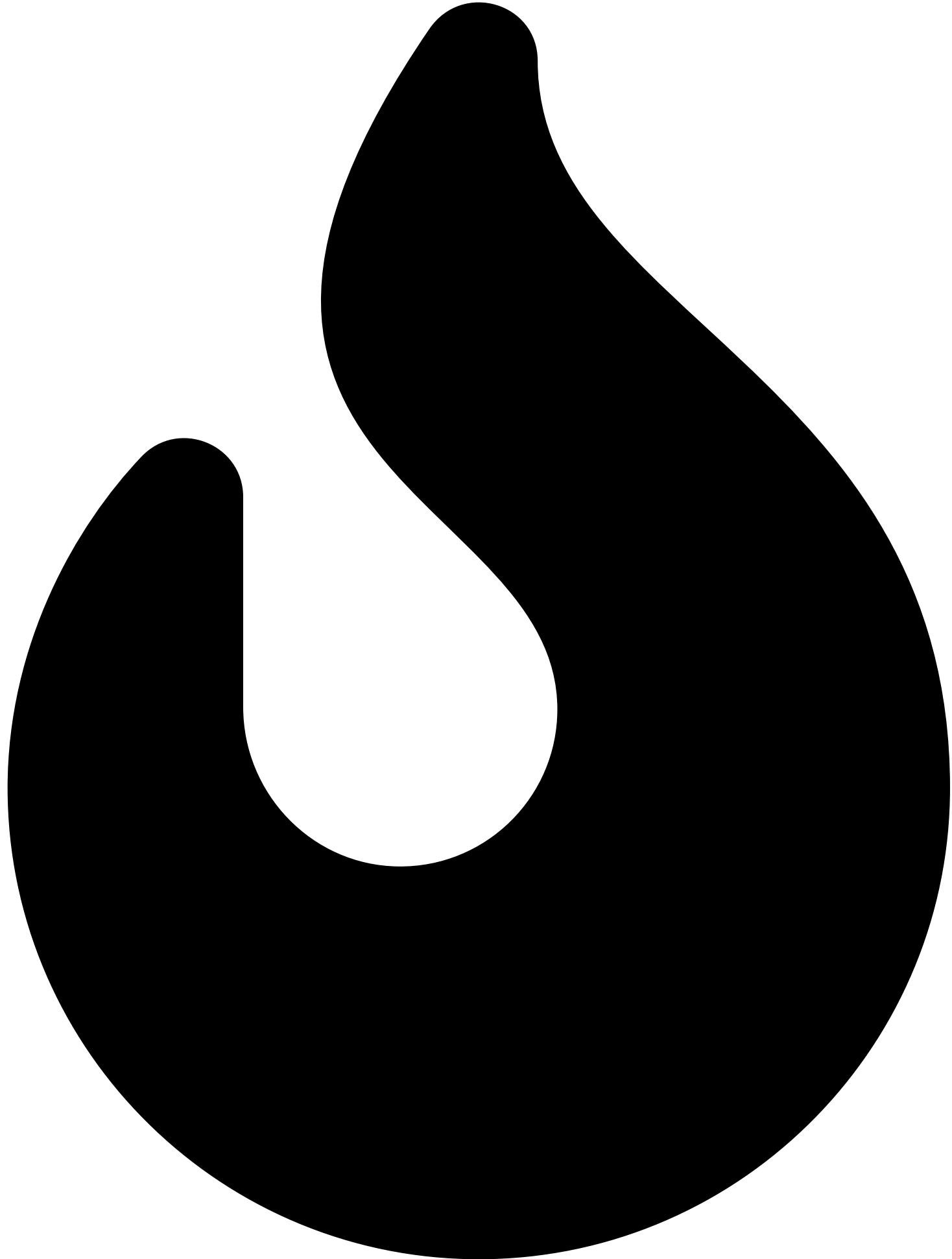


GIF

Send

Fri, Jun 4

Super-Strength W1D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7
-
- Olympic Wall Squat - 2 minutes

A

Reverse Crunch



[View exercise history](#)

- 2 minutes.
- Max reps.



B1

Conventional Deadlift



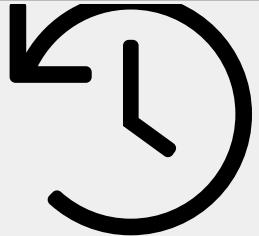
[View exercise history](#)

- 4 x 3, 3, 3, 1+ (max reps) @ 70%, 80%, 90%, 100% Training Max (TM)



B2

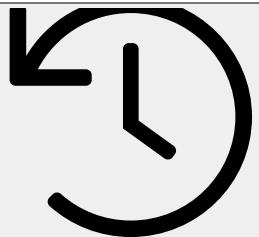
Barbell Hip Thrust

[View exercise history](#)

- 3x 12 @ max weight.
- Frog stretch during 2-3 minute rest period.

C

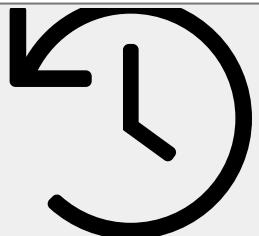
Standing Arnold Press

[View exercise history](#)

- 7 x 5 @ 75% TM w/ 1 minute rest

D1

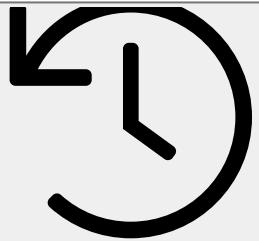
Single Leg Romanian Deadlift

[View exercise history](#)

- 20 reps/side @ intermediate weight with perfect technique
- then move on to C2...

D2

Kipping Swing



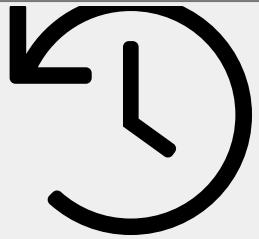
[View exercise history](#)

- 40 reps aqap
- complete 5 of C3 as a penalty for stopping.



D3

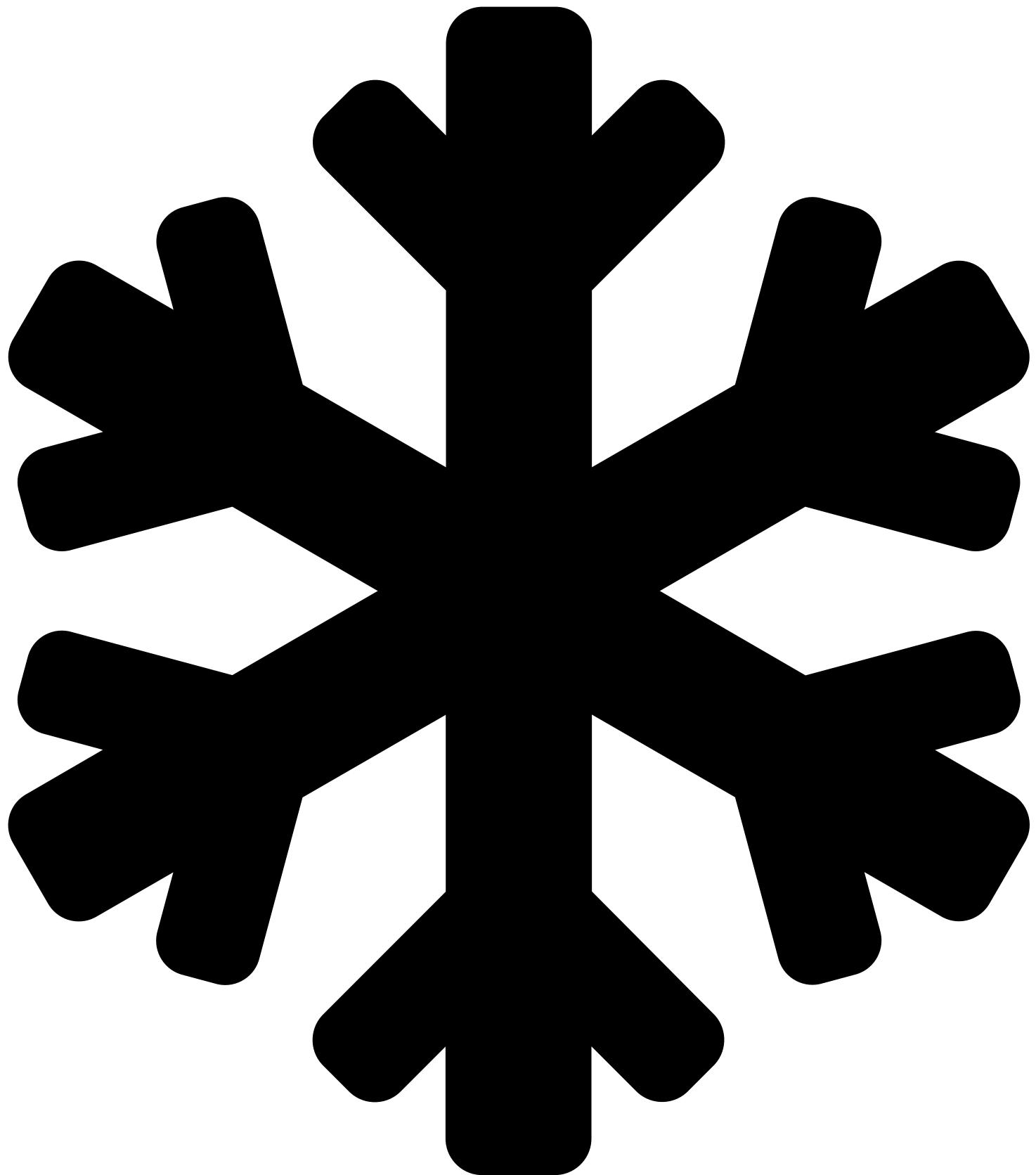
Stability Ball Pike



[View exercise history](#)

- 5 penalty reps,
- then go back to C2.





Cooldown

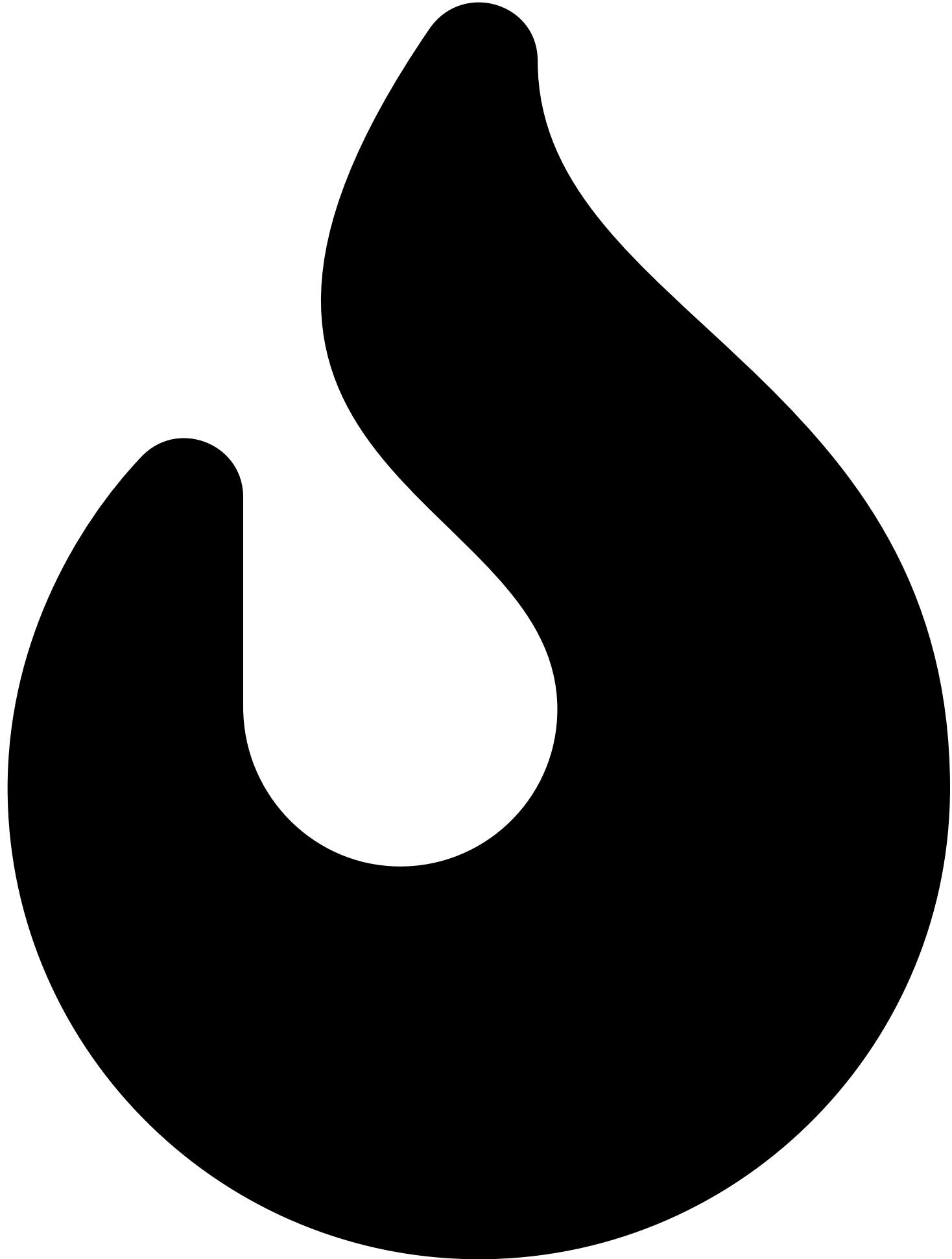
- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!



Mon, Jun 7

Super-Strength W1D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Olympic Wall Squat - 2 minutes

A

Deadbug



- 2 minutes.
- Max reps.

B

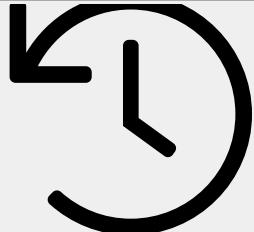
Back Squat



- 7 x 5 @ 75% TM w/ 1 minute rest

C1

Hand Release Push-Up

[View exercise history](#)

- Pyramid!
- Start with 1 push-up. Rest. 2 push-up. Rest. 3 push-up. Rest. Etc.
-
- Regress to easier variations if needed.
-
- Repeat until you reach failure, then reverse the pyramid and work your way all the way down, resting as needed.



Ring Push-Up

[View exercise history](#)

- 3 x 12 reps.
- Lateral Decompression during 2-3 minute rest.



Side Lunge

[View exercise history](#)

- 40 reps/side



Pendlay Row



[View exercise history](#)

- 40 reps aqap @ intermediate weight
- -complete 3 as a penalty for stopping.



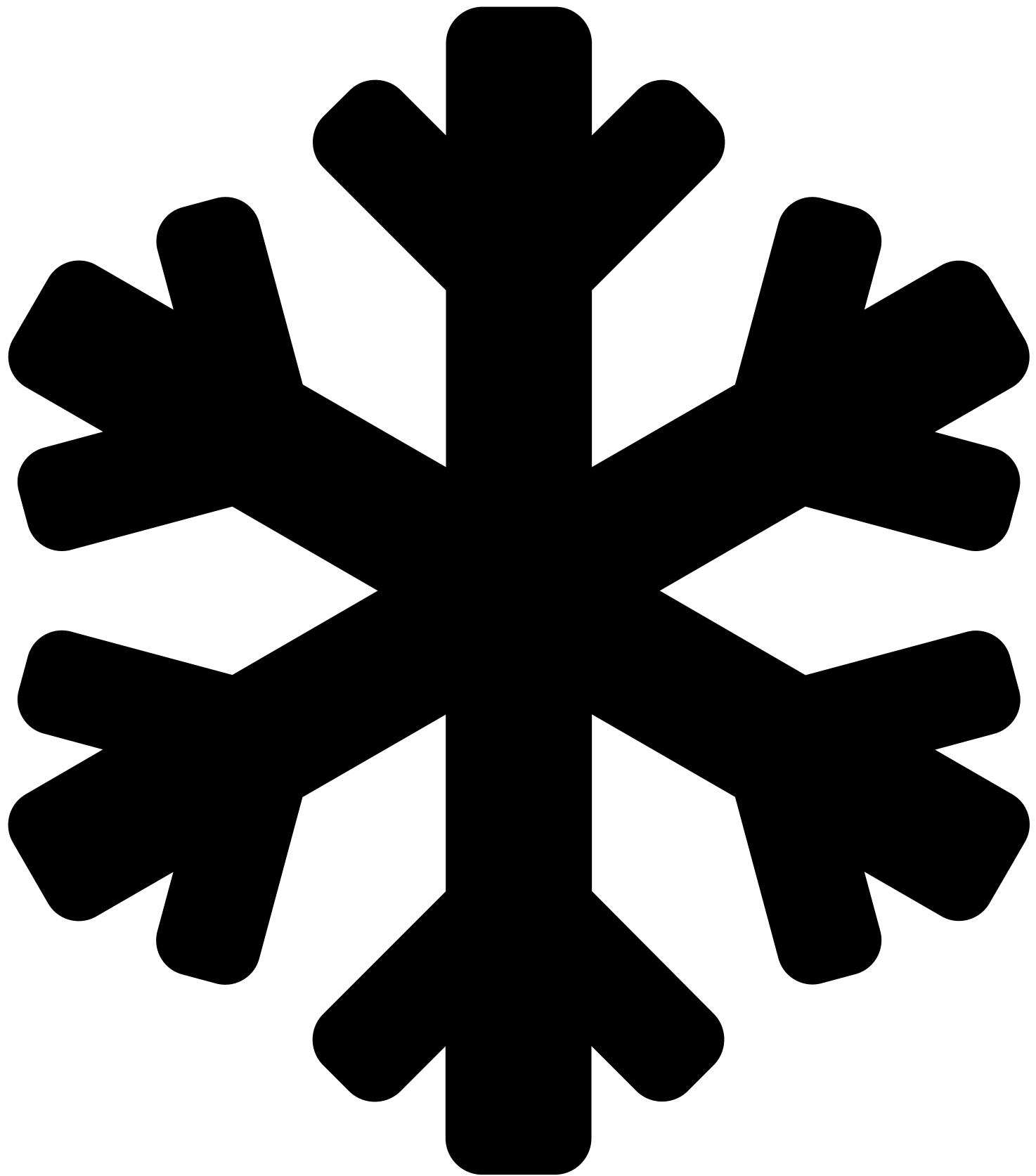
Renegade Row



[View exercise history](#)

- 5/side penalty reps @ intermediate weight,
- then back to 2.





Cooldown

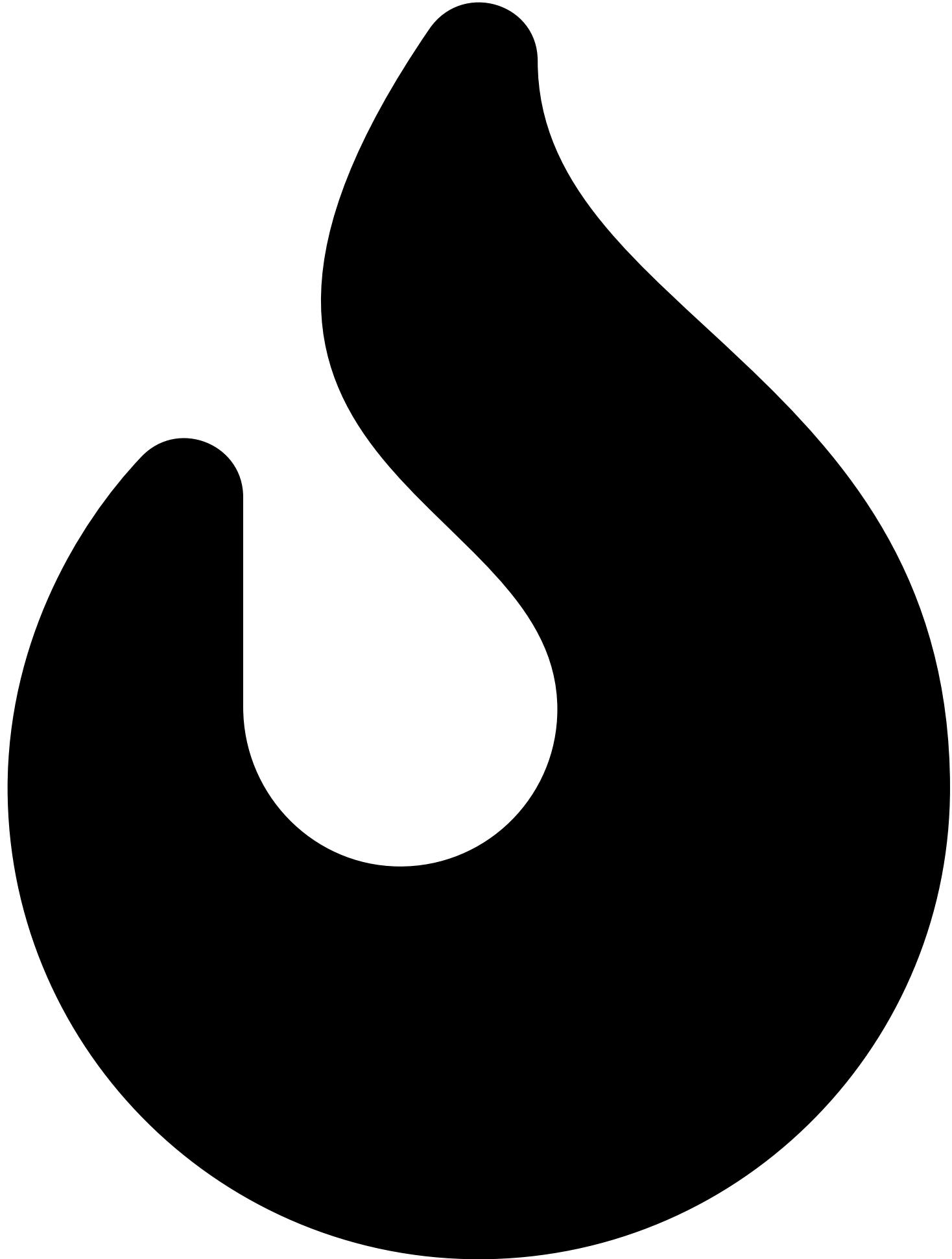
- 30 seconds to 2 minutes/stretch.
- Comment
- Note

Give Jen feedback on
her workout!



Wed, Jun 9

Super-Strength W2D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7 Warm-Up
-
- Frog Stretch - 2 minutes

A

Weighted Crunch



- 2 minutes.
- Max reps @ a smart weight.



B

Conventional Deadlift

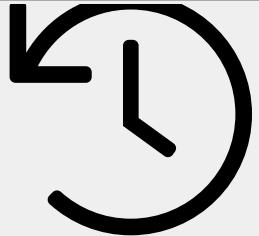


- 7 x 3 reps @ 75% TM w/ 1 minute rest b/t sets



C1

Standing Arnold Press



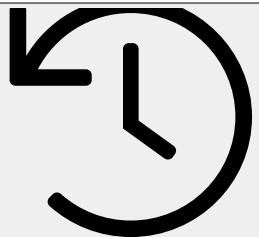
[View exercise history](#)

- 4 x 3, 3, 3, 1+ (max reps) @ 70%, 80%, 90%, 100% Training Max (TM)



C2

External Rotation



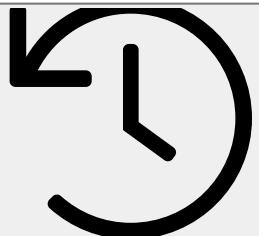
[View exercise history](#)

- 4 x 6-10 reps/side @ the right weight
- Arm-Bar during 2-3 minute rest period.



D1

Bear Hug Lunges



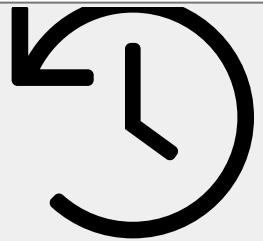
[View exercise history](#)

- 40 reps/side AQAP



D2

P-Bar Dip



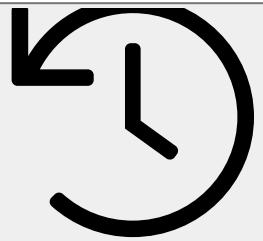
[View exercise history](#)

- 40 reps aqap
- -complete 10 dips as a penalty for stopping-
- then move on to C4



D3

Towel Pull-up



[View exercise history](#)

- 5penalty reps
- -then back to strict c2-





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!

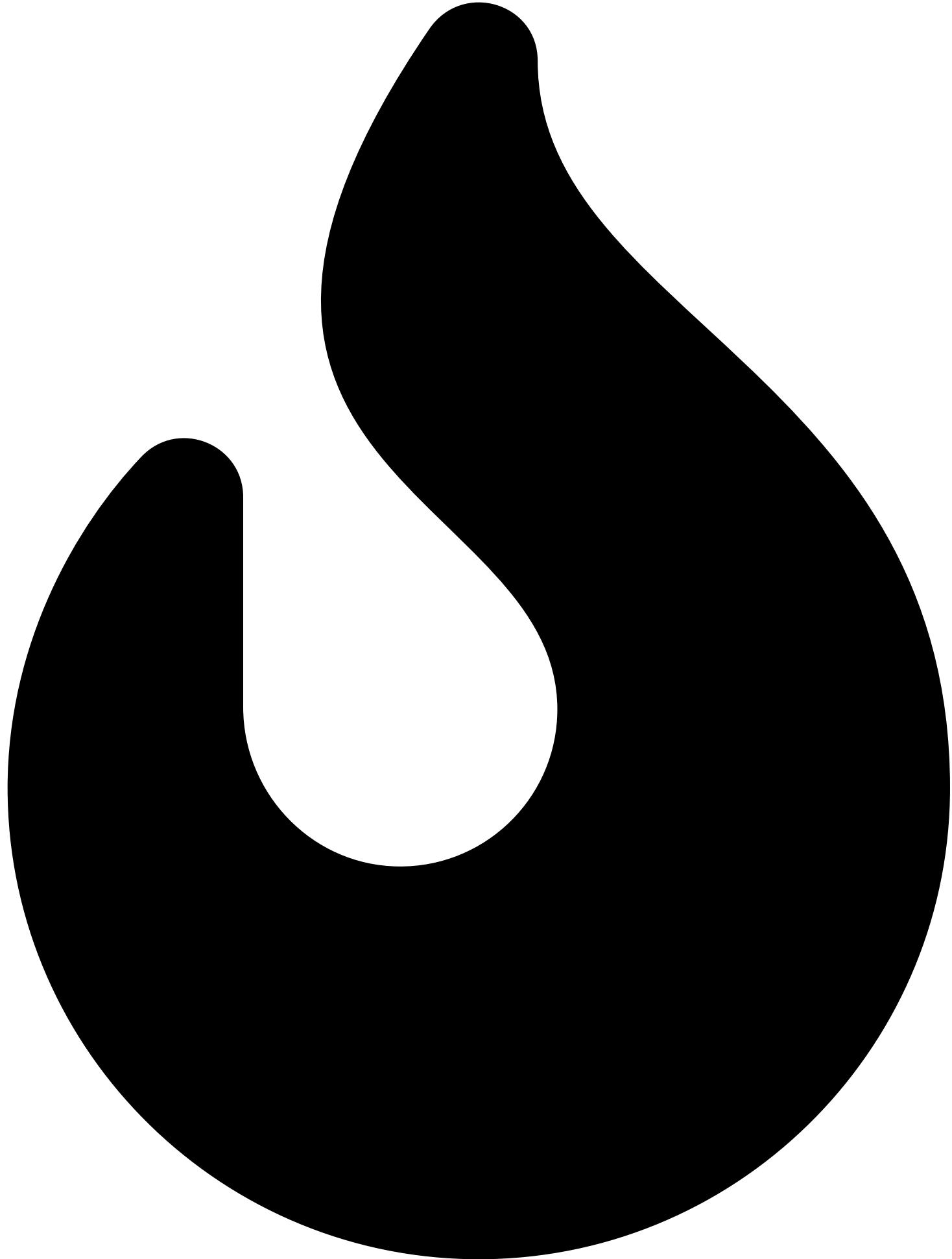


GIF

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Fri, Jun 11

Super-Strength W2D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- Olympic Wall Squat: 2 minutes

A

Reverse Crunch



- 2 minutes.
- Max reps.



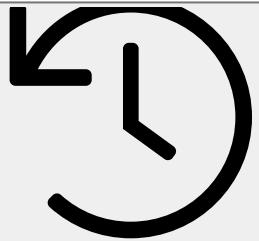
Back Squat



- 4 x 3, 3, 3, 1+ (max reps) @ 65%, 75%, 85%, 100% Training Max (TM)



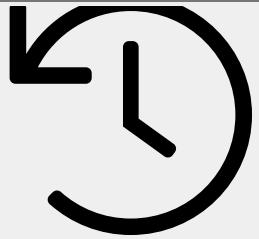
Pistols

[View exercise history](#)

- 4 x 6-10/side
- Couch stretch for during 2-3 minute rest periods.

C

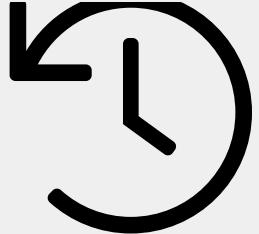
Hand Release Push-Up

[View exercise history](#)

- Sprints!
-
- 5 rounds
- 1 minute to complete max reps.
- Resting 5-7 seconds as needed.

D1

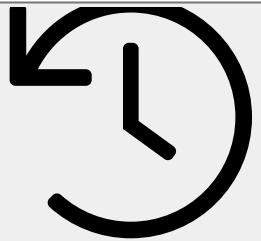
Cossack Squat

[View exercise history](#)

- 40 reps aqap, then on to c2

D2

Kroc Row



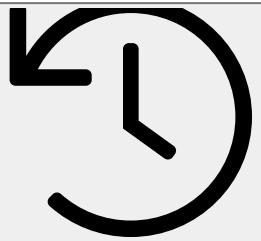
[View exercise history](#)

- 40 reps/side @ max weight
- -complete 10 reps of c3 as a penalty for stopping-
- then move on to C4



D3

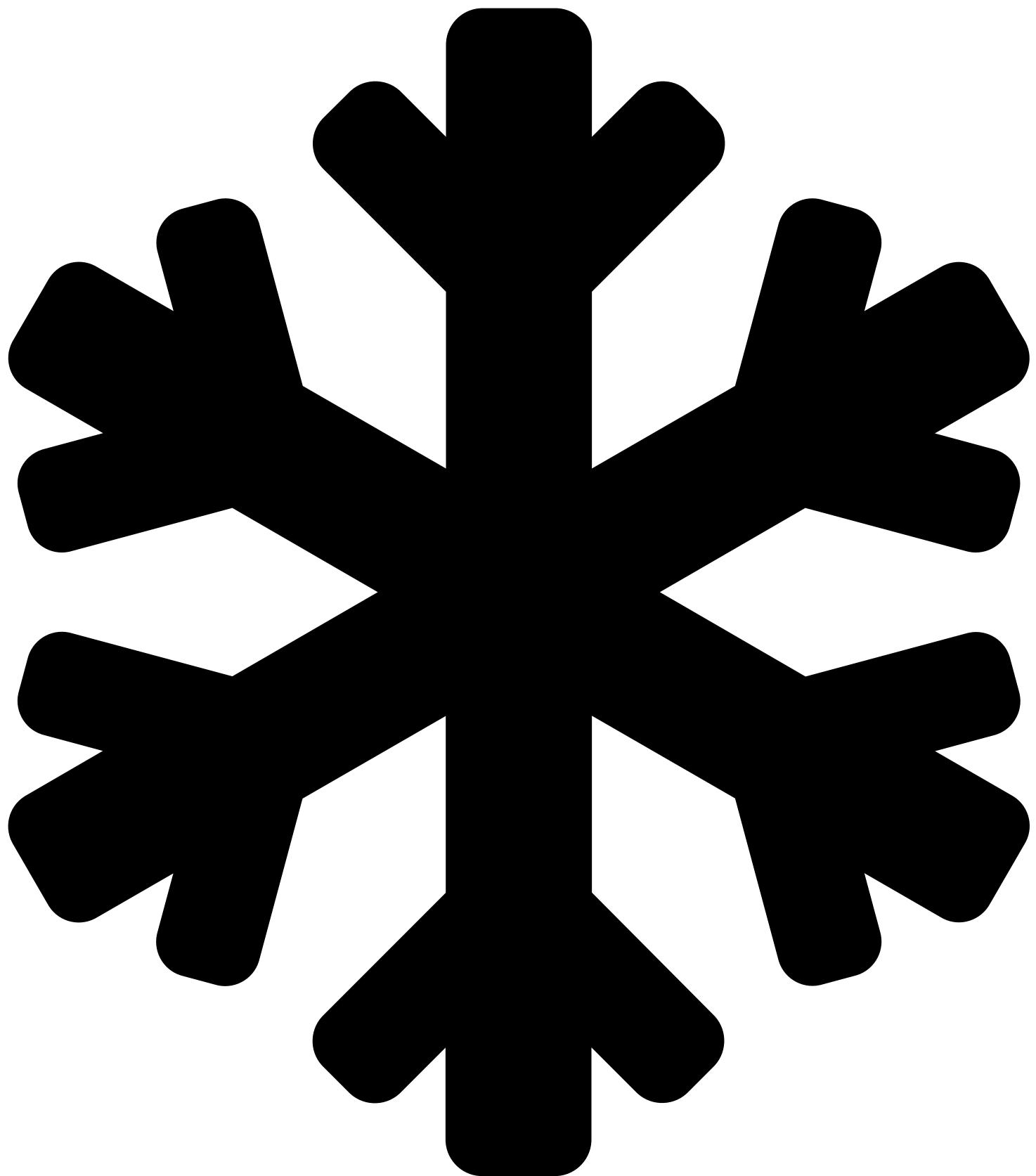
Dumbbell Push Press



[View exercise history](#)

- 10 penalty reps @ max weight, then back to c2





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!



//

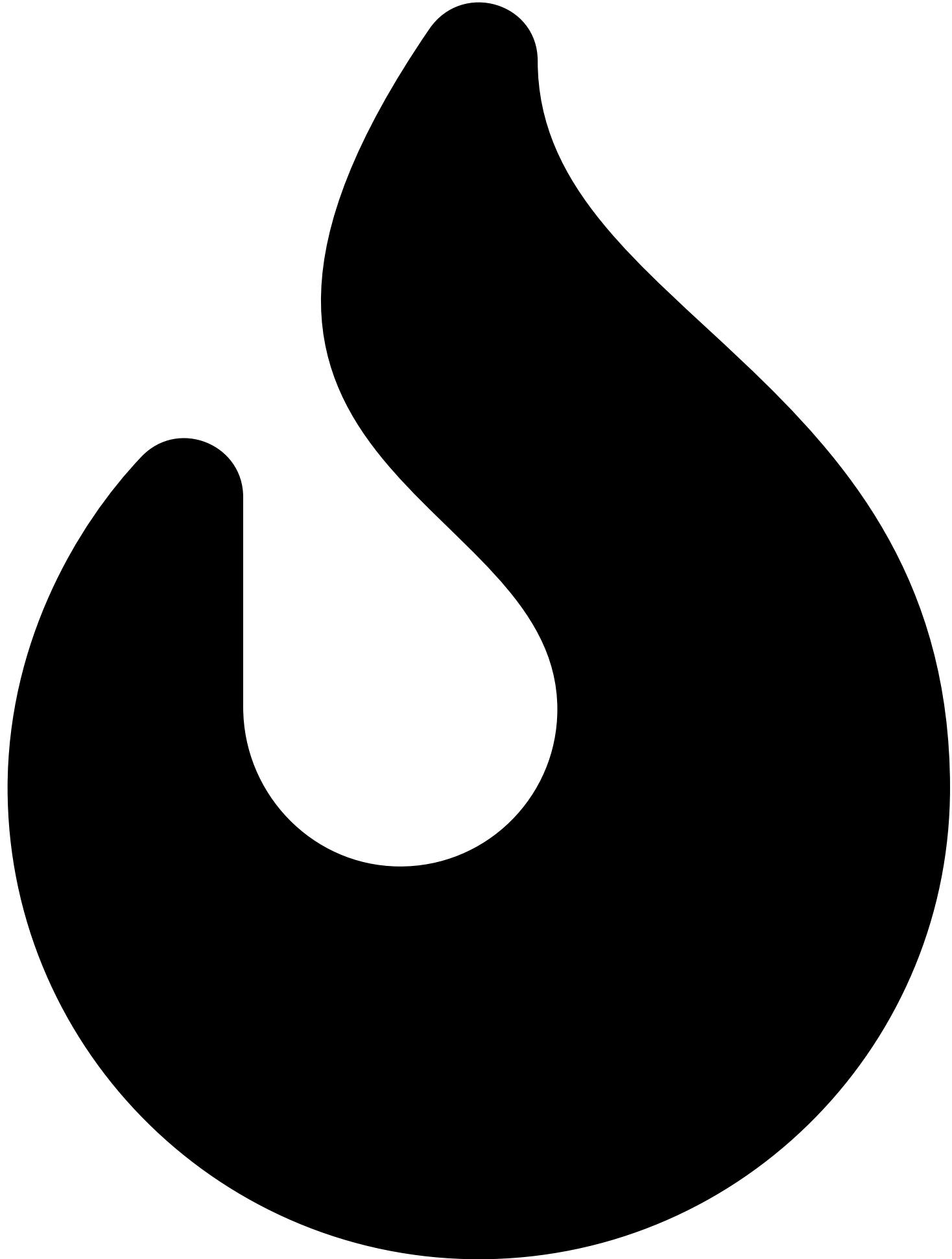


GIF

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Mon, Jun 14

Super-Strength W2D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog Stretch - 2 minutes

A

Deadbug



- 2 minutes.
- Max reps.



B1

Conventional Deadlift

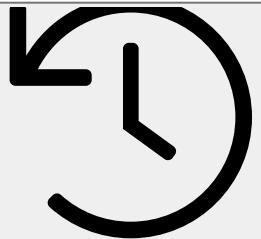


- 4 x 3, 3, 3, 1+ @ 65%, 75%, 85%, 100% TM



B2

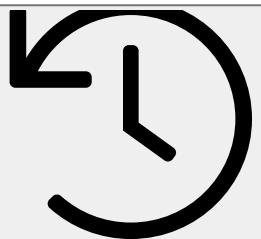
Barbell Hip Thrust

[View exercise history](#)

- 4 x 12 reps @ max weight
- Pancake stretch during 2-3 minute rests.

 C

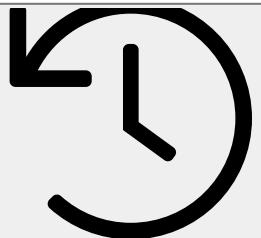
Dumbbell Arnold Press

[View exercise history](#)

- 7 x 5 @ 75% TM w/ 1 minute rest

 D1

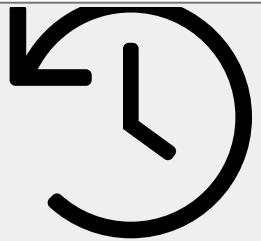
Single Leg Romanian Deadlift

[View exercise history](#)

- 40/side aqap @ max weight, then on to c2

 D2

Tactical Pull-Up



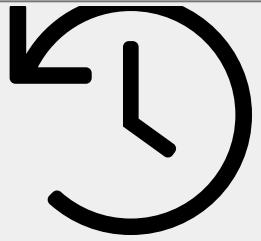
[View exercise history](#)

- 40 reps aqap
- -complete 10 reps of c3 as a penalty for stopping-
- then move on to C4



D3

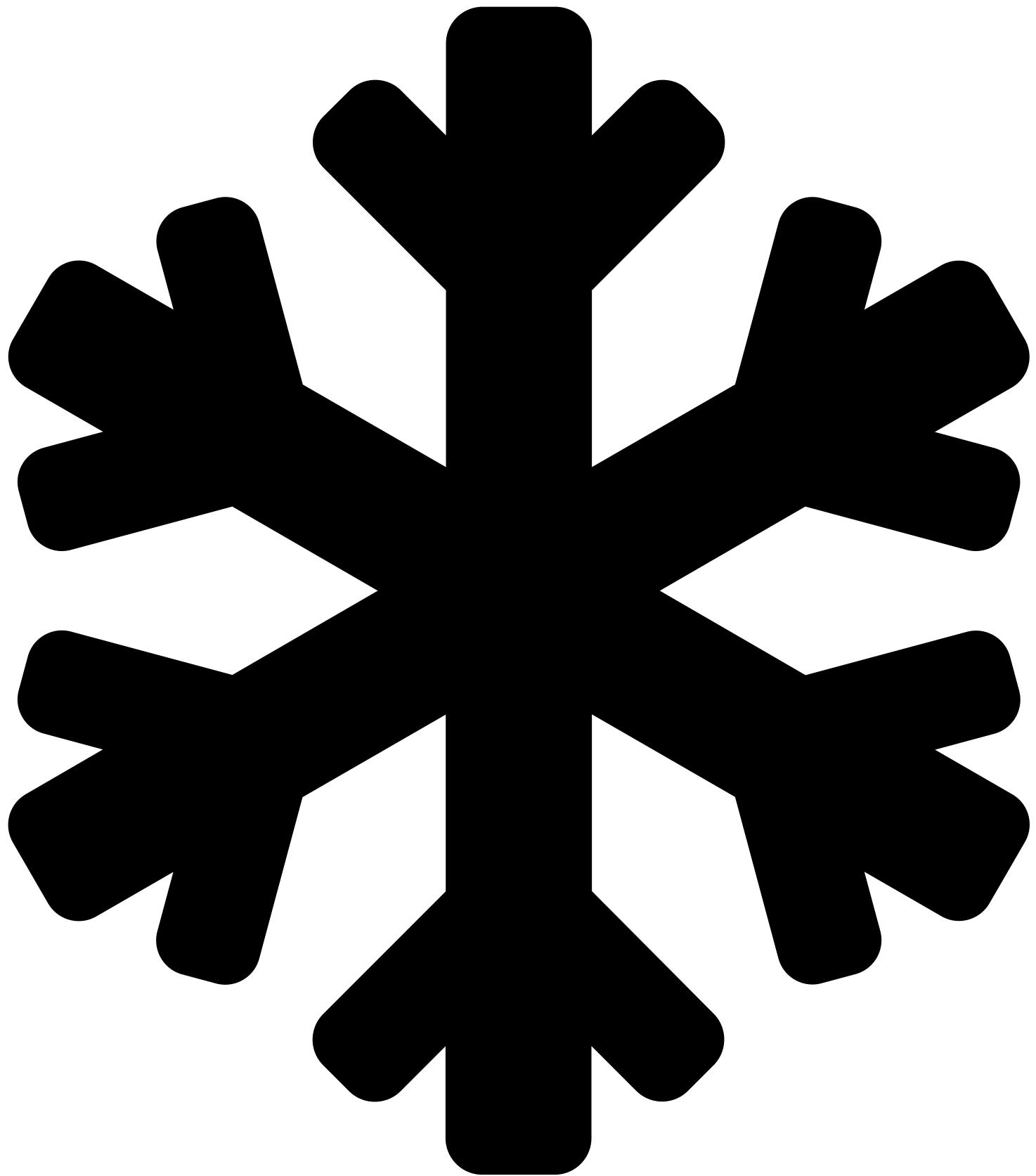
Renegade Row



[View exercise history](#)

- 40 reps @ max weight, then back to c2.





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!

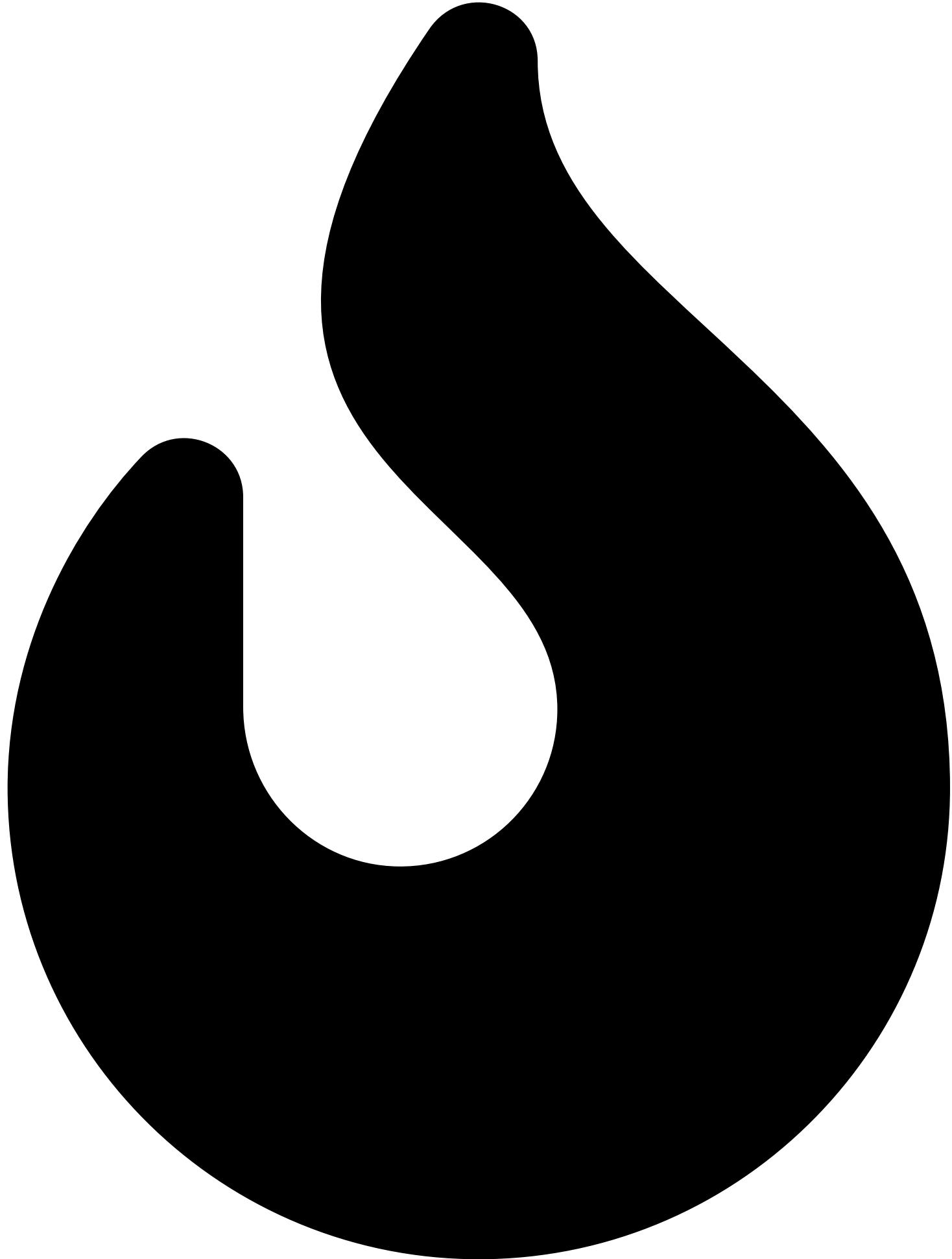


GIF

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Wed, Jun 16

Super-Strength W2D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog Stretch - 2 minutes

A

Deadbug



- 2 minutes.
- Max reps.



B1

Conventional Deadlift

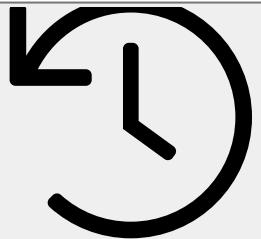


- 4 x 3, 3, 3, 1+ @ 65%, 75%, 85%, 100% TM



B2

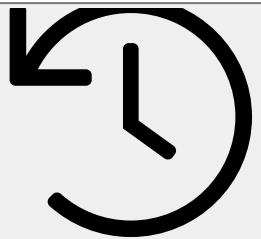
Barbell Hip Thrust

[View exercise history](#)

- 4 x 12 reps @ max weight
- Pancake stretch during 2-3 minute rests.

 C

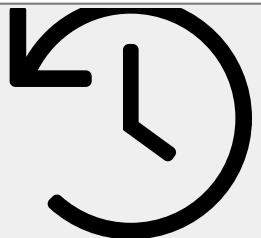
Dumbbell Arnold Press

[View exercise history](#)

- 7 x 5 @ 75% TM w/ 1 minute rest

 D1

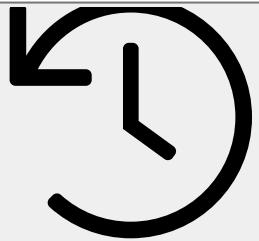
Single Leg Romanian Deadlift

[View exercise history](#)

- 40/side aqap @ max weight, then on to c2

 D2

Tactical Pull-Up



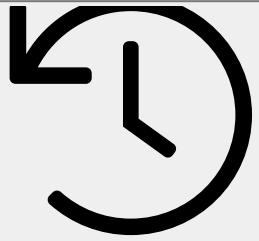
[View exercise history](#)

- 40 reps aqap
- -complete 10 reps of c3 as a penalty for stopping-
- then move on to C4



D3

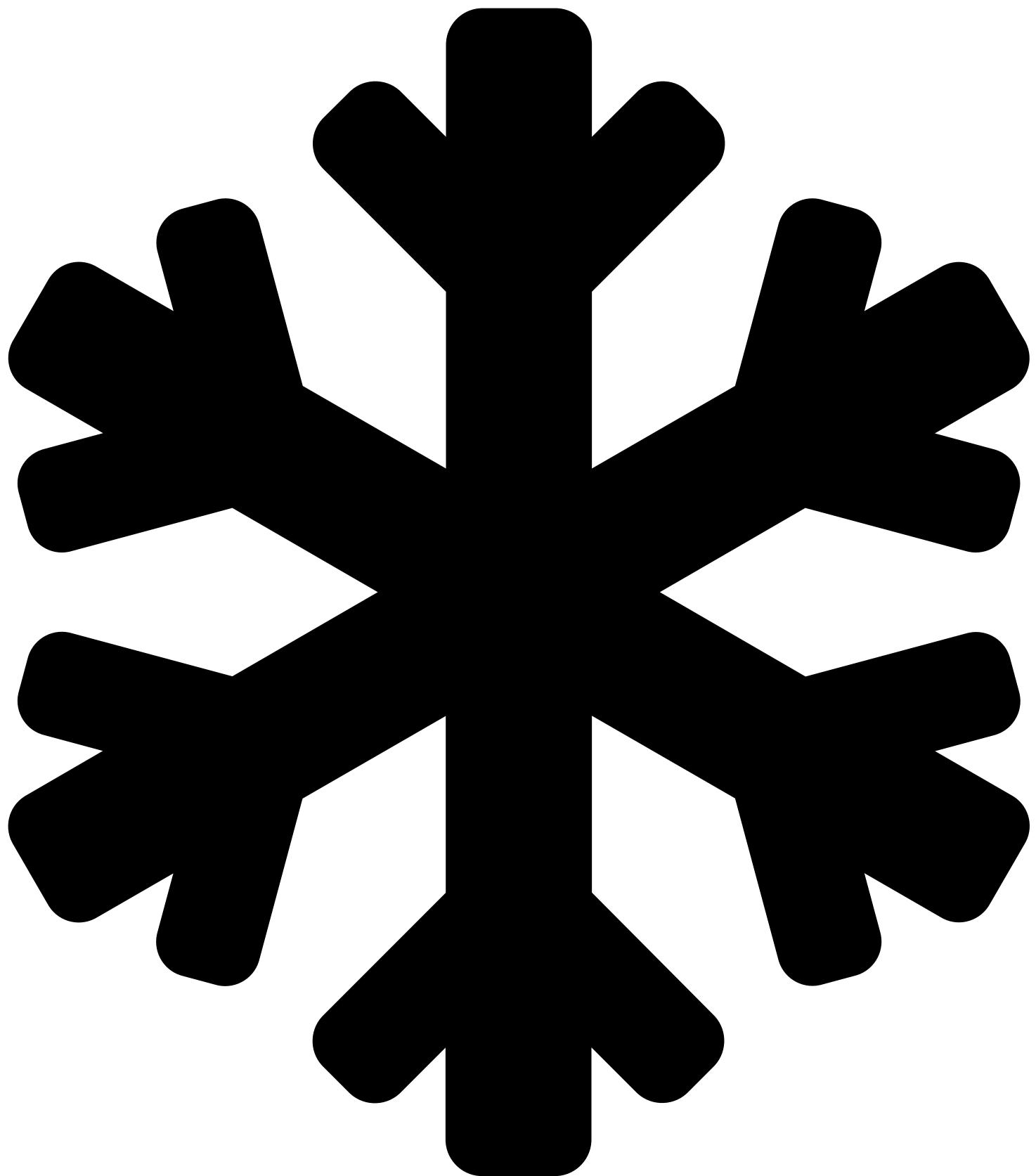
Renegade Row



[View exercise history](#)

- 40 reps @ max weight, then back to c2.





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!

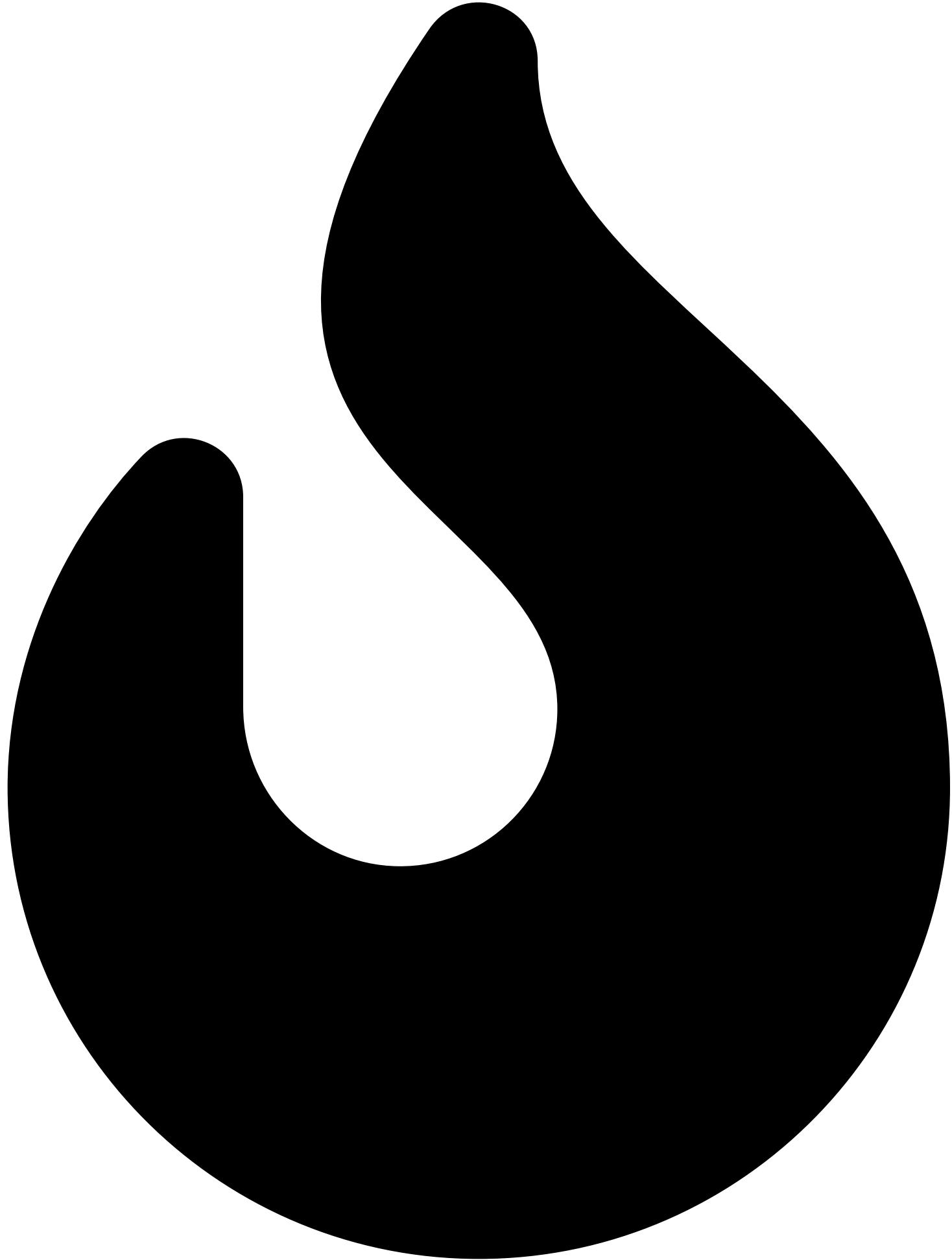


GIF

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Fri, Jun 18

Super-Strength W3D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Olympic Wall stretch: 4 minutes

A1

Weighted Crunch



[View exercise history](#)

- 2 minutes.
- Max reps @ a smart weight.
- Then, onto 2.

A2

Side Bridge

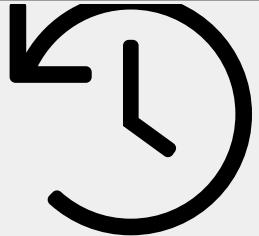


[View exercise history](#)

- 1 minute/side.

B

Back Squat

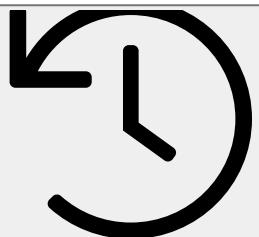
[View exercise history](#)

- 7 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets



C1

Deficit Push-Ups

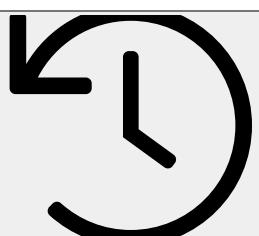
[View exercise history](#)

- Pyramid!
- Start with 1 push-up. Rest. 2 push-up. Rest. 3 push-up. Rest. Etc.
-
- Regress to easier variations if needed.
-
- Repeat until you reach failure, then reverse the pyramid and work your way all the way down, resting as needed.



C2

Dips

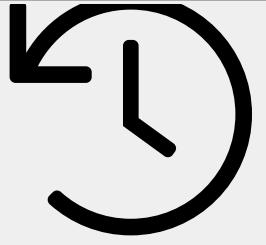
[View exercise history](#)

- Choose your variation:
- 4 x 12.
- Chest stretch during 2-3 minute rest.



D1

Walking Lunges



[View exercise history](#)

- 40 reps @ b/w or heavy weight,
- then move on to c2.



D2

Pronated Pull-up



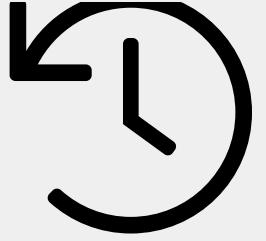
[View exercise history](#)

- 40 reps aqap, completing 10 penalty reps of c3 each time you have to rest. Move on to c4 upon completion



D3

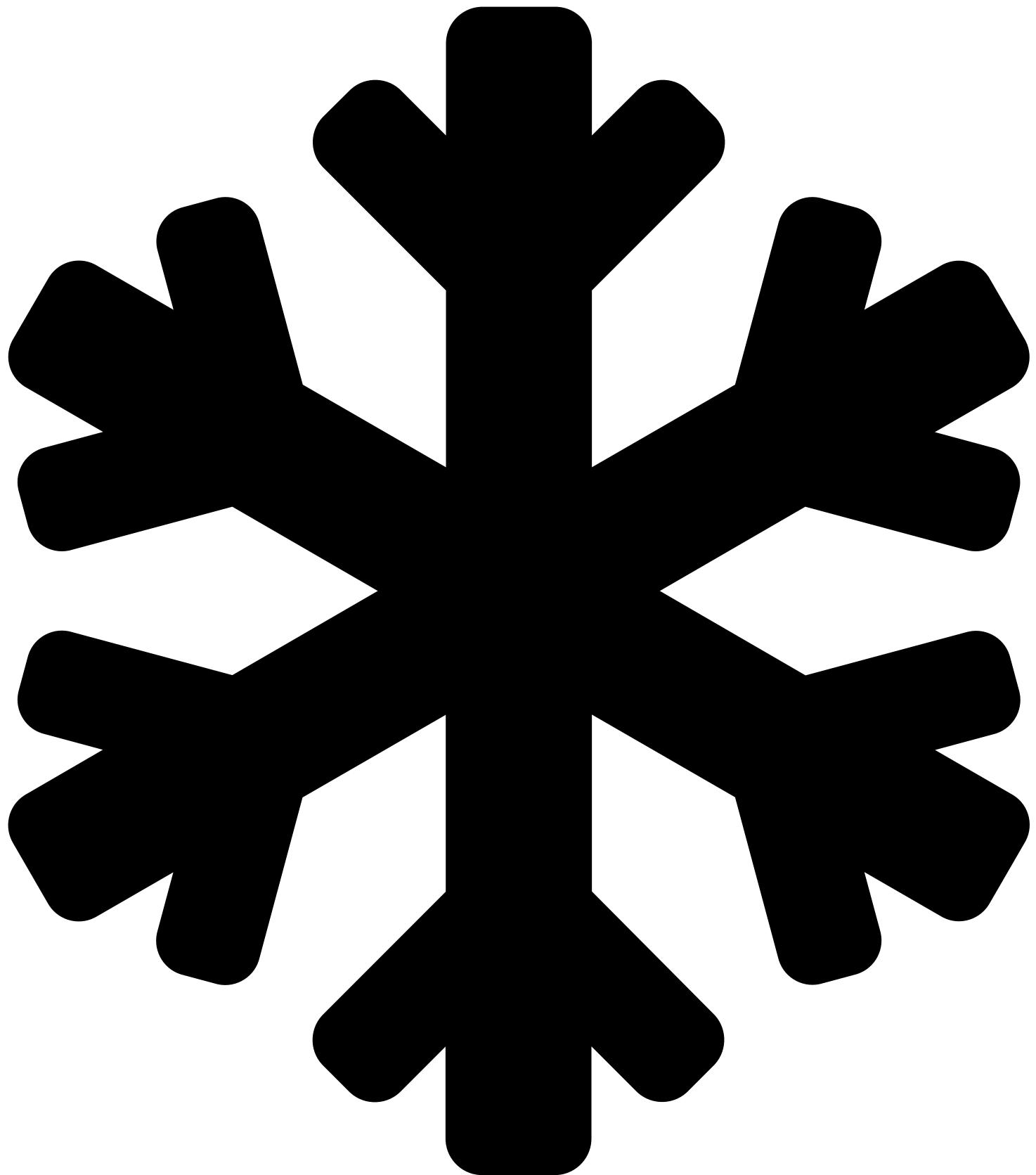
Hand Release Push-Up



[View exercise history](#)

- 10 penalty reps, then back to c2.





Cooldown

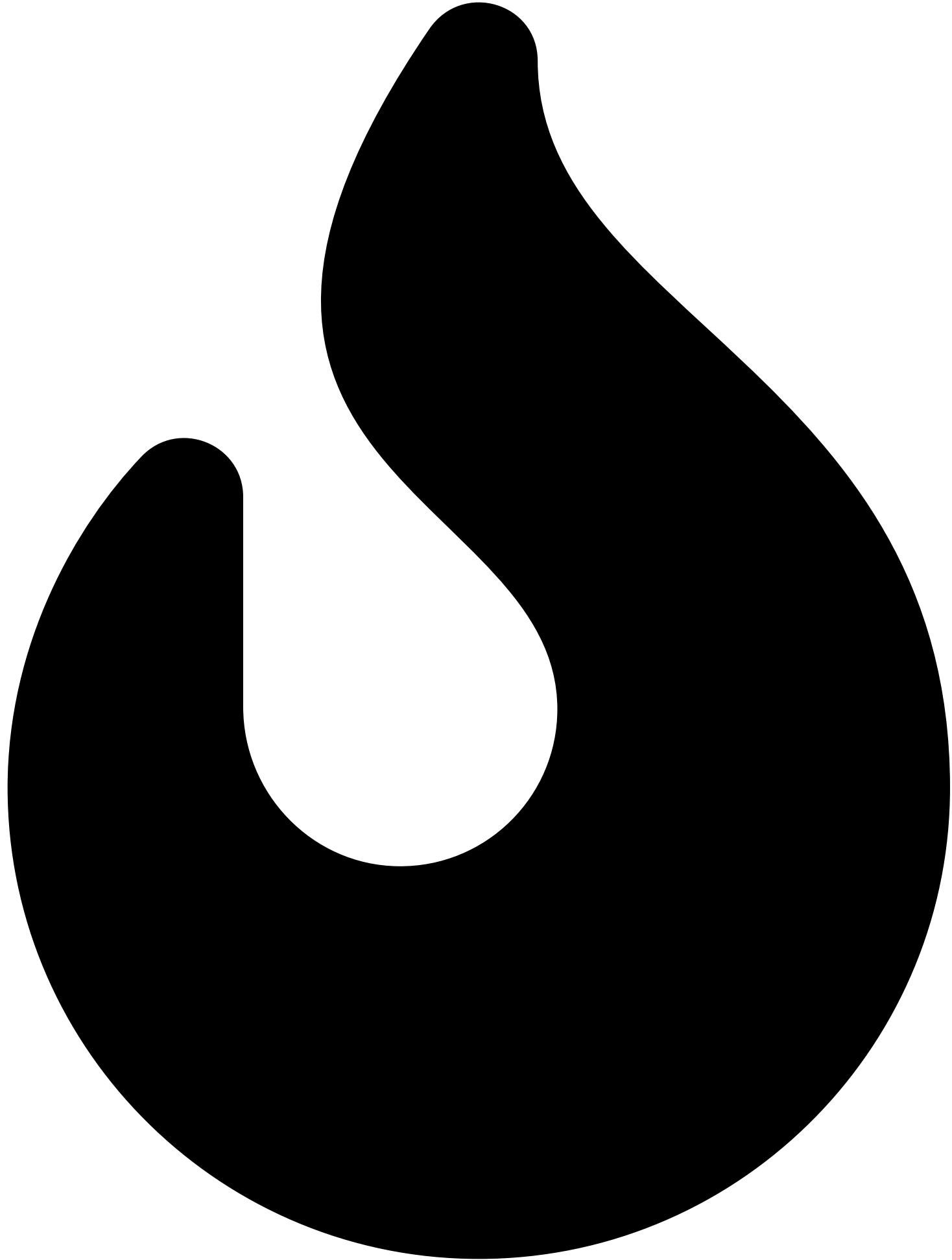
- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!



Mon, Jun 21

Super-Strength W3D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- Frog Stretch - 2 minutes

A1

Reverse Crunch



- 2 minutes.
- Max reps.
- Then, 2.

A2

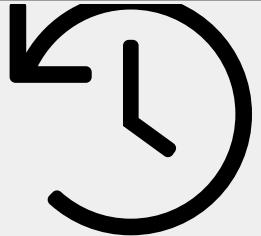
RKC Plank



- 1 minute hold.

B

Conventional Deadlift



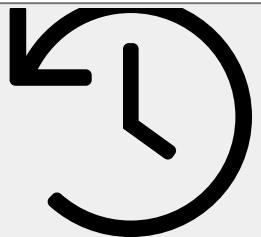
[View exercise history](#)

- 7 x 3 @ 75% TM w/ 1 minute rest



C1

Standing Arnold Press



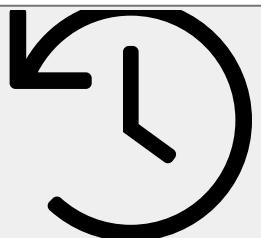
[View exercise history](#)

- 4 x 5, 5, 5, 1+ (max reps) @ 65%, 75%, 85%, 100% Training Max (TM)



C2

Bottoms Up Press



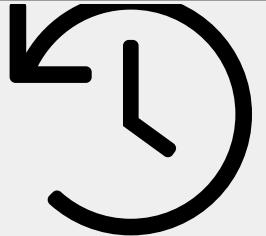
[View exercise history](#)

- 4 x 6-10 reps/side
- Arm-bar during 2-3 minute rest period.



D1

Single Leg Romanian Deadlift



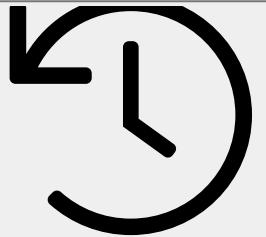
[View exercise history](#)

- 20 reps/side @ max weight
- move on to exercise 2 upon completion



D2

Kip Variation



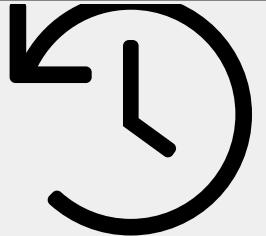
[View exercise history](#)

- Choose your variation:
- 40 reps aqap
- -take 5 of exc 3 as a penalty-



D3

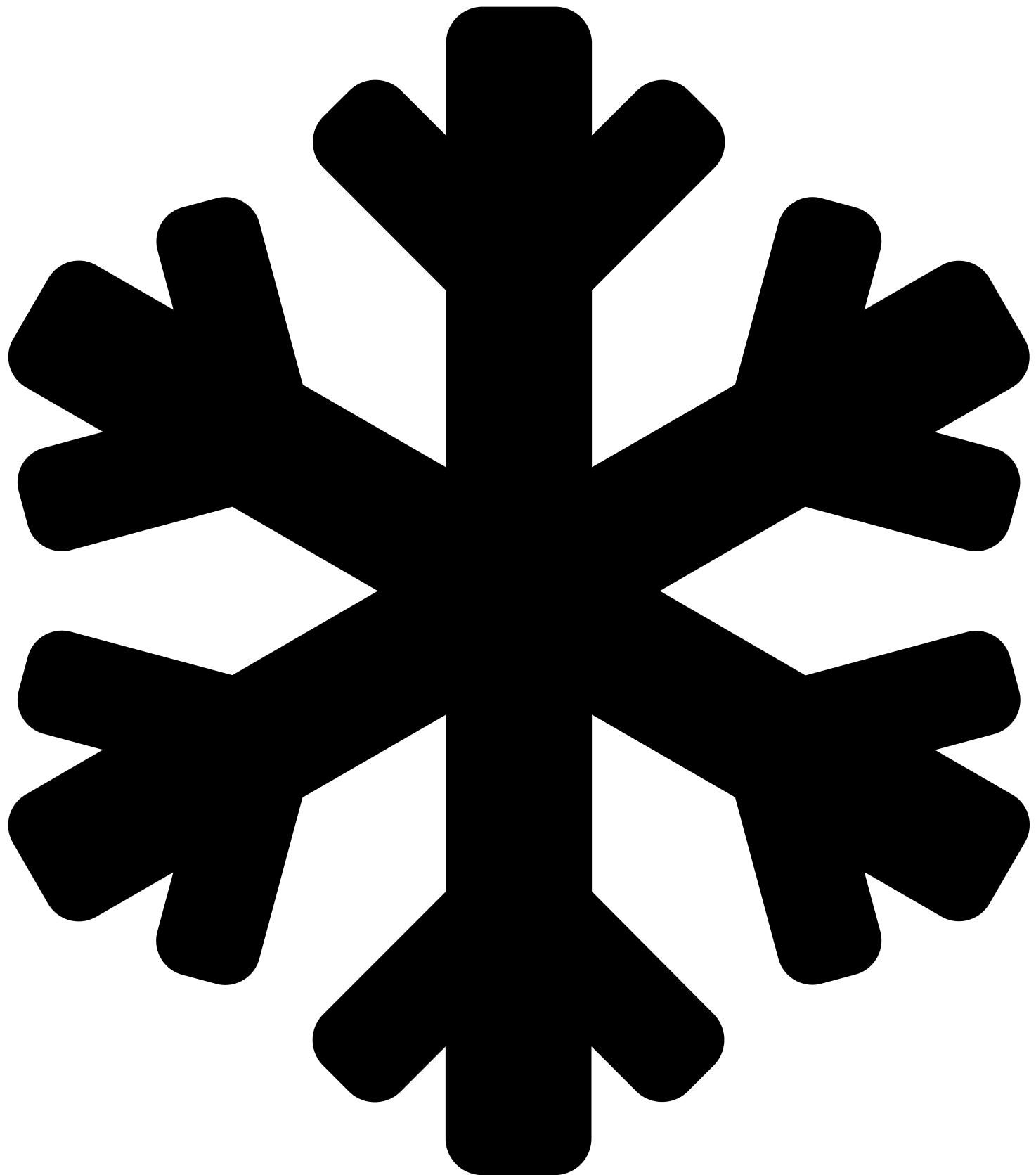
Stability Ball Pike Push Up



[View exercise history](#)

- 5 penalty reps, then return to c2.





Cooldown

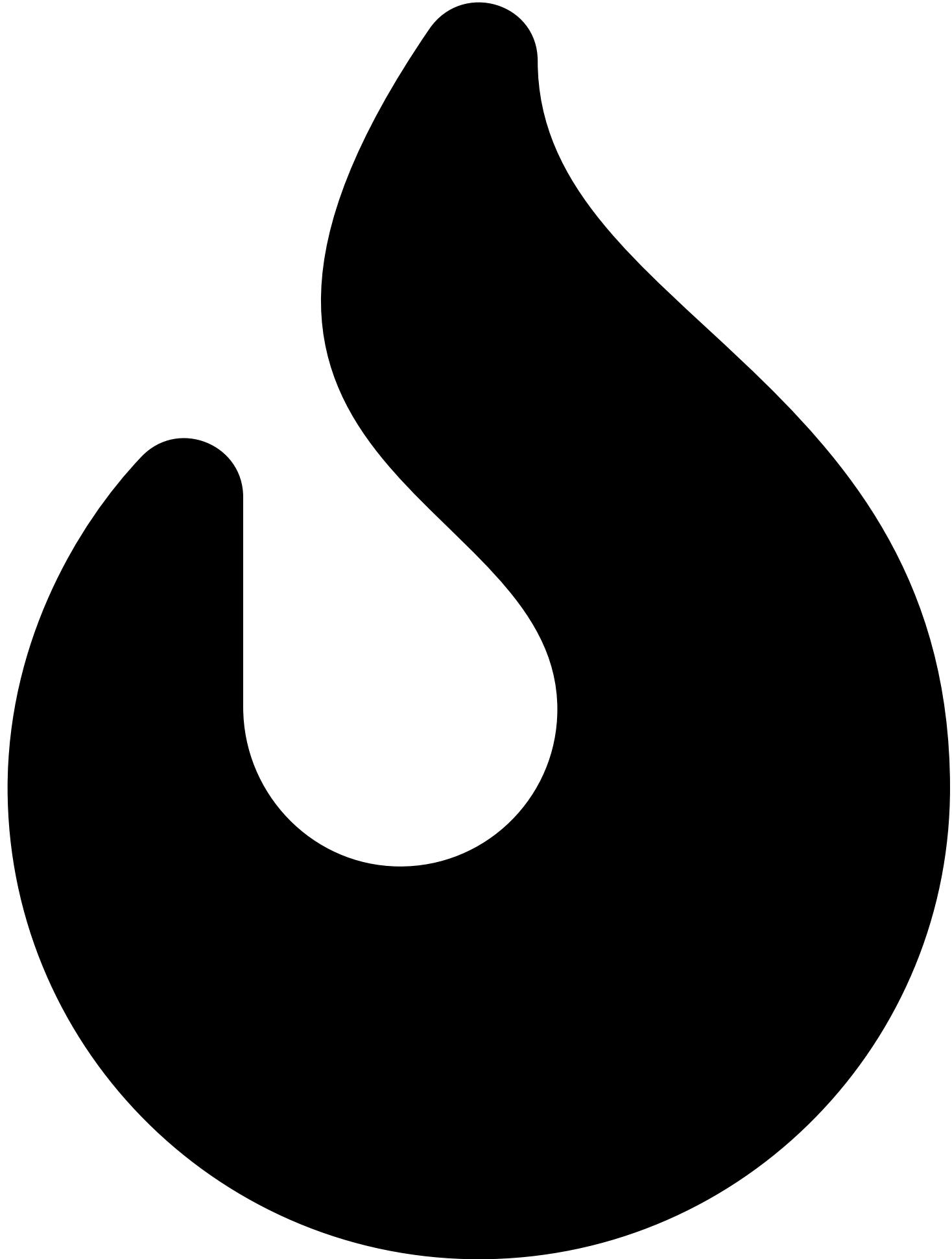
- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!



Wed, Jun 23

Super-Strength W3D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Olympic wall squat - 2 minutes

A1

Deadbug



[View exercise history](#)

- 2 minutes.
- Max reps.



A2

Hollow Body Hold



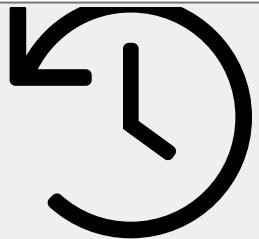
[View exercise history](#)

- 1 minute.



B

Deficit Push-Ups



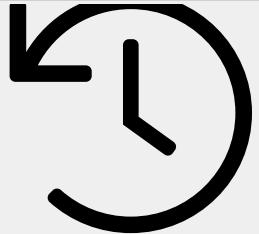
[View exercise history](#)

- Sprints!
-
- 6 rounds
- 1 minute to complete max reps.
- Resting 5-7 seconds as needed.



C1

Back Squat



[View exercise history](#)

- 4 x 5, 3, 1, 1+ @ 75%, 85%, 95%, 100%TM
- -superset-



C2

Step-Up to Balance

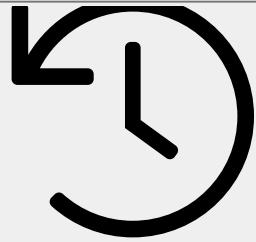


[View exercise history](#)

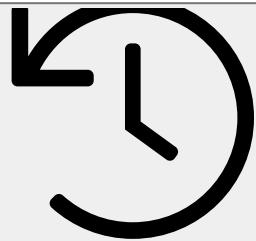
- 4 x 6-10 reps/side @ max weight
- Couch stretch during 2-3 minute rest.



D

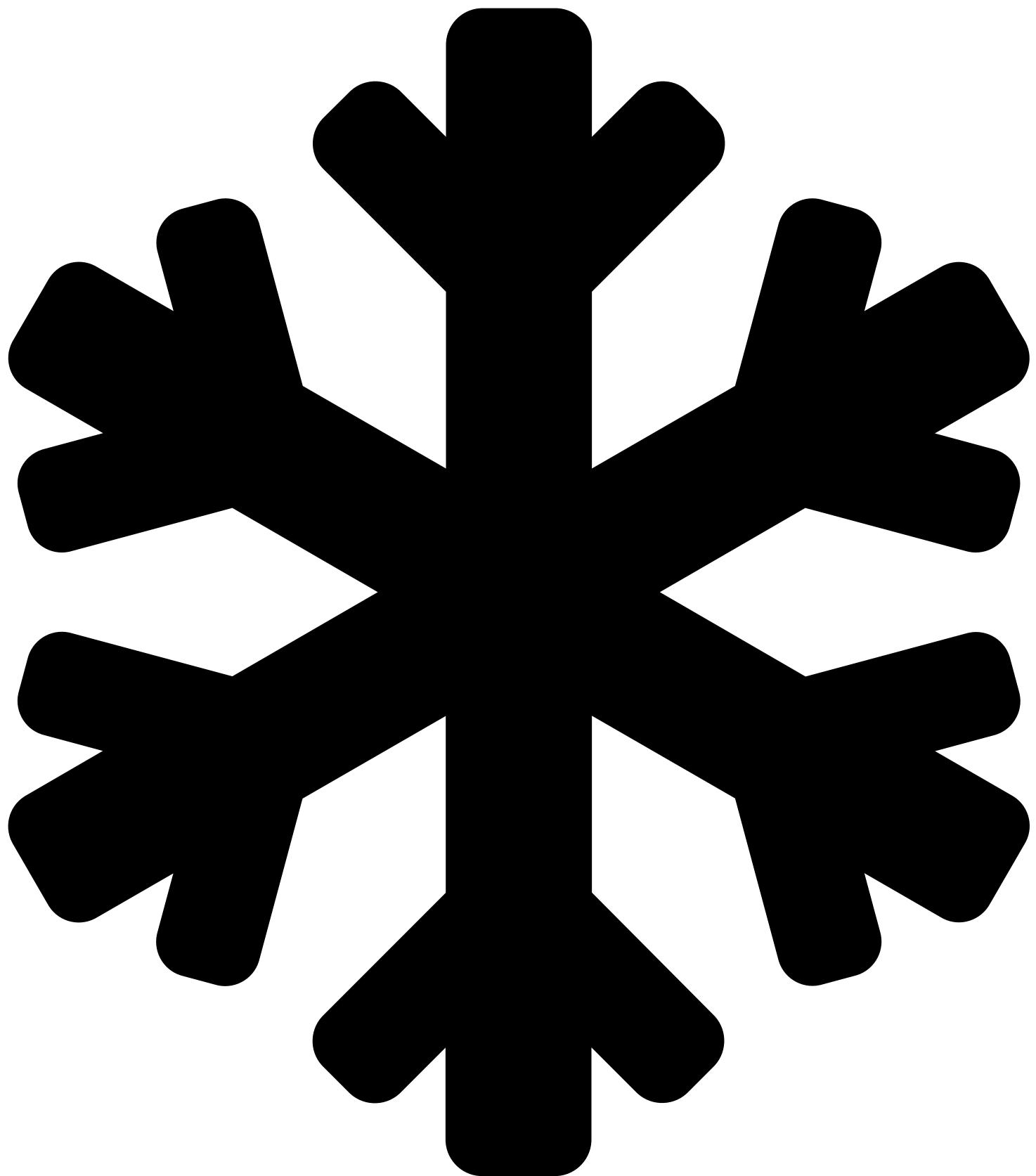
Clean and Jerk[View exercise history](#)

- 40 clean and press, increase weight every 5 reps

**Kroc Row**[View exercise history](#)

- 40 reps/side @ max weight aqap





Cooldown

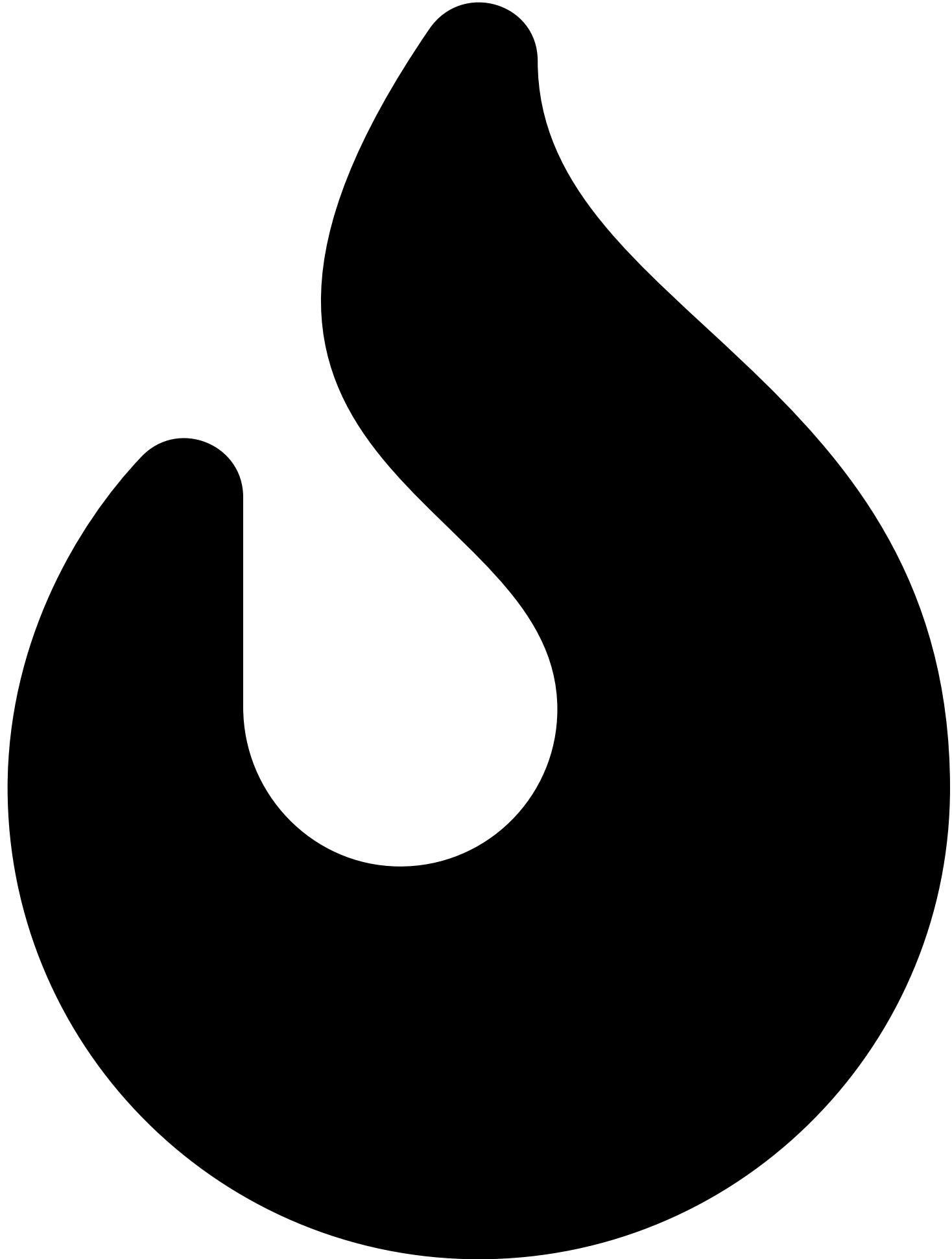
- 30 seconds to 2 minute hold per stretch.
- Comment
- Note

Give Jen feedback on
her workout!



Fri, Jun 25

Super-Strength W4D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog stretch - 2 minutes

A1

Weighted Crunch



[View exercise history](#)

- 2 minutes.
- Max reps.



A2

Side Arch Body Hold



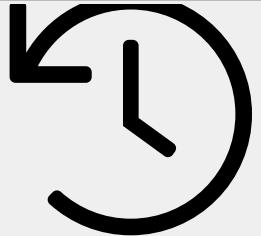
[View exercise history](#)

- 1 minute/side.
- Max reps.



B1

Conventional Deadlift



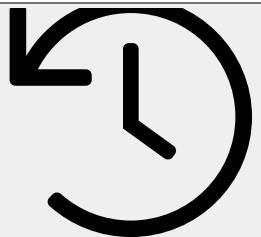
[View exercise history](#)

- 4 x 3, 3, 1, 1+ (max reps) @ 75%, 85%, 95%, 100% Training Max (TM)



B2

Barbell Hip Thrust



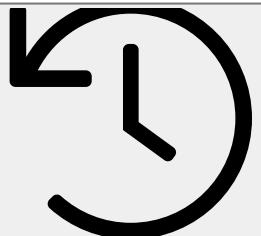
[View exercise history](#)

- 4 x 12 reps @ max weight
- Frog or split stretch during 2-3 minute rests.



C

Strict Press



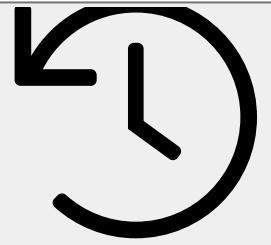
[View exercise history](#)

- 7 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets



D1

Box Step Up



[View exercise history](#)

- 40/side @ max height aqap



P-Bar Dip



[View exercise history](#)

- 40 reps aqap w/ 5 penalty reps for stopping.



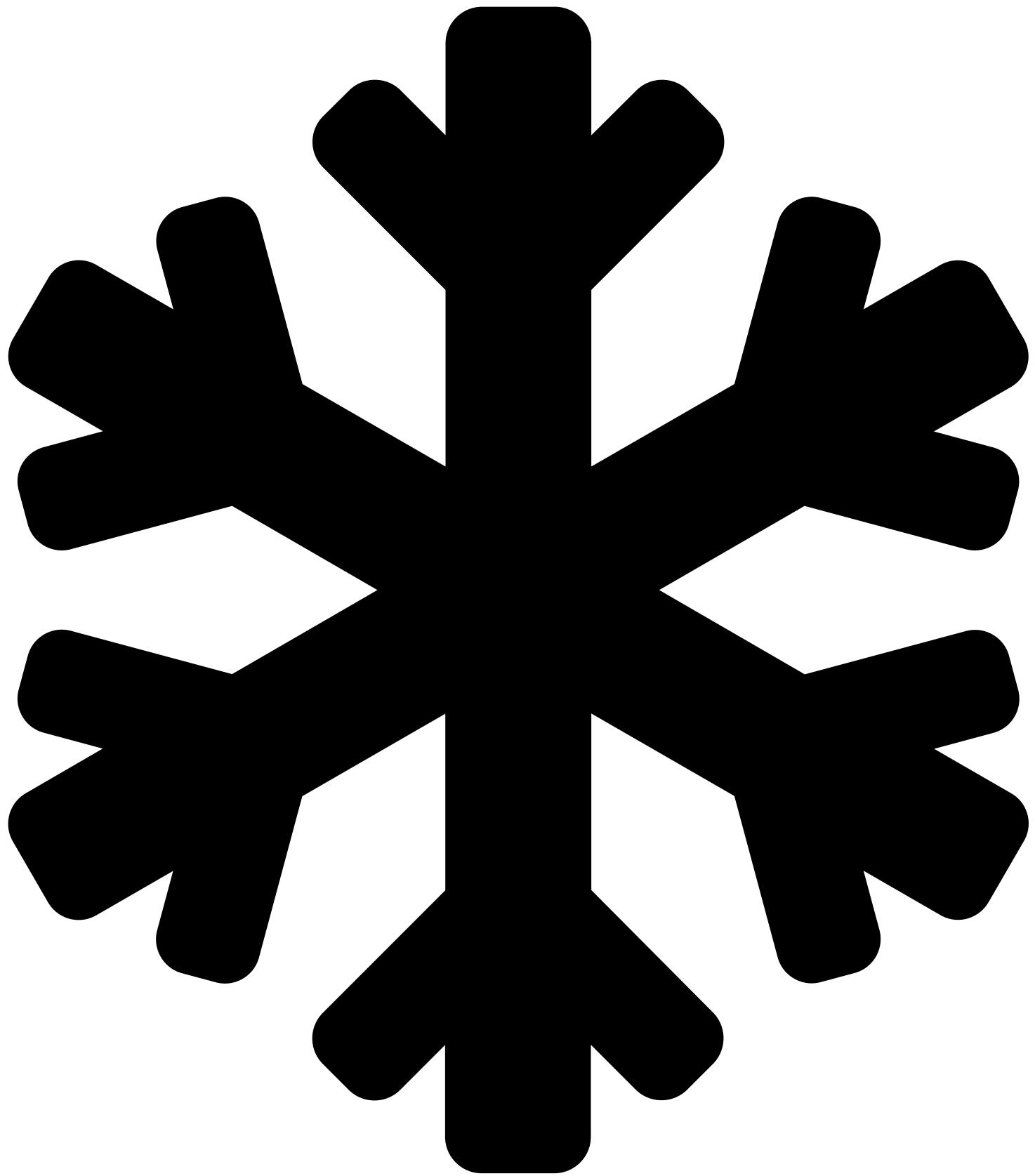
Supinated Pull-up



[View exercise history](#)

- 5 penalty reps, then return to c2.





Coldown

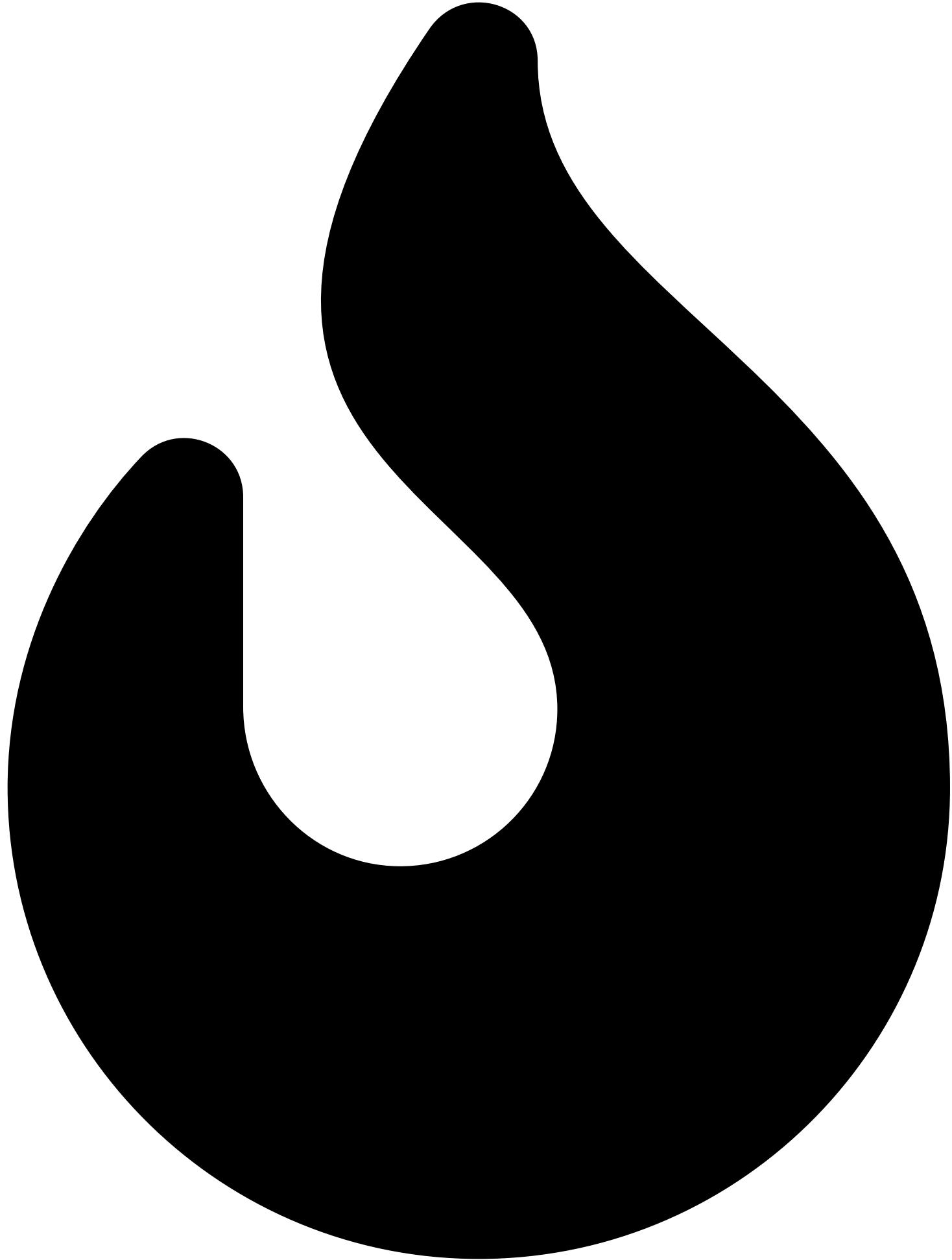
- 30 seconds to 2 minute hold per stretch.
- Barbell Pancake
- Band Trap Stretch
- Comment
- Note

Give Jen feedback on
her workout!



Mon, Jun 28

Super-Strength W4D3



Warmup

- Extensive Interval
- 4x
- 30 seconds work at max effort,
- 30-60 seconds rest.
-
- Super 7 Warm-Up
-
- olympic wall squat - 2 minutes

A1

Reverse Crunch



- 2 minutes.
- Max reps.

A2

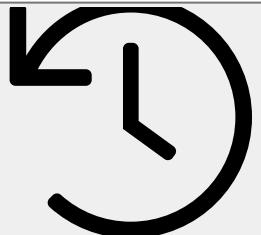
RKC Plank



- 2 minute hold.

B

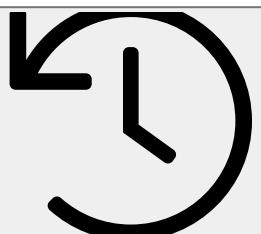
Back Squat

[View exercise history](#)

- 7 x 5 @ 75% TM w/ 1 minute rest

C

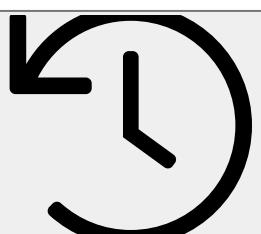
Deficit Push-Ups

[View exercise history](#)

- Pyramid!
- Start with 1 push-up. Rest. 2 push-up. Rest. 3 push-up. Rest. Etc.
-
- Regress to easier variations if needed.
-
- Repeat until you reach failure, then reverse the pyramid and work your way all the way down, resting as needed.

D

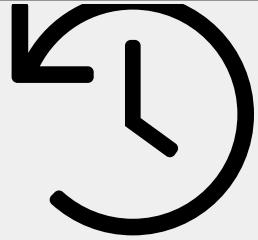
Dips

[View exercise history](#)

- 4 x 12 reps w/ 3-4 second negative.
- Chest or bully stretch during 2-3 minute rest.

E1

Side Lunge



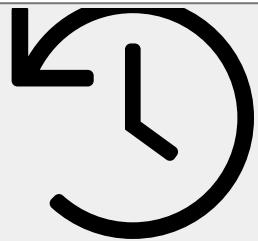
[View exercise history](#)

- 40 reps/side



E2

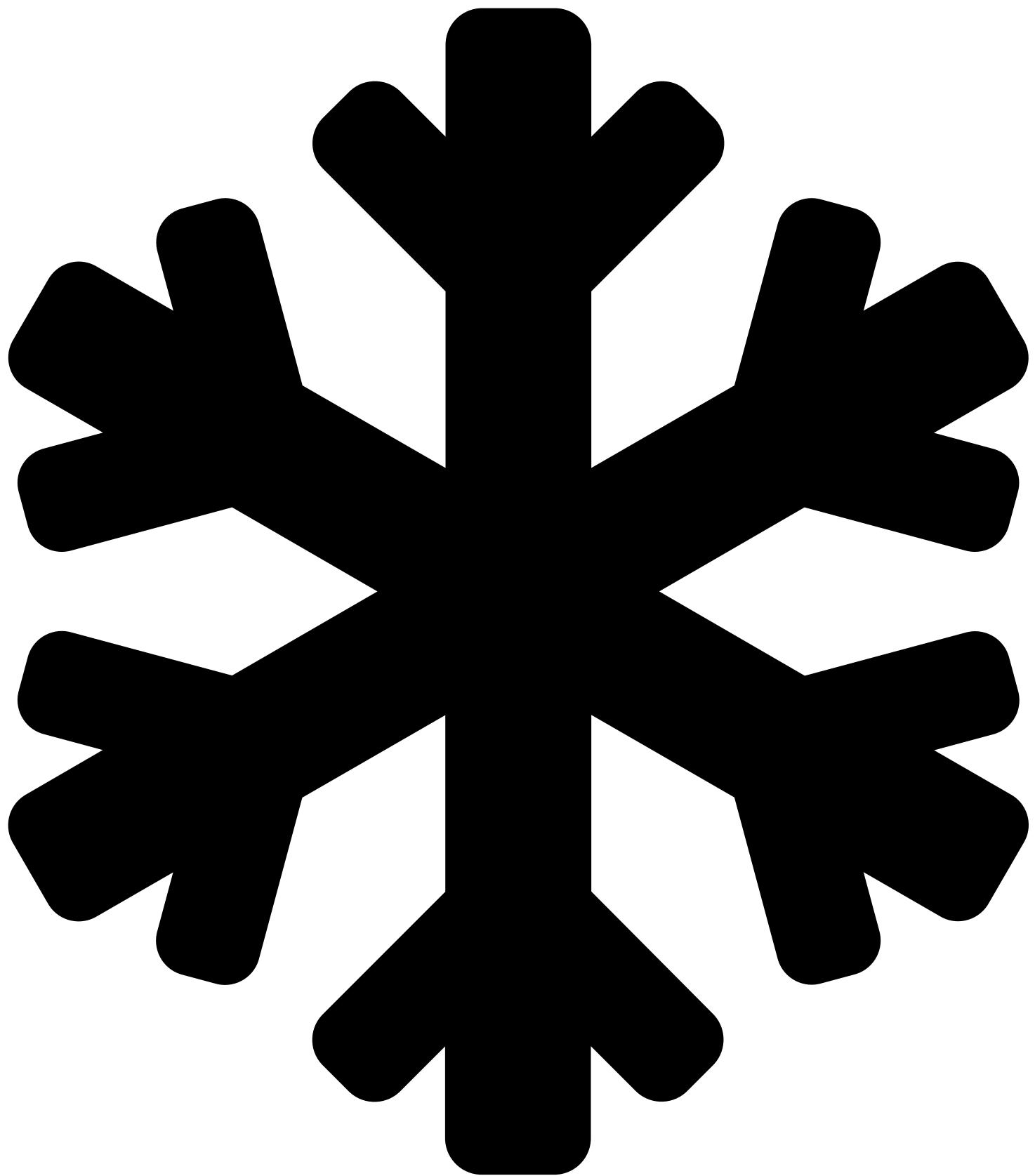
Kroc Row



[View exercise history](#)

- 40 reps/side @ max weight





Cooldown

- 30 seconds to 2 minute hold per stretch.
- Couch Stretch
- Chest Stretch
- Comment
- Note

Give Jen feedback on
her workout!

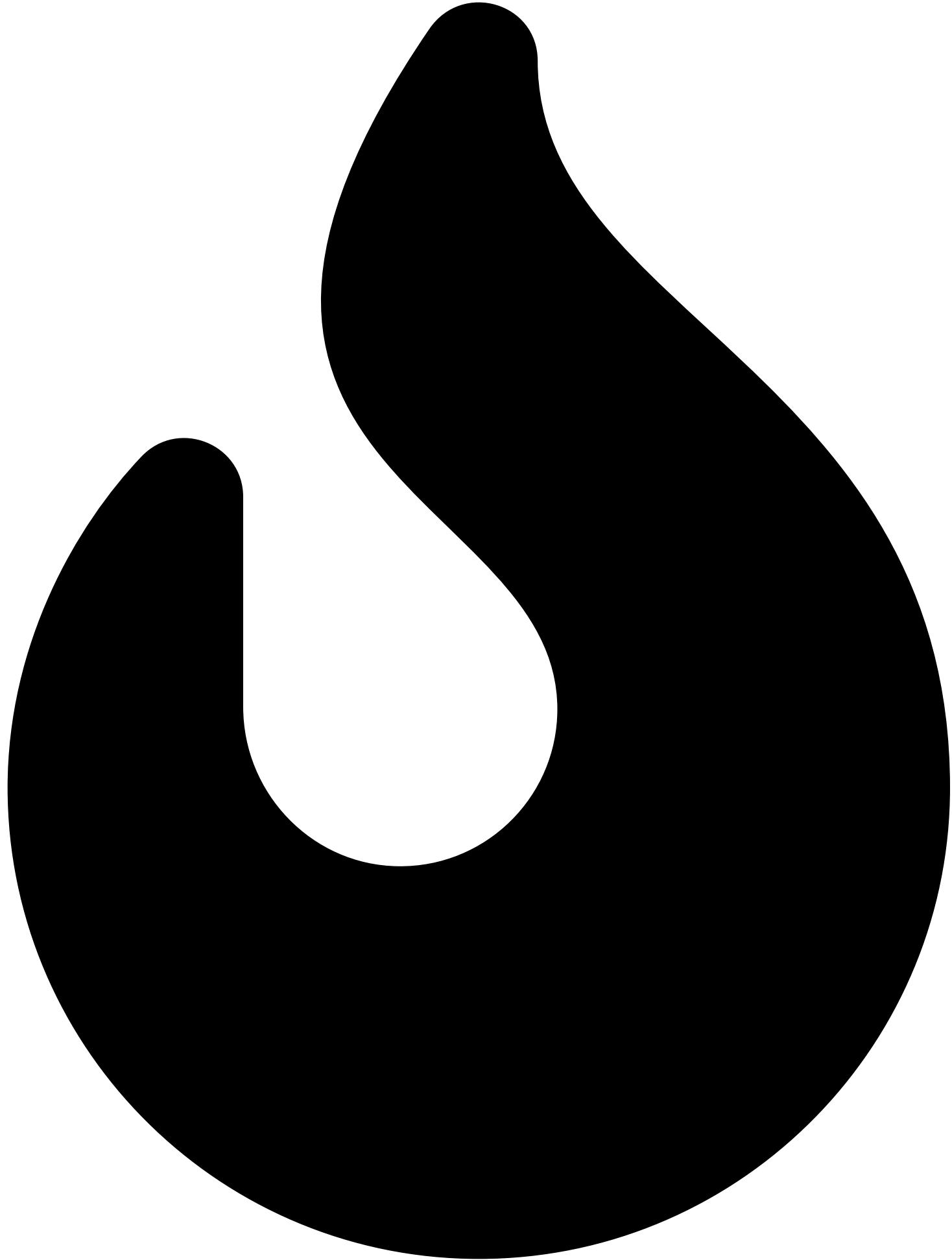


GIF

Send

Wed, Jun 30

Super-Strength W4D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Super 7
-
- Frog stretch - 2 minutes

A1

Deadbug



- 2 minutes.
- Max reps.

A2

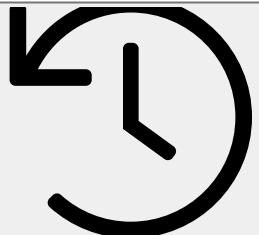
Hollow Body Hold



- 2 minute hold.

B

Conventional Deadlift



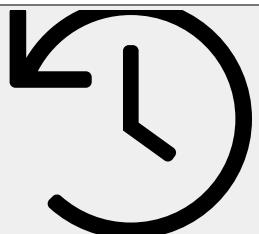
[View exercise history](#)

- 7 x 3 @ 75% TM w/ 1 minute rest



C1

Standing Arnold Press



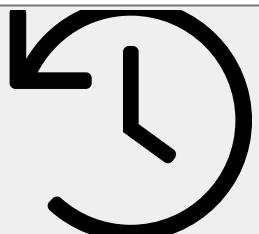
[View exercise history](#)

- 4 x 5, 3, 1, 1+ @ 75%, 85%, 95%, 100% TM



C2

External Rotation



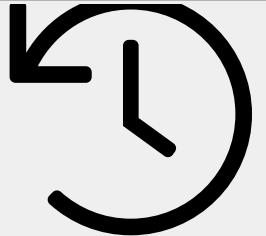
[View exercise history](#)

- 4 x 12 reps @ the right weight.
- Arm bar during 2-3 minute rest period.



D1

Walking Lunges



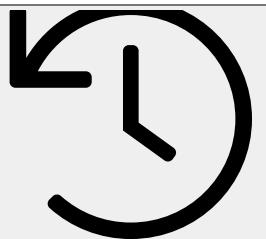
[View exercise history](#)

- 40 reps/side @ max weight aqap



D2

Pendlay Row



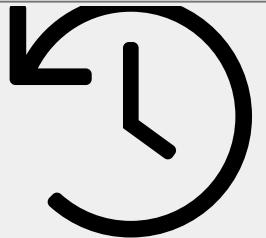
[View exercise history](#)

- 40 reps aqap @ intermediate weight
- -complete c3 as a penalty for stopping
- then move on to C4 upon completion-



D3

Tactical Pull-Up



[View exercise history](#)

- 5 penalty reps
- -then go back to C2-





Coldown

- 30 seconds to 2 minute hold per stretch.
- Barbell Pancake
- Band Trap Stretch
- Comment
- Note

Give Jen feedback on
her workout!

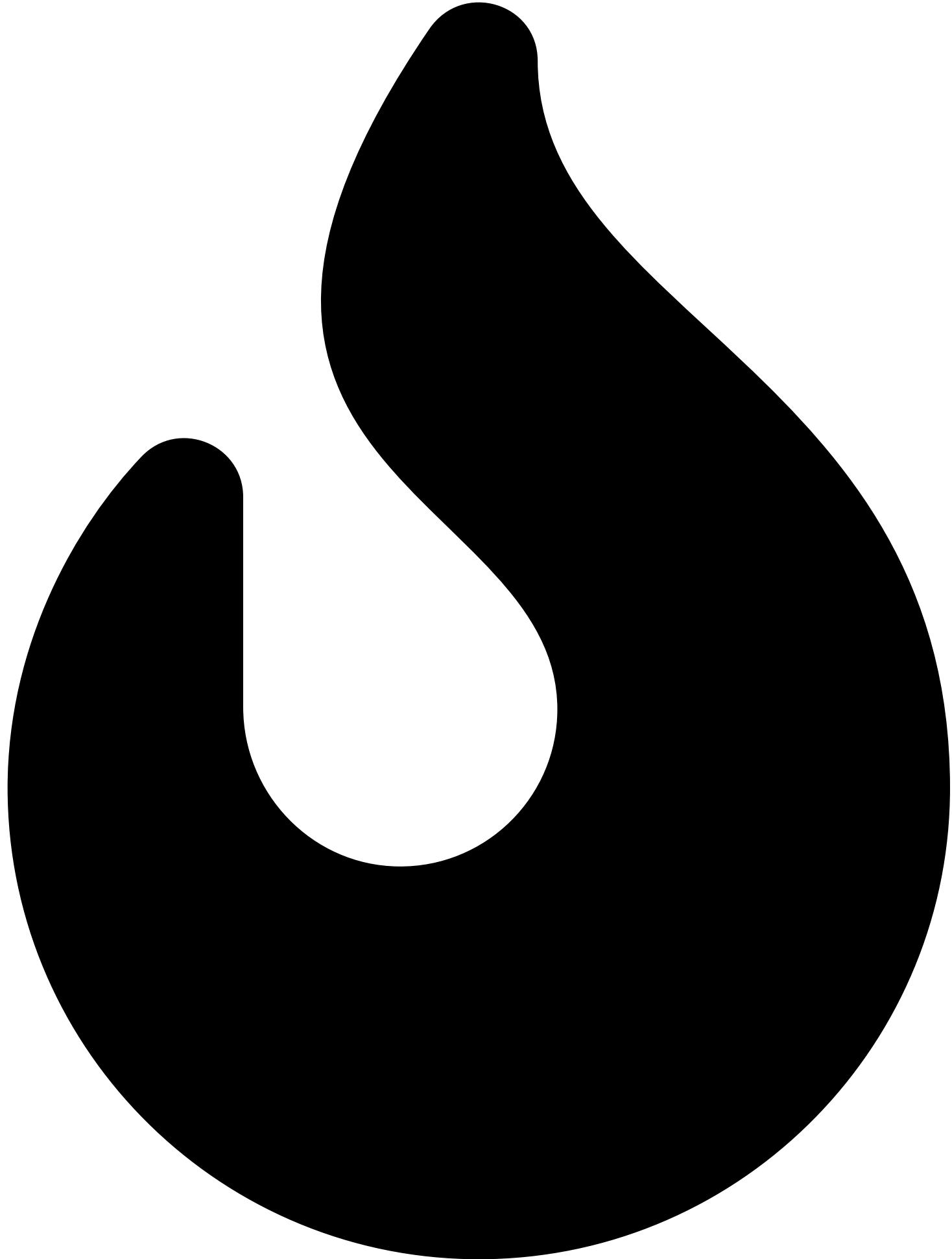


GIF

Send

Fri, Jul 2

Super-Strength W5D1



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
- Agile 8 Warm-Up
- Olympic Wall stretch: 4 minutes

A

Prone Star Plank



[View exercise history](#)

- 1 minute hold.

B1

Snatch

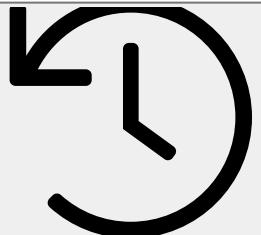


[View exercise history](#)

- 5 sets x 5 reps working up in weight.
- Spiderman stretch during 1 minute rest.

B2

Clean

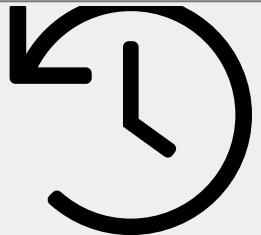
[View exercise history](#)

- 5 sets x 5 reps working up in weight.
- Chest stretch during 1 minute rest.



B3

Walking Lunges

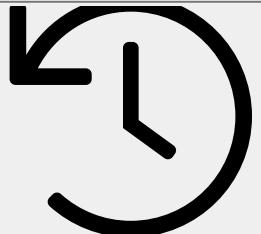
[View exercise history](#)

- 3 x 10 @ body weight or heavy weight w/ 1 minute rest.



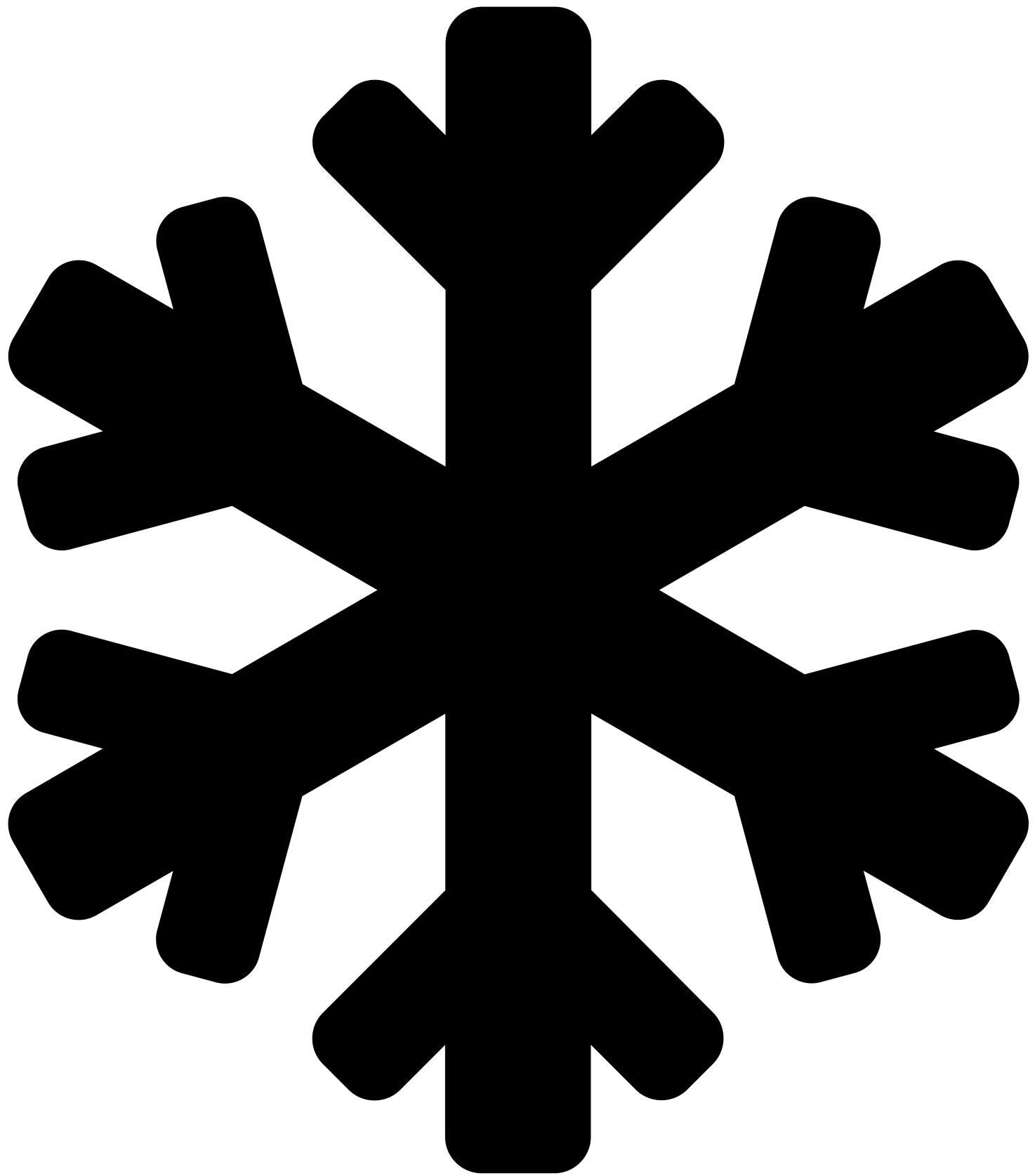
B4

Inverted Row

[View exercise history](#)

- 3 x 10 w/ 1 minute rest.





Cooldown

-
- 30 seconds to 2 minute hold per stretch.
- Couch Stretch
- Chest Stretch
- Comment

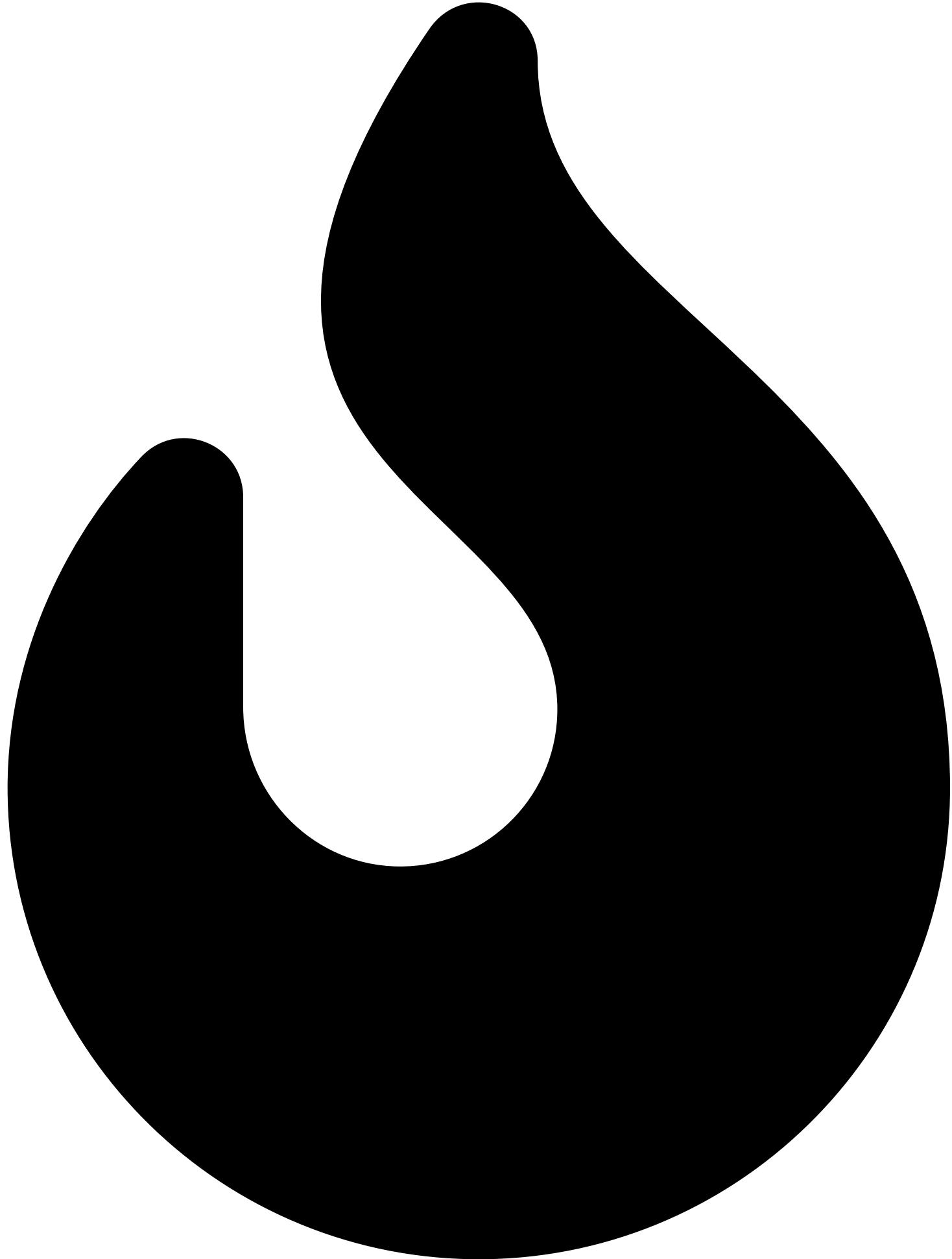
- Note

Give Jen feedback on her workout!



Mon, Jul 5

Super-Strength W5D3



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
-
- Agile 8 Warm-Up
- Frog Stretch: 4 minutes

A

Side Plank



[View exercise history](#)

- 1 minute hold/side.

B1

Hang Snatch

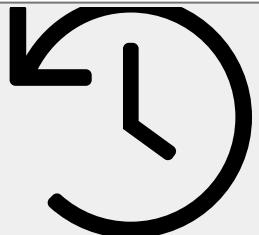


[View exercise history](#)

- 5 x 3 working up in weight.
- Frog or split stretch during 1 minute rest.

B2

Hang Clean

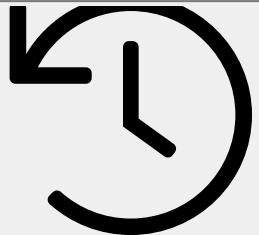
[View exercise history](#)

- 5 sets x 5 reps working up in weight.
- Arm bar during 1 minute rest.



B3

Side Lunge

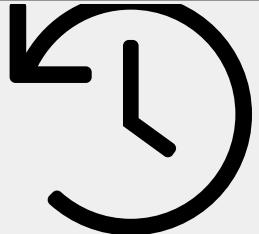
[View exercise history](#)

- 3 x 10, trying to get super bendy.



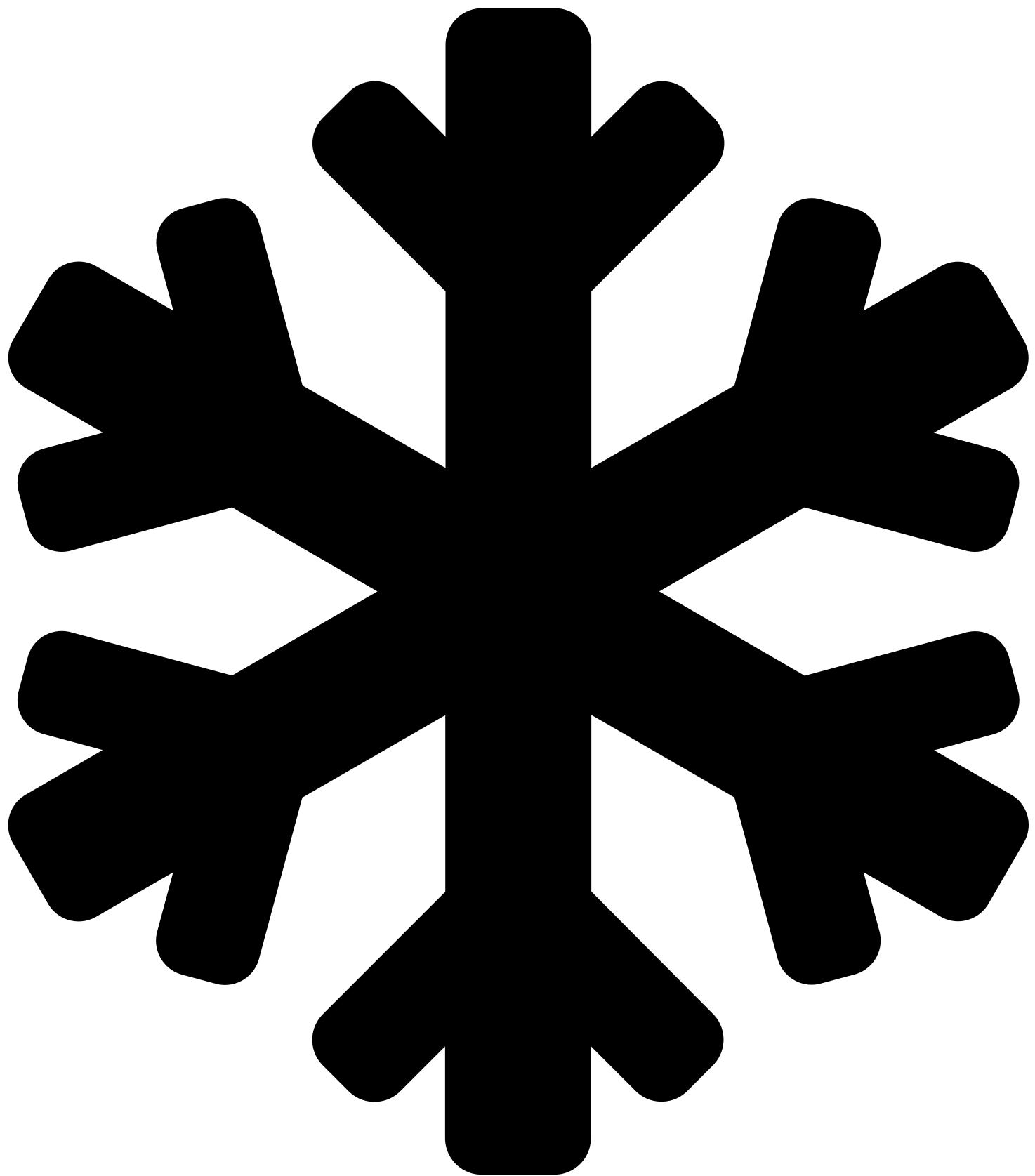
B4

Pronated Pull-up

[View exercise history](#)

- 3 x max reps w/ 1 minute rest.



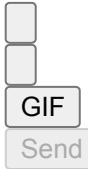


Cooldown

-
- Cooldown
-
- 30 seconds to 2 minute hold per stretch.
- Barbell Pancake
- Band Trap Stretch

- Comment
- Note

Give Jen feedback on her workout!

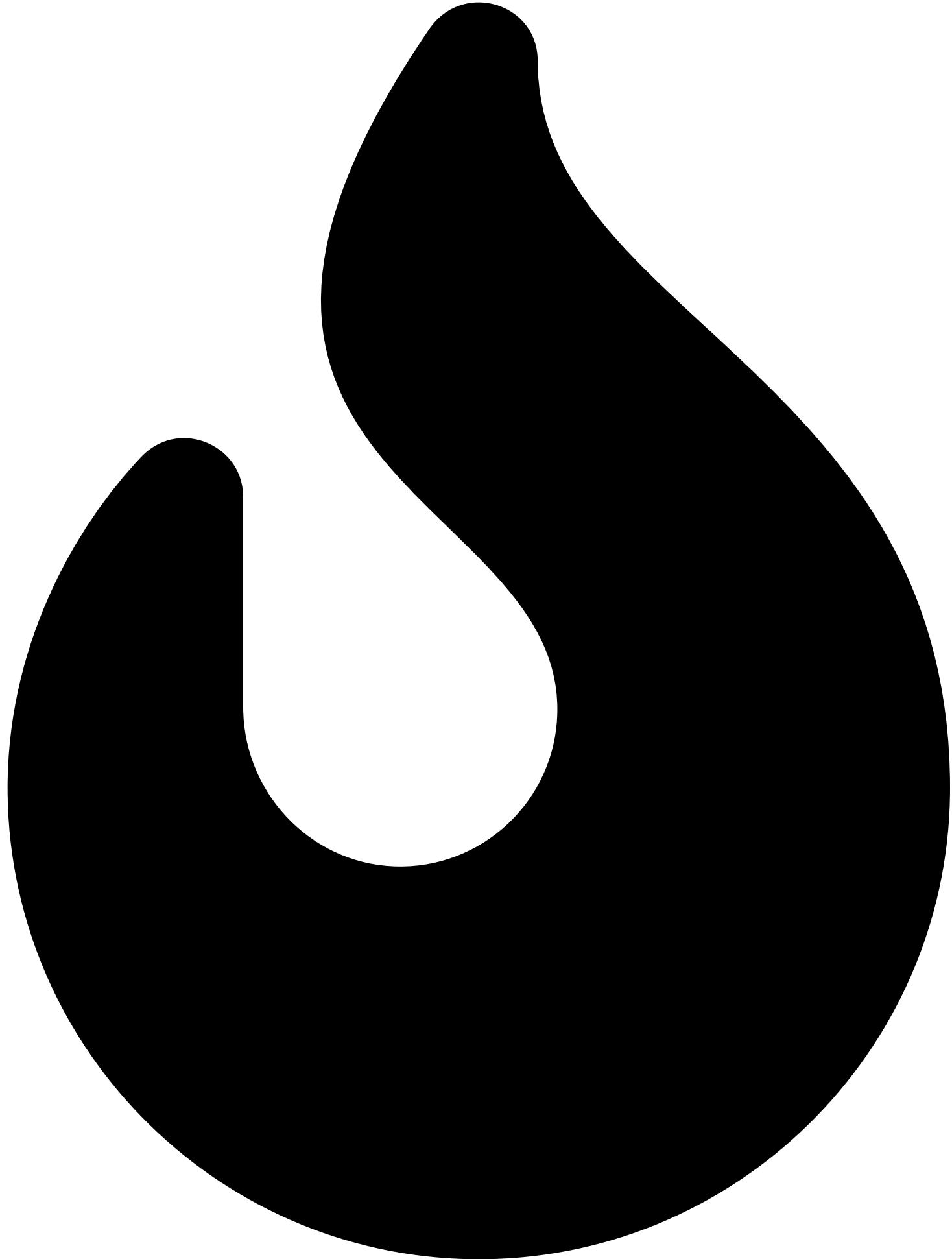


GIF

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Wed, Jul 7

Super-Strength W5D5



Warmup

- Tabata Warm-Up
- 8 x 20 seconds work at max effort, 20 seconds rest.
- Agile 8 Warm-Up
- Couch Stretch: 3 minutes/side

A

Hollow Body Hold



- 1 minute hold.



B

Side Arch Body Hold



- 1 minute hold/side.



C1

Power Snatch



- 5 x 5 working up in weight.
- Chest stretch during 1 minute rest.

C2

Power Clean



[View exercise history](#)

- 5 sets x 5 reps working up in weight.
- Couch stretch during 1 minute rest.

C3

Box Step Up



[View exercise history](#)

- 3 x 10 @ max height.
- 1 minute rest.

C4

1-Arm Cable Rotational Cable Row



[View exercise history](#)

- 3x10 @ max weight

- 1 minute rest.



Cooldown

- 30 seconds to 2 minute hold per stretch.
- Barbell Pancake

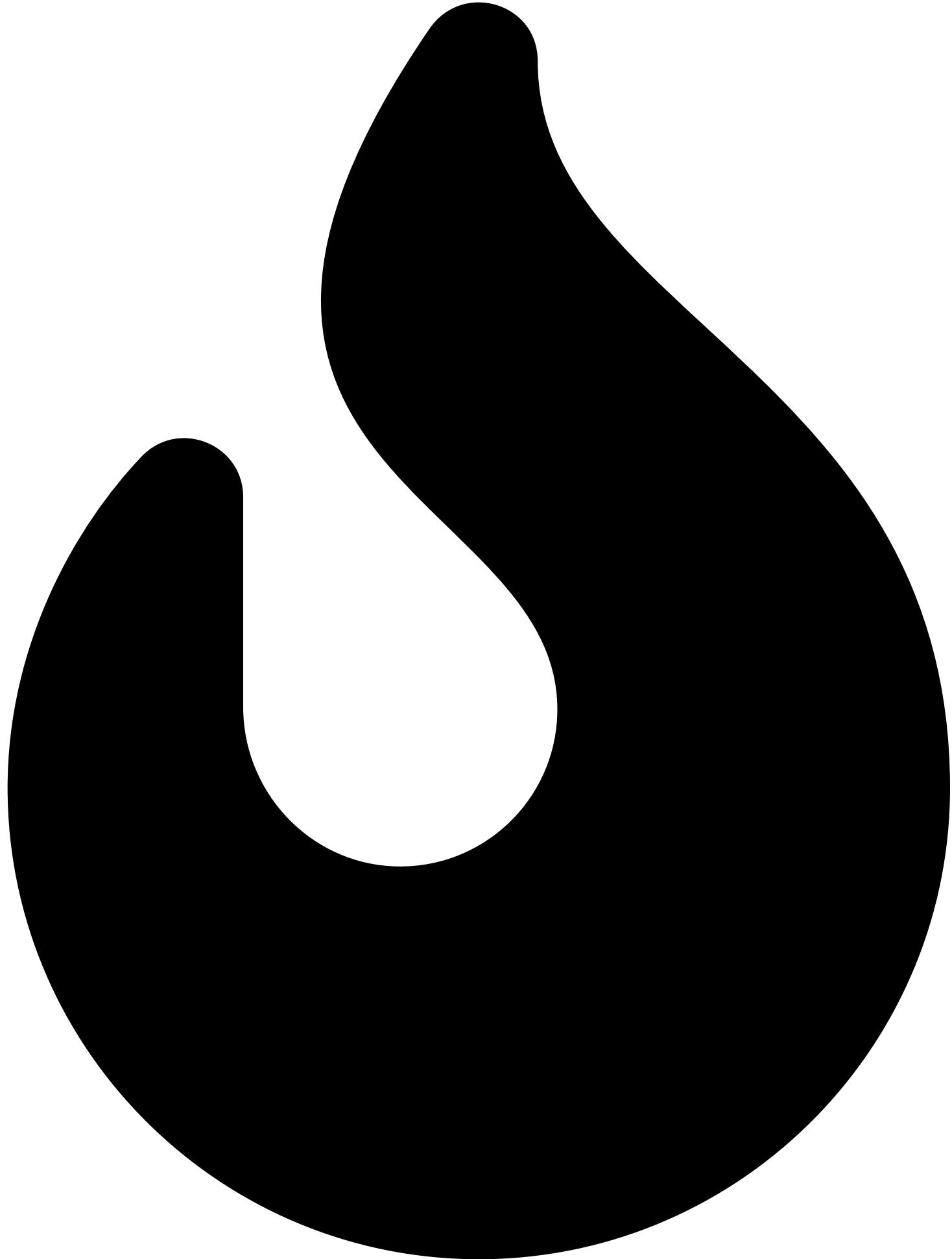
- Band Trap Stretch
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jul 9

Oly-Strength W1D1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Box Jump Step Down



[View exercise history](#)

- 3 x 5 jumps, working to max height.
- Rest as needed.



Back Squat

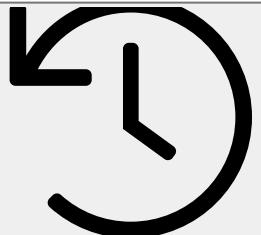


[View exercise history](#)

- 3x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)



Power Clean and Power Jerk

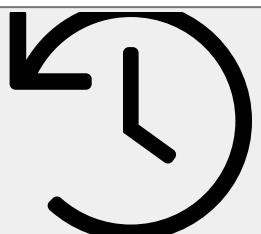


[View exercise history](#)

- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets

D

Pull-up

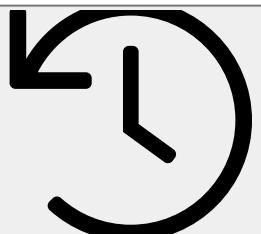


[View exercise history](#)

- 50 reps. Get it.

E

Kettlebell Windmill

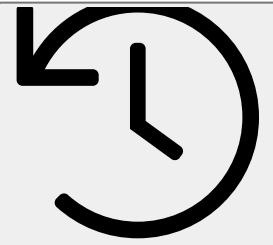


[View exercise history](#)

- 2 x 25 reps.

F

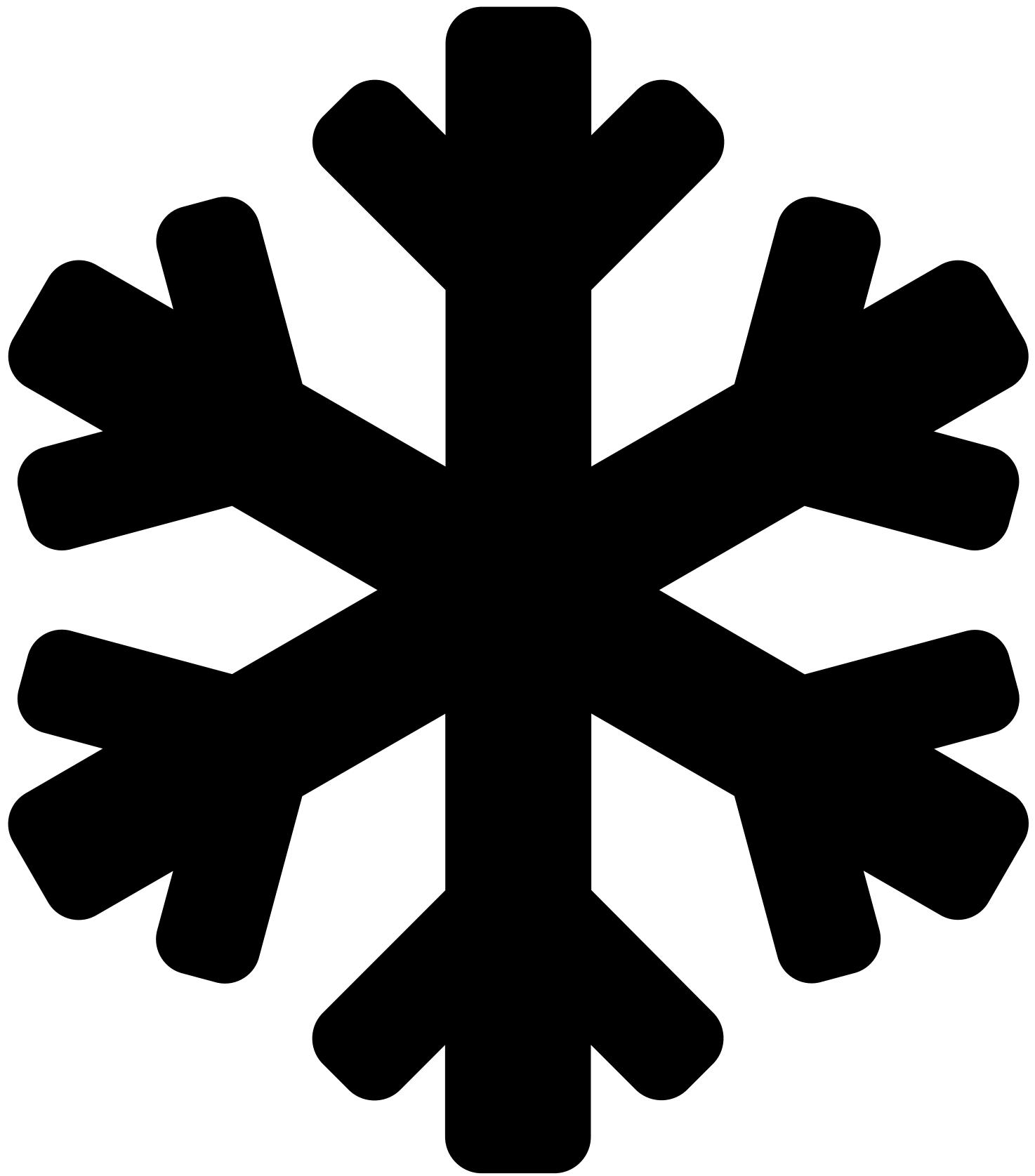
Band Tricep Extension



[View exercise history](#)

- 3 x 15-25 @ heavy weight.
- Rest 1 minute b/t sets.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

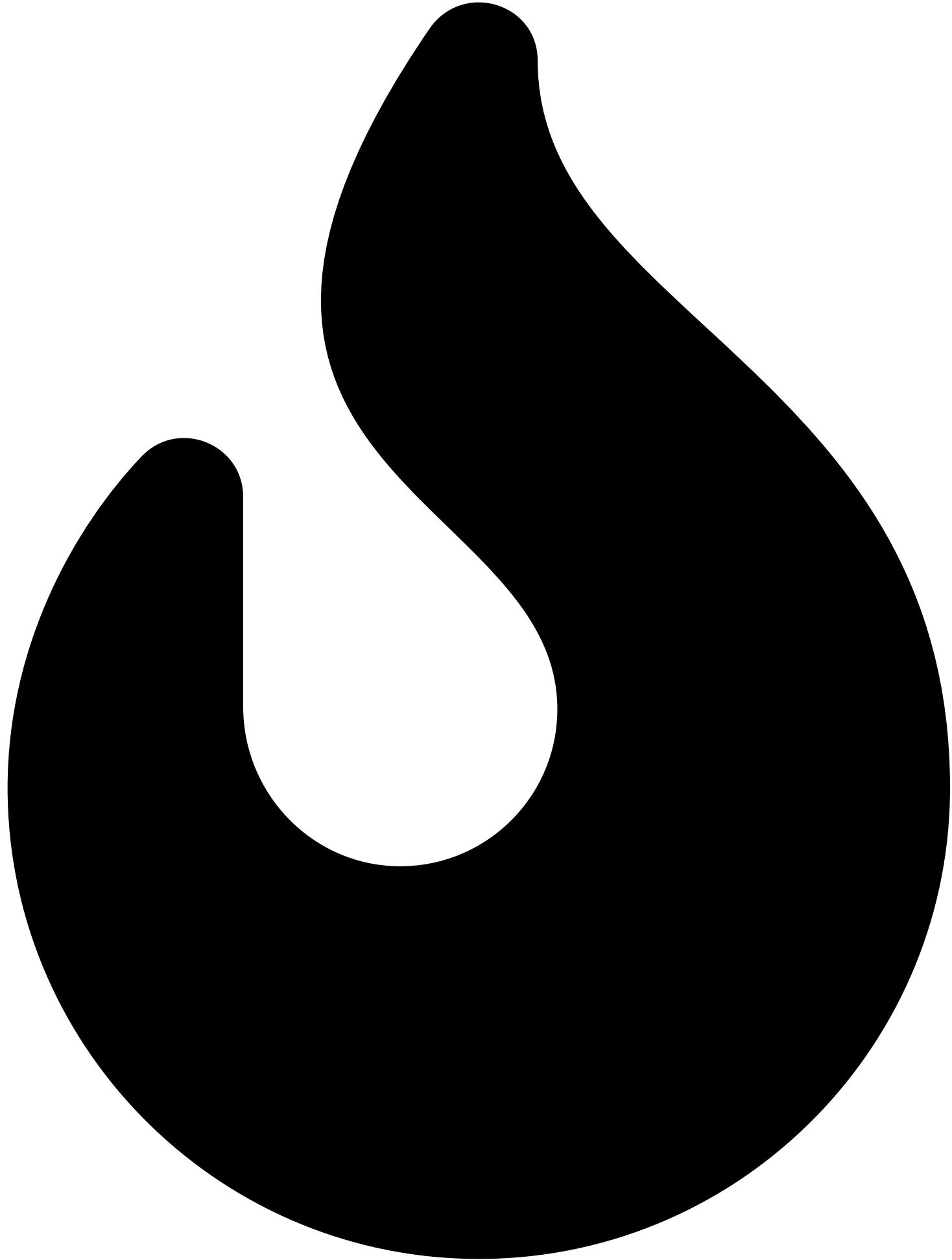


GIF

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Mon, Jul 12

Oly-Strength W1D2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Vertical Jump

[View exercise history](#)

- 10 Explosive reps, resting as needed.
-
- Going for max height with an athletic landing.



B

Deadlift

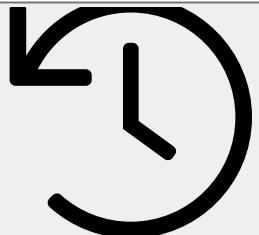
[View exercise history](#)

- 3x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)



C

Power Snatch

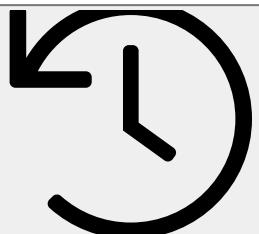
[View exercise history](#)

- 5 x 5 @ 75% TM w/ 1 minute rest



D1

Kettlebell Kickstand Deadlift

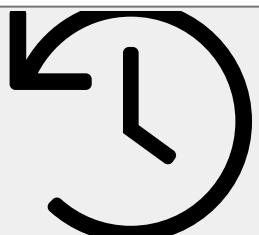
[View exercise history](#)

- 3 x 10-15 reps w/ 2 dumbbells.
- 1 minute rests.



D2

Barbell Curl

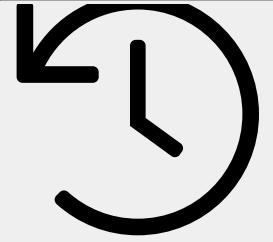
[View exercise history](#)

- 3 x 10 reps w/ 1 minute rests.



D3

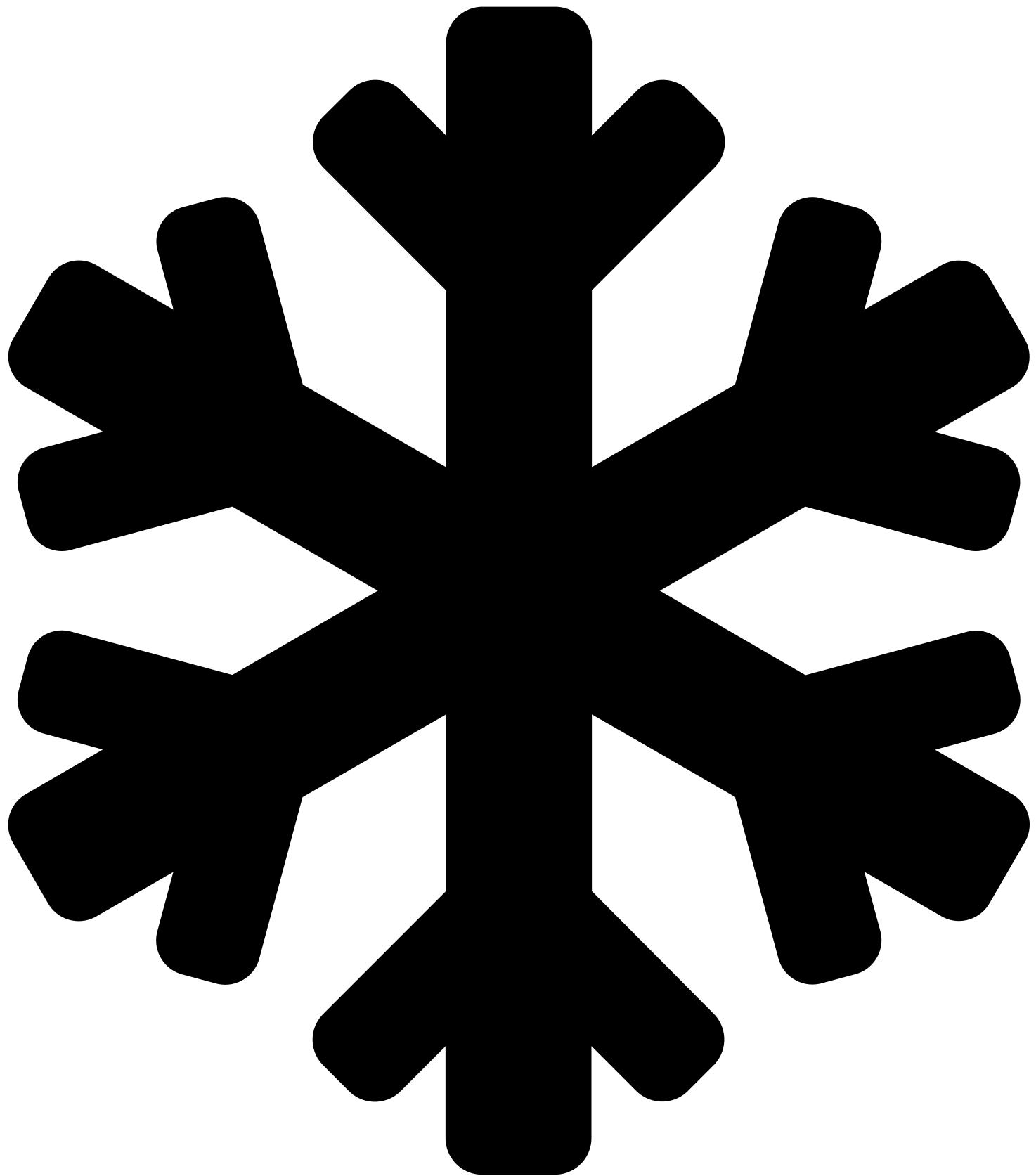
Band Pull Aparts



View exercise history

- 100 Reps.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

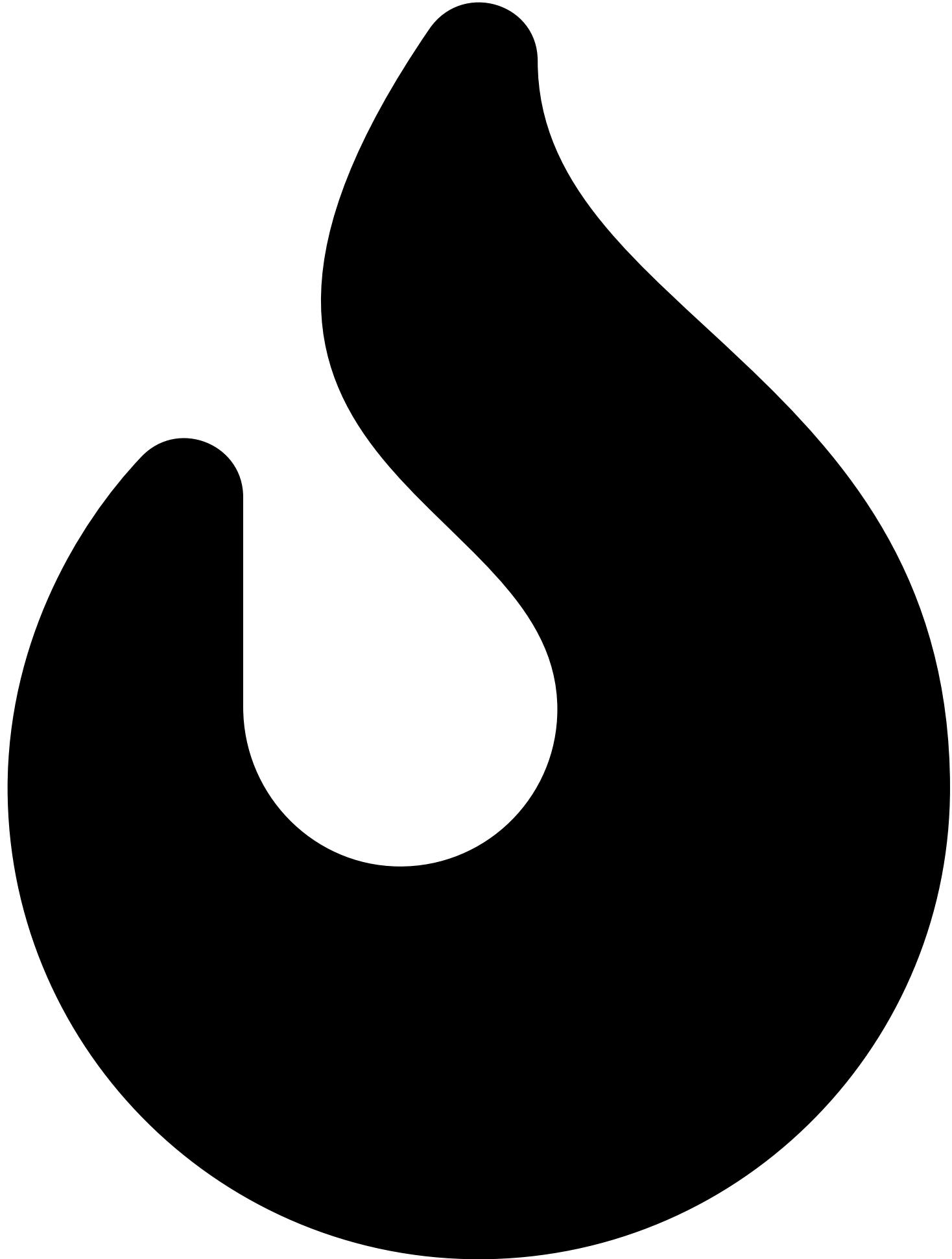


GIF

Send

Wed, Jul 14

Oly-Strength W1D3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Back Squat

[View exercise history](#)

- 5 x 5 @ 75% TM w/ 1 minute rest.



B

Clean and Jerk

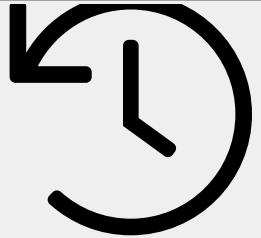
[View exercise history](#)

- 3 x 3, 3, 3+ @ 70%, 80%, 90% TM



C

Inverted Row

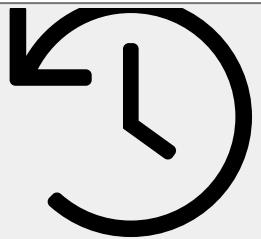


[View exercise history](#)

- 50 reps.

D

Russian Twist

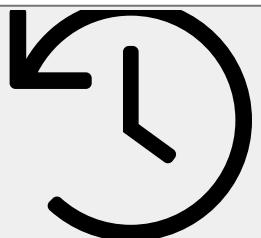


[View exercise history](#)

- 2 x 25 reps.

E

Band Tricep Extension



[View exercise history](#)

- 3 x 15-25 reps.

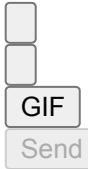


Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

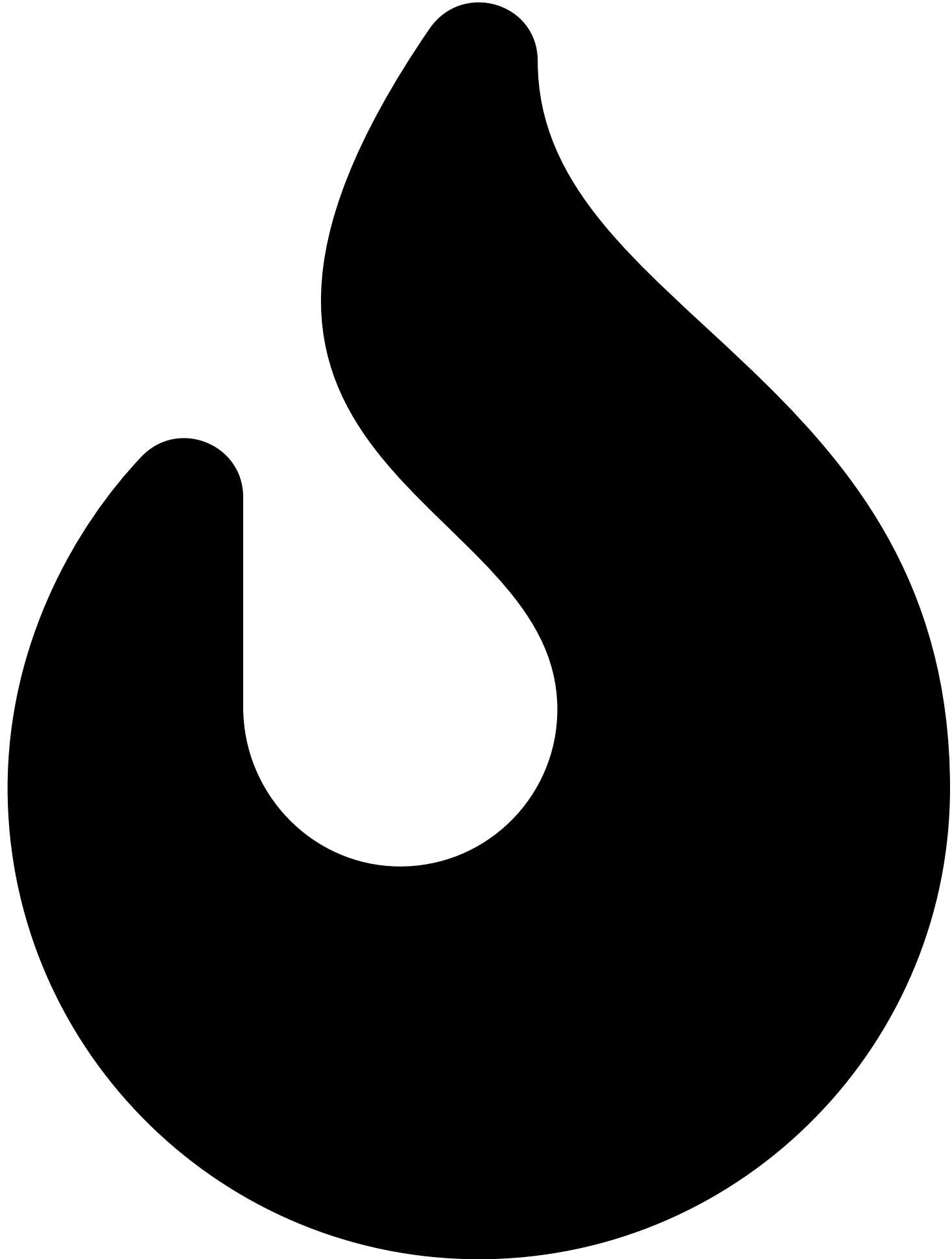


GIF

Send

Fri, Jul 16

Oly-Strength W2D1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Overhead Medicine Ball Stomp

[View exercise history](#)

- 15 Explosive Stomps



B

Deadlift

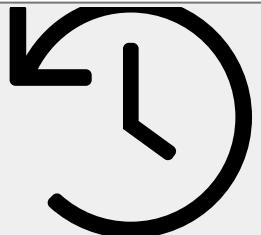
[View exercise history](#)

- 5 x 3 @ 75% TM w/ 1 minute rest



C

Power Snatch



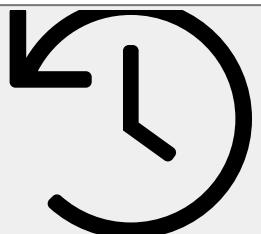
[View exercise history](#)

- 3 x 3, 3, 3+ (max reps) @ 70%, 80%, 90% Training Max (TM)



D

Double KB Romanian Deadlift



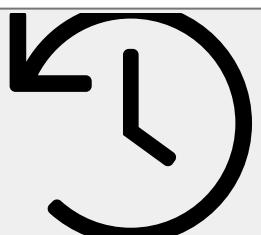
[View exercise history](#)

- 3 x 10-15 reps w/ 1 minute rests.
- Add weight if needed.



E

Hammer Curl



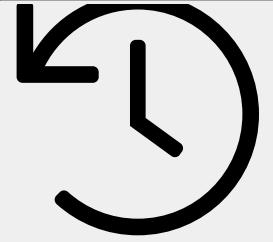
[View exercise history](#)

- 3 x 10 reps @ max weight w/ 1 minute rests.



F

Stability Ball High Plank



[View exercise history](#)

- 2 minutes.



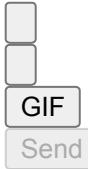


Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

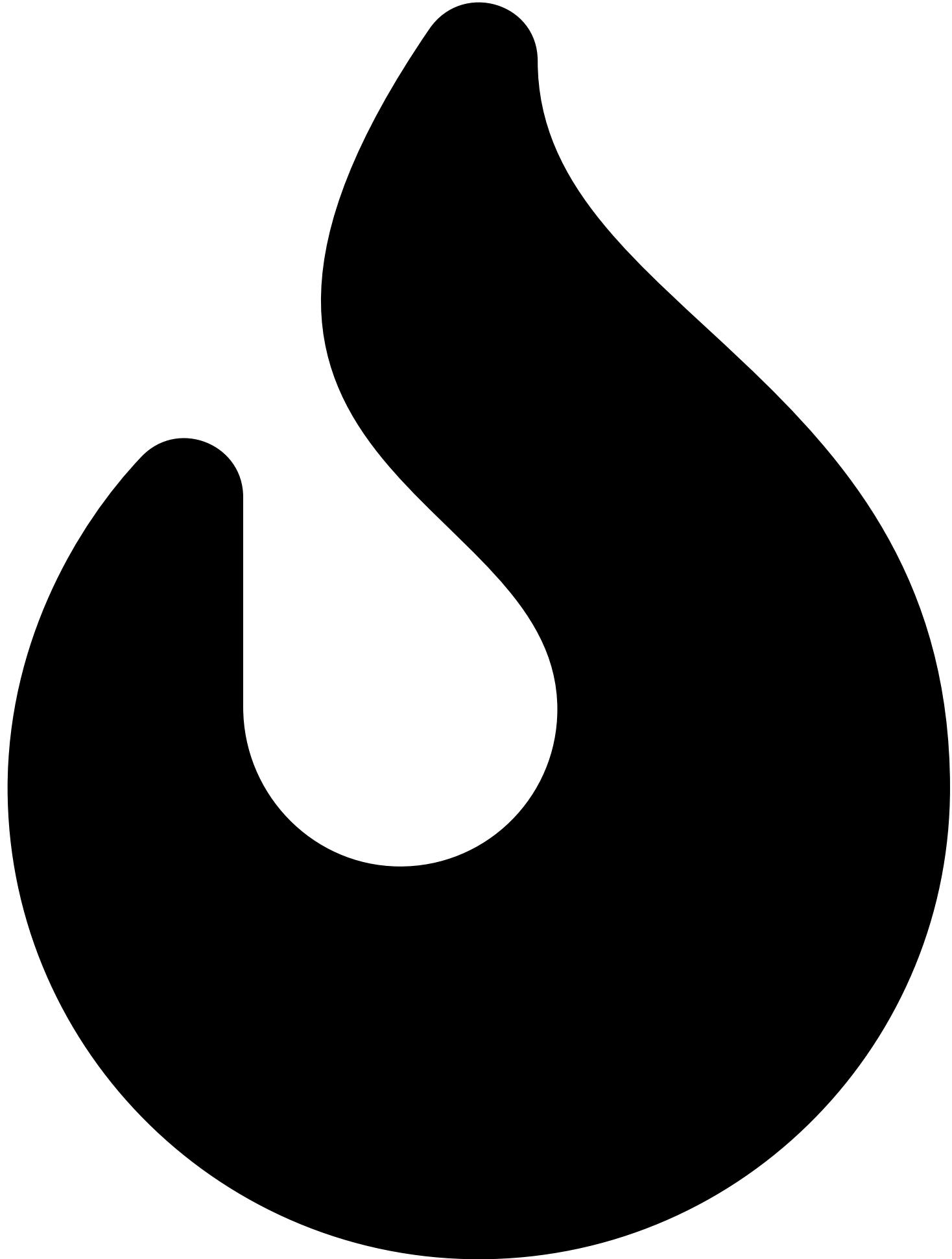


GIF

Send

Mon, Jul 19

Oly-Strength W2D2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Seated Box Jump

[View exercise history](#)

- 3 x 5 jumps, working to max height.
- Rest as needed.



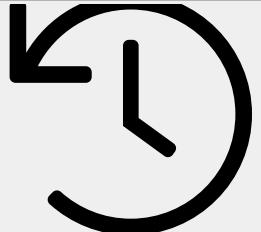
Back Squat

[View exercise history](#)

- 3x 5, 5, 5+ (max reps) @ 65%, 75%, 85% Training Max (TM)



Power Clean and Power Jerk



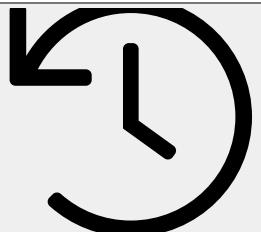
[View exercise history](#)

- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets



D

Walking Lunges



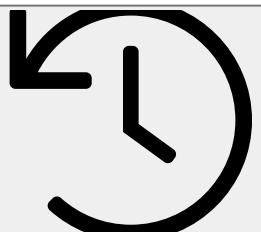
[View exercise history](#)

- 50 reps @ heavy weight. Get it.



E

Cable Chop



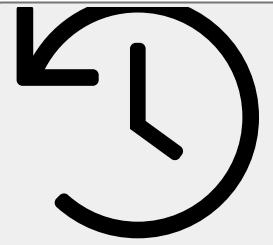
[View exercise history](#)

- 2 x 25 reps.



F

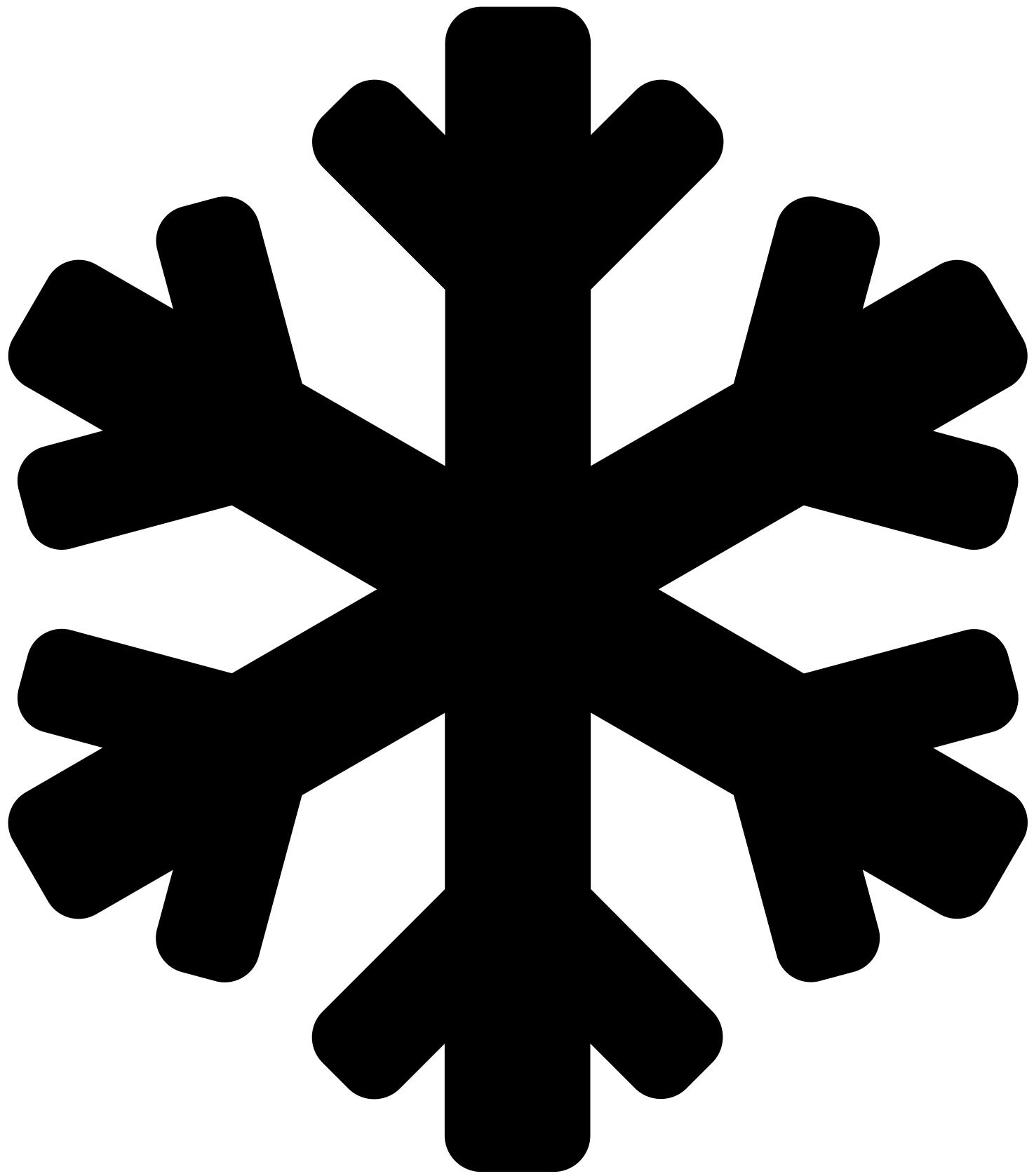
Band Tricep Extension



[View exercise history](#)

- 3 x 15-25 @ heavy weight.
- Rest 1 minute b/t sets.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

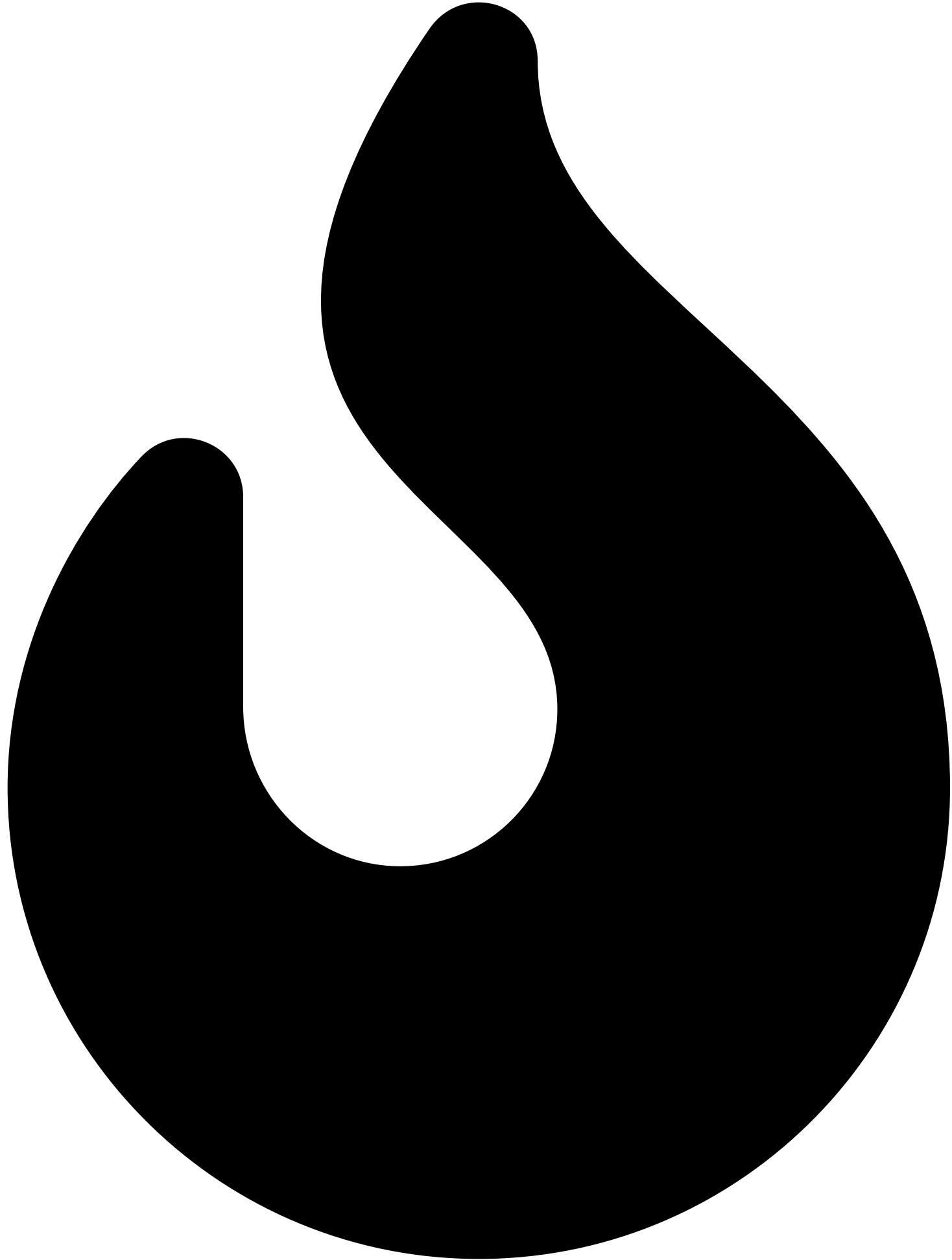


GIF

Send

Wed, Jul 21

Oly-Strength W2D3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Medicine Ball Throw Jump



- 10 Explosive Throws



B

Deadlift

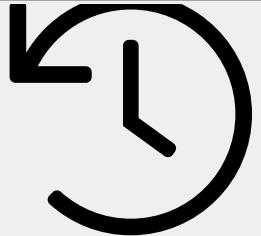


- 3 x 3, 3, 3+ (max reps) @ 65%, 75%, 85% Training Max (TM)



C

Hang Power Snatch



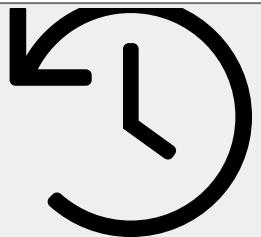
[View exercise history](#)

- 5 x 5 @ 75% TM w/ 1 minute rest



D

Slider Hamstring Curl



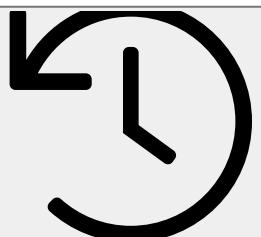
[View exercise history](#)

- Use a towel if you don't have sliders.
- 3 x 10-15 reps w/ 1 minute rests. Add weight if needed.



E

Barbell Curl



[View exercise history](#)

- 3 x 10 reps w/ 1 minute rests.



F

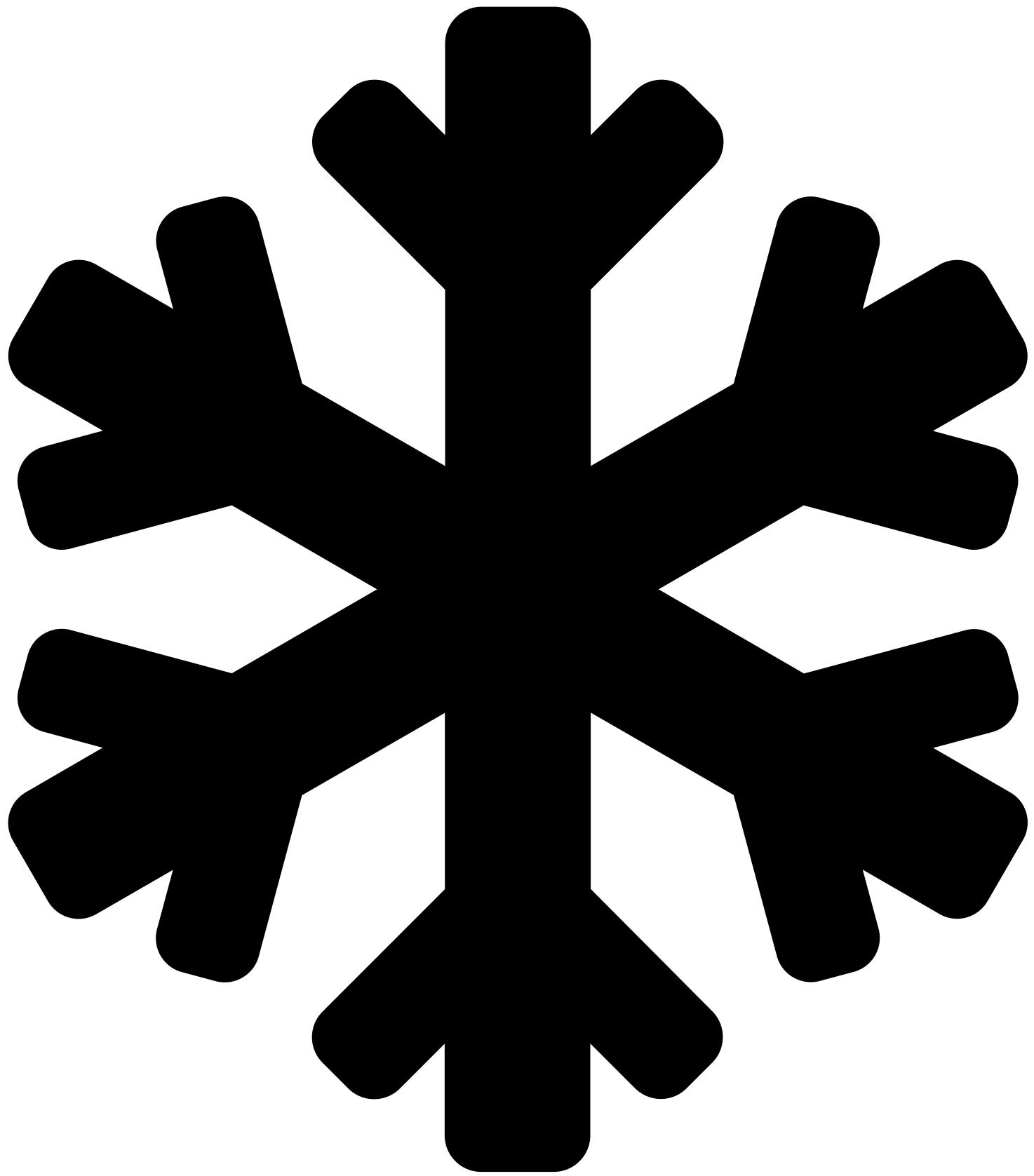
Band Pull Aparts



View exercise history

- 100 Reps.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

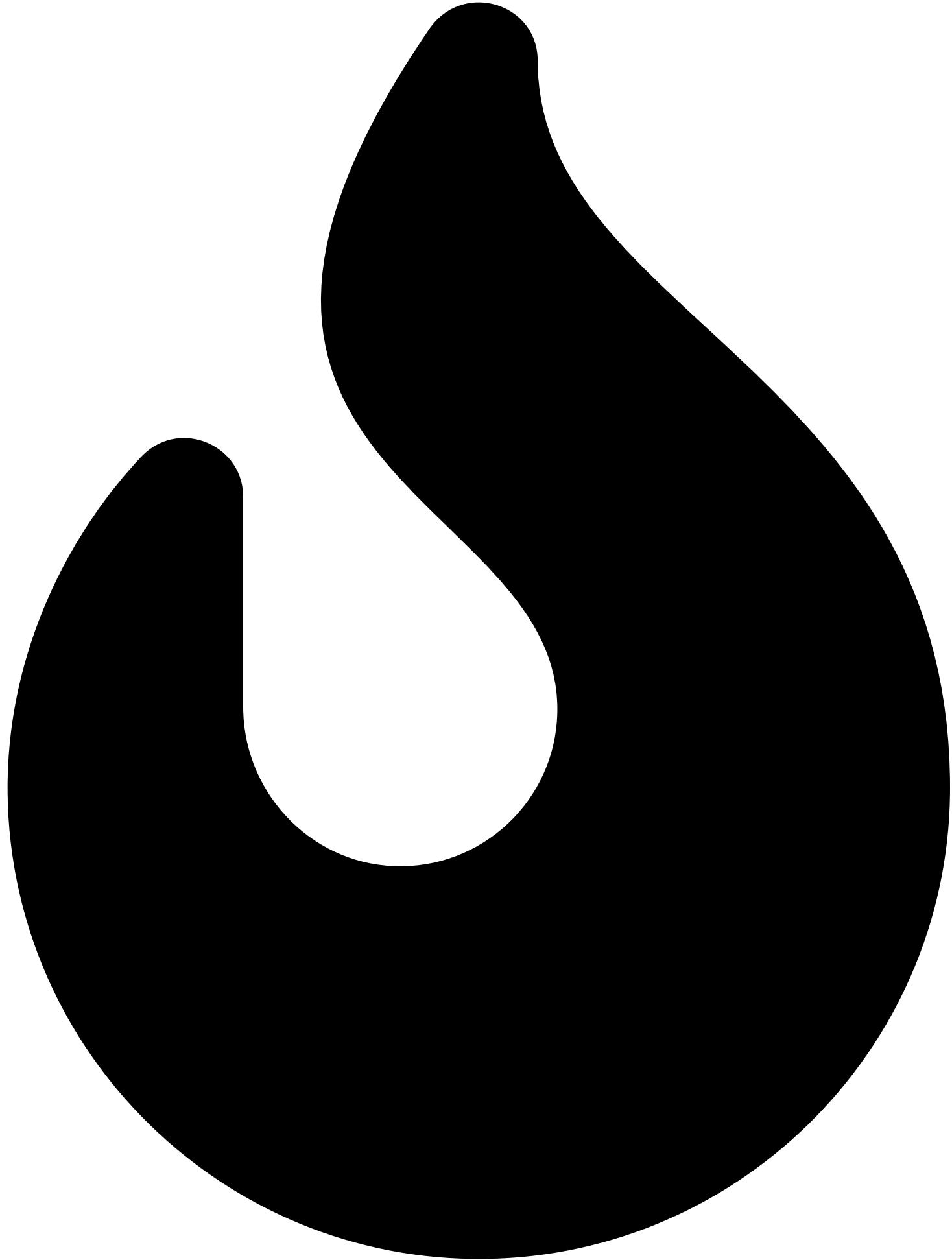
- Comment
- Note

Give Jen feedback on her workout!



Fri, Jul 23

Oly-Strength W3D1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Broad Jump



- 3 x 5 jumps.

 B

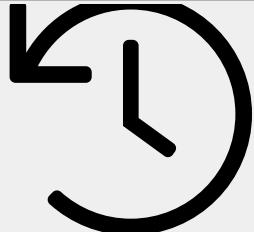
Back Squat



- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets

 C

Power Clean and Power Jerk



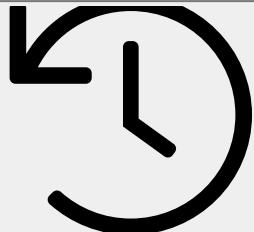
[View exercise history](#)

- 3x 5, 5, 5+ (max reps) @ 65%, 75%, 85% Training Max (TM).
- Resting as needed.



D

TRX Row



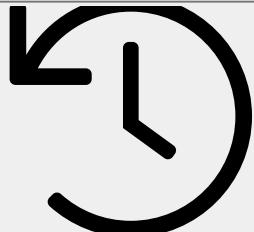
[View exercise history](#)

- 50 total reps. Rest as needed.



E

Kettlebell Windmill



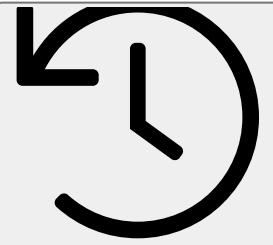
[View exercise history](#)

- 2 x 25 reps / side.
- Rest as needed.



F

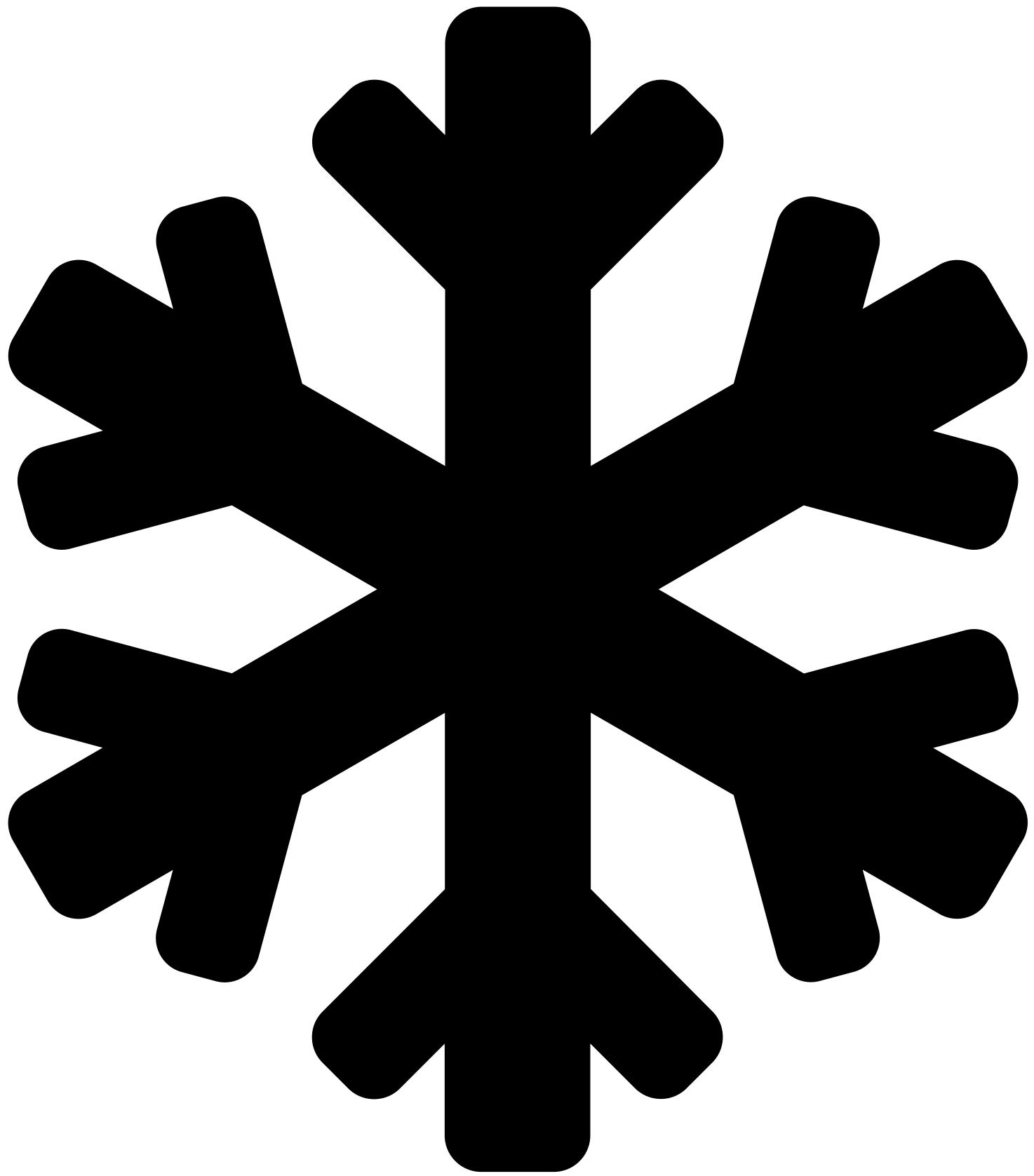
Bench Dips



[View exercise history](#)

- 3 x 15-25 reps.
- Rest as needed.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

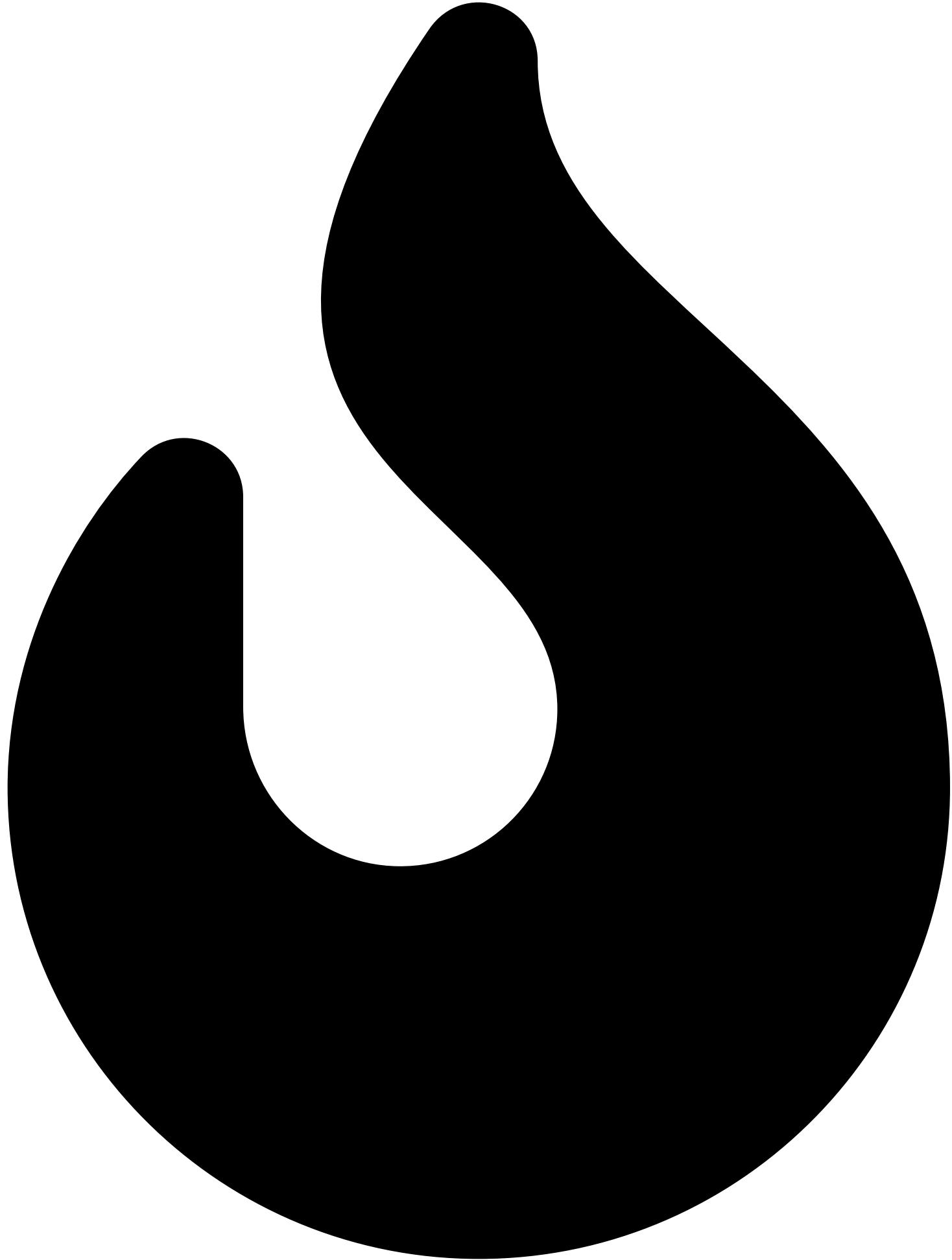


GIF

Send

Mon, Jul 26

Oly-Strength W3D2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Ball Slam



- 15 throws.



B

Deadlift

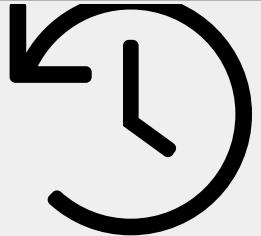


- 5 x 3 @ 75% TM w/ 1 minute rest.



C

Hang Power Snatch

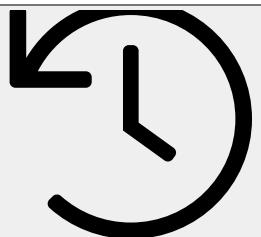
[View exercise history](#)

- 3x 5, 5, 5+ (max reps) @ 65%, 75%, 85% Training Max (TM)



D

Single Leg Romanian Deadlift

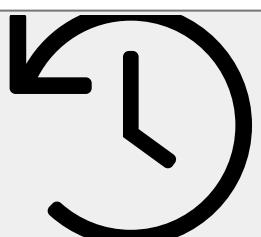
[View exercise history](#)

- 3 x 10-15 reps.
- Rest as needed.



E

Hammer Curl

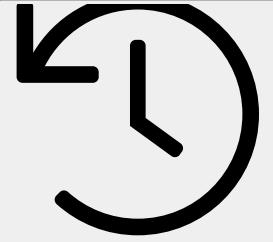
[View exercise history](#)

- 3 x 10 reps @ max weight.
- Rest as needed.



F

Band Pull Aparts



[View exercise history](#)

- 100 reps.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

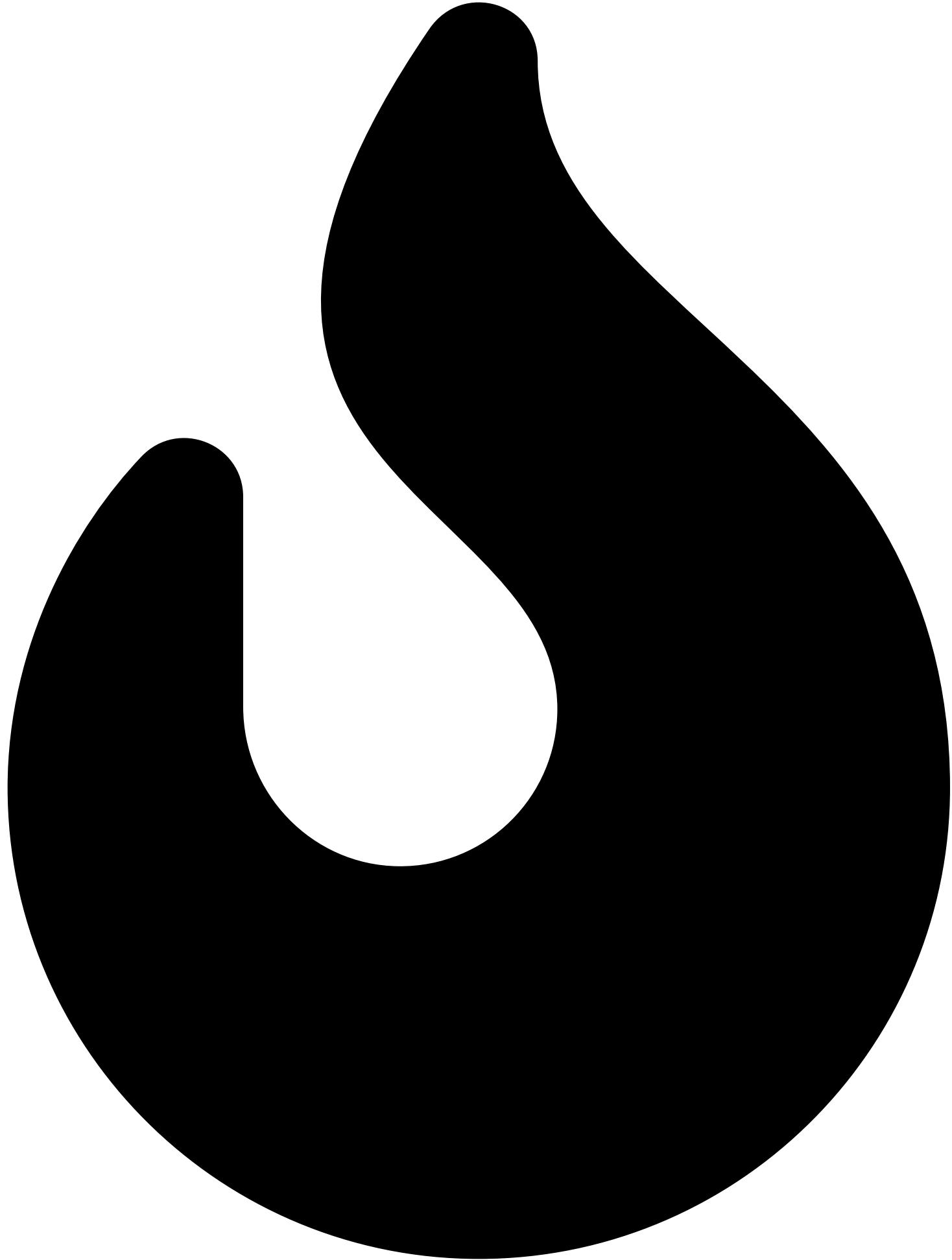


GIF

Send

Wed, Jul 28

Oly-Strength W3D3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Box Jump Over

[View exercise history](#)

- 3 x 5 jumps.
- 10 / side Step-Catch b/t sets.
- Rest as needed.



B

Back Squat

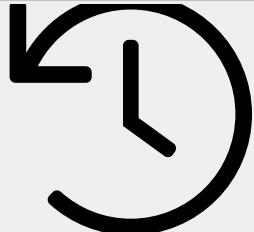
[View exercise history](#)

- 3 x 5, 3, 1+ @ 75%, 85%, 95% TM
- 1-3 minutes of rest b/t sets.



C

Clean and Jerk

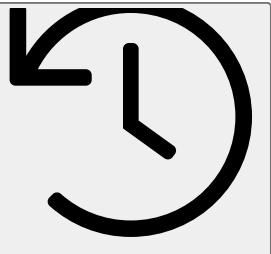
[View exercise history](#)

- 5 x 5 @ 75% TM w/ 1 minute rest



D1

Inverted Row

[View exercise history](#)

- 50 reps.
- Rest as needed.



D2

Leg Cradle Lunge

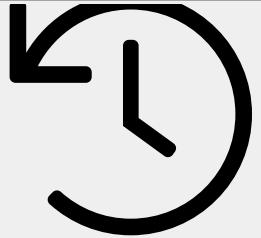
[View exercise history](#)

- 50 reps.
- Rest as needed.



E1

Cable Chop



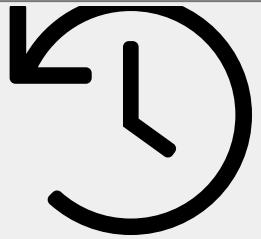
[View exercise history](#)

- 2 x 25 reps / side.
- Rest as needed.



E2

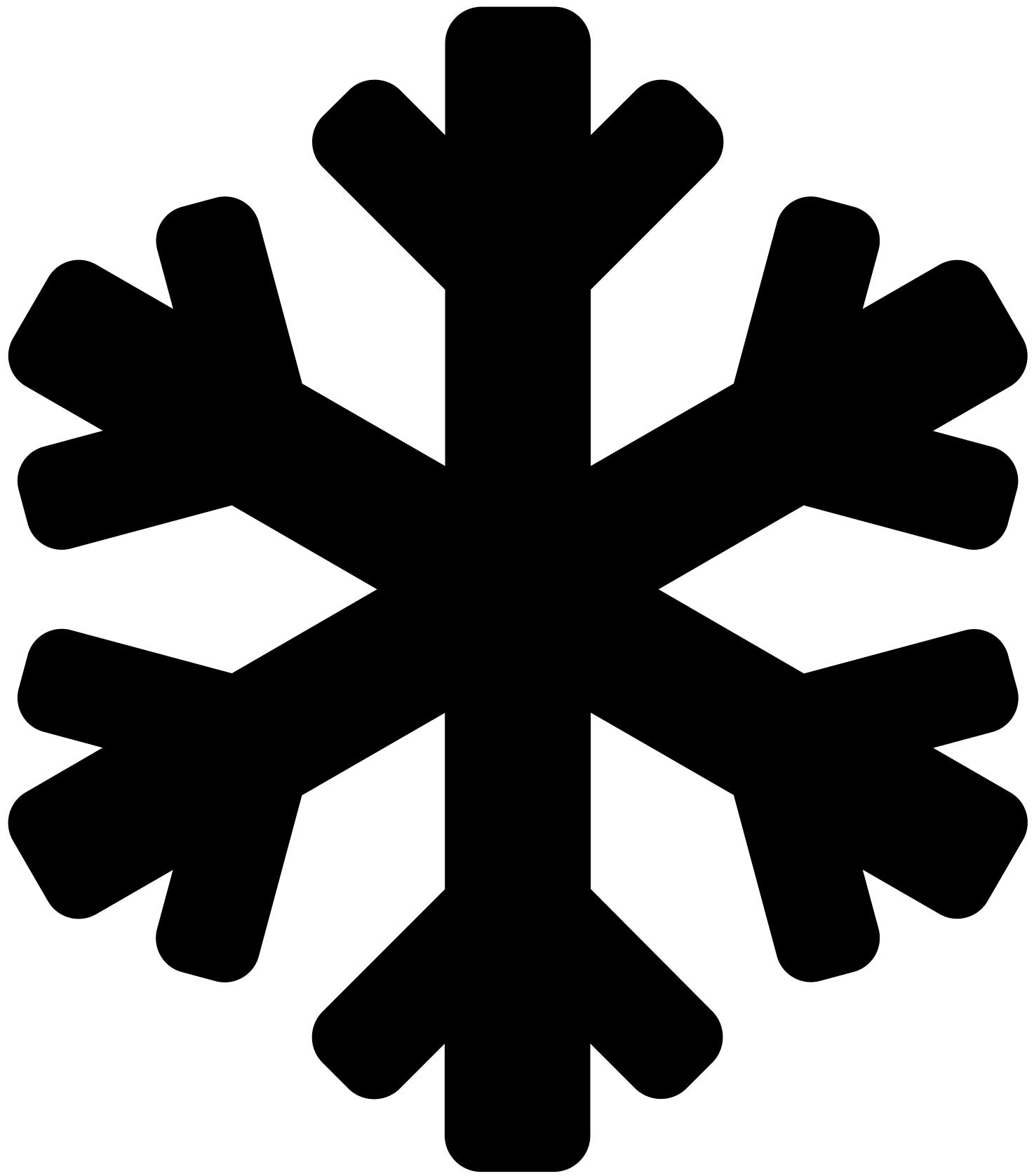
Band Tricep Extension



[View exercise history](#)

- 3 x 15-25 reps @ max.
- Rest as needed.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

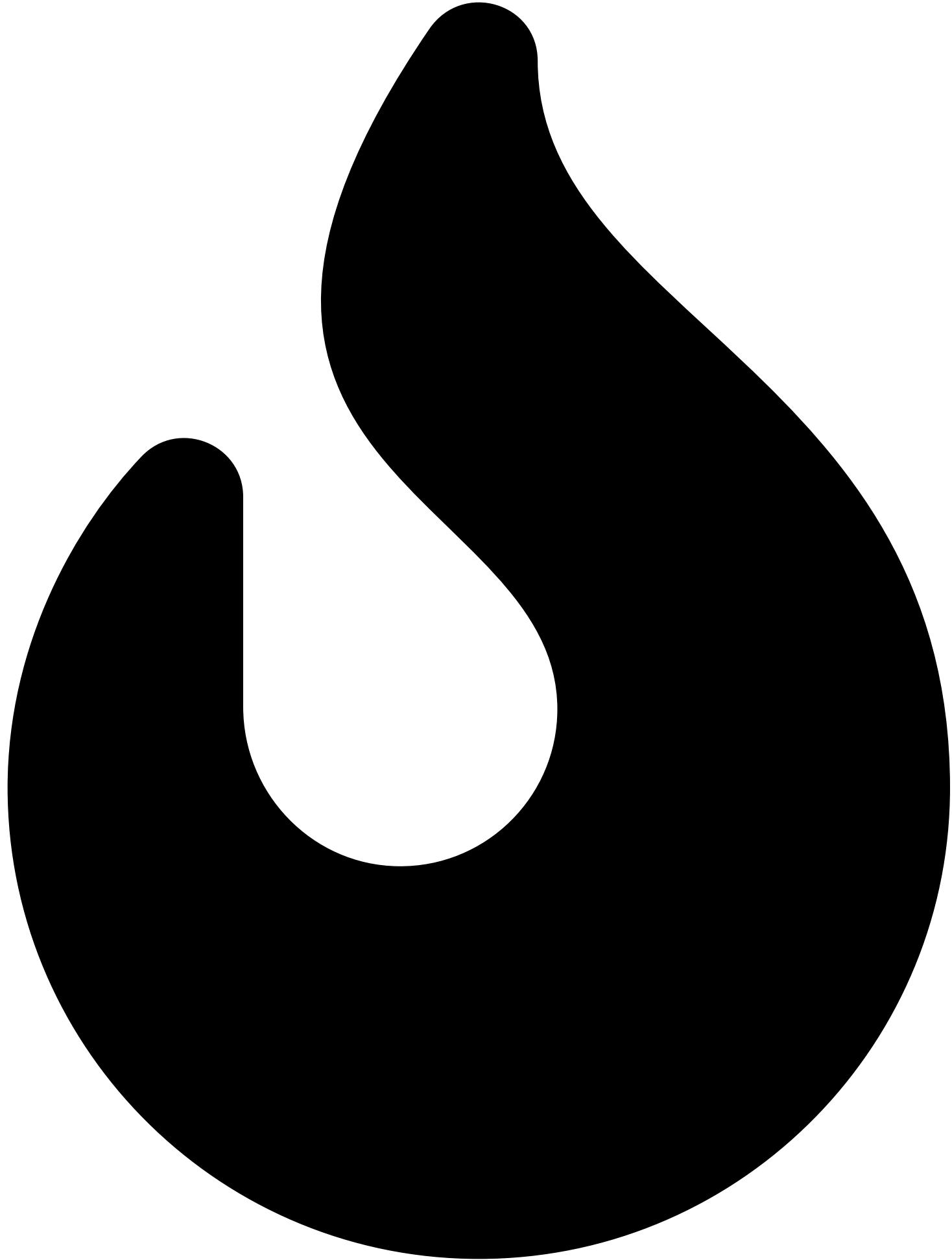


GIF

Send

Fri, Jul 30

Oly-Strength W4D1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Overhead Medicine Ball Throw

[View exercise history](#)

- 10 Explosive Reps.



B

Deadlift

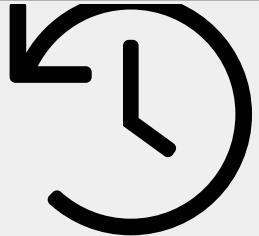
[View exercise history](#)

- 3 x 5, 3, 1+ @ 75%, 85%, 95% TM
- 1-3 minutes of rest b/t sets.



C

Hang Power Snatch



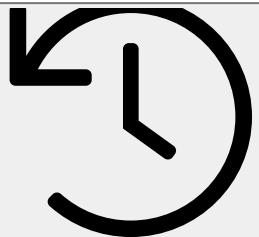
[View exercise history](#)

- 5 sets x 5 reps @ 75% TM w/ 1 minute rest b/t sets



D

Kettlebell Kickstand Deadlift



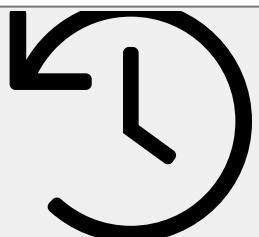
[View exercise history](#)

- 3 x 10-15 reps / side.
- Rest as needed.



E

Barbell Curls



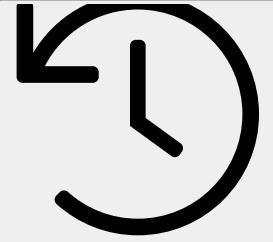
[View exercise history](#)

- 3 x max reps.
- Rest as needed.



F

Band Pull Aparts



[View exercise history](#)

- 100 Reps.
- Rest as needed.





Coldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

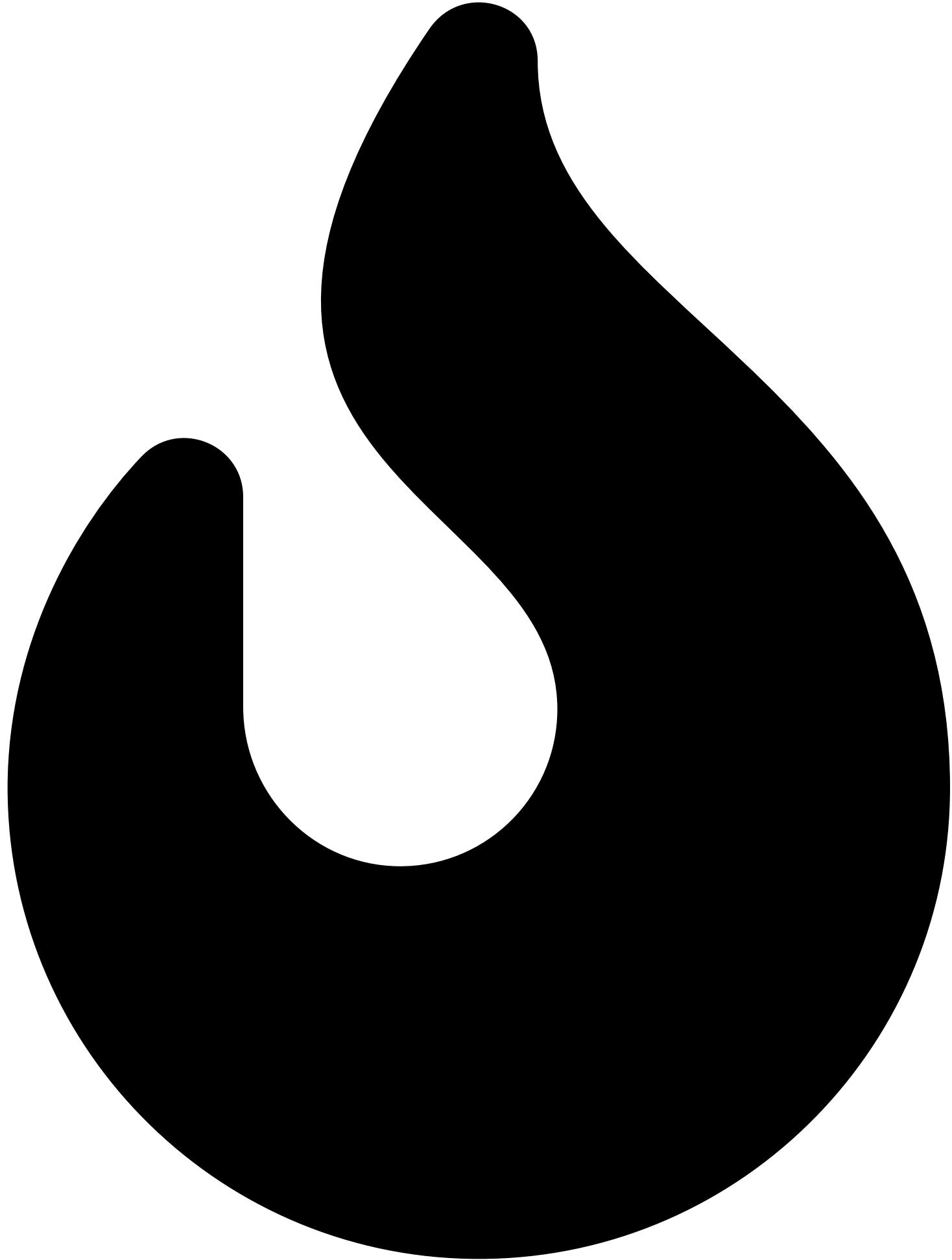


GIF

Send

Mon, Aug 2

Oly-Strength W4D2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Broad Jump



- 3 x 5 jumps.
- Rest as needed.

B

Back Squat



- 5 x 5 @ 75% TM w/ 1 minute rest

C

Clean and Jerk

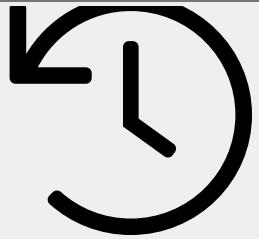
[View exercise history](#)

- 3 x 5, 3, 1+ @ 75%, 85%, 95% TM
- 1-3 minutes of rest b/t sets.



D

Barbell Backrack Walking Lunge

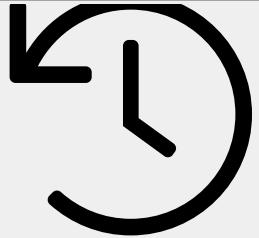
[View exercise history](#)

- 3 x 10/side.
- Rest as needed.



E

Pancake Windmill

[View exercise history](#)

- 2 x 25 reps / side.
- Rest as needed.



F

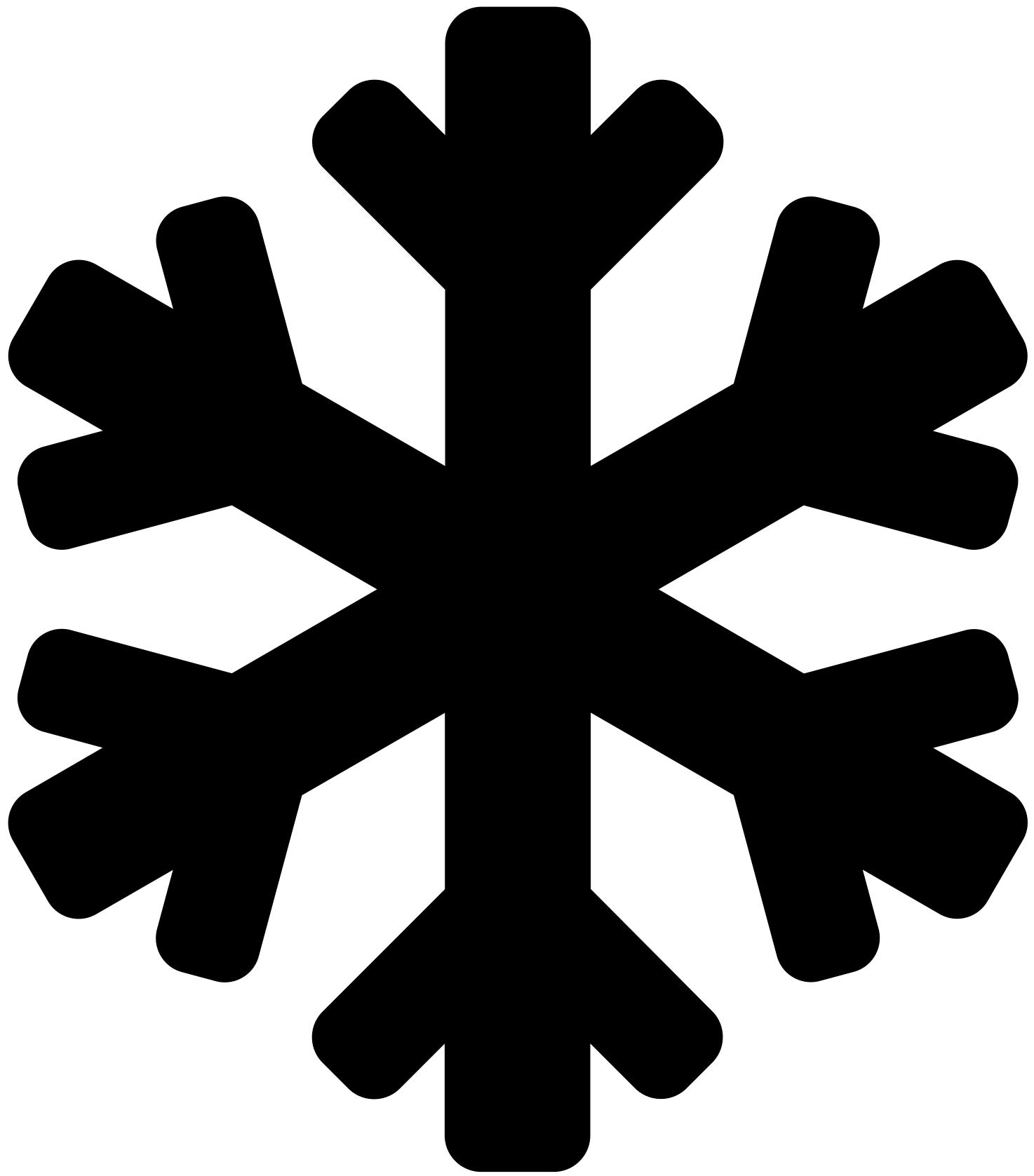
TRX Tricep Press



[View exercise history](#)

- 3 x 15-25 reps.
- Rest as needed.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

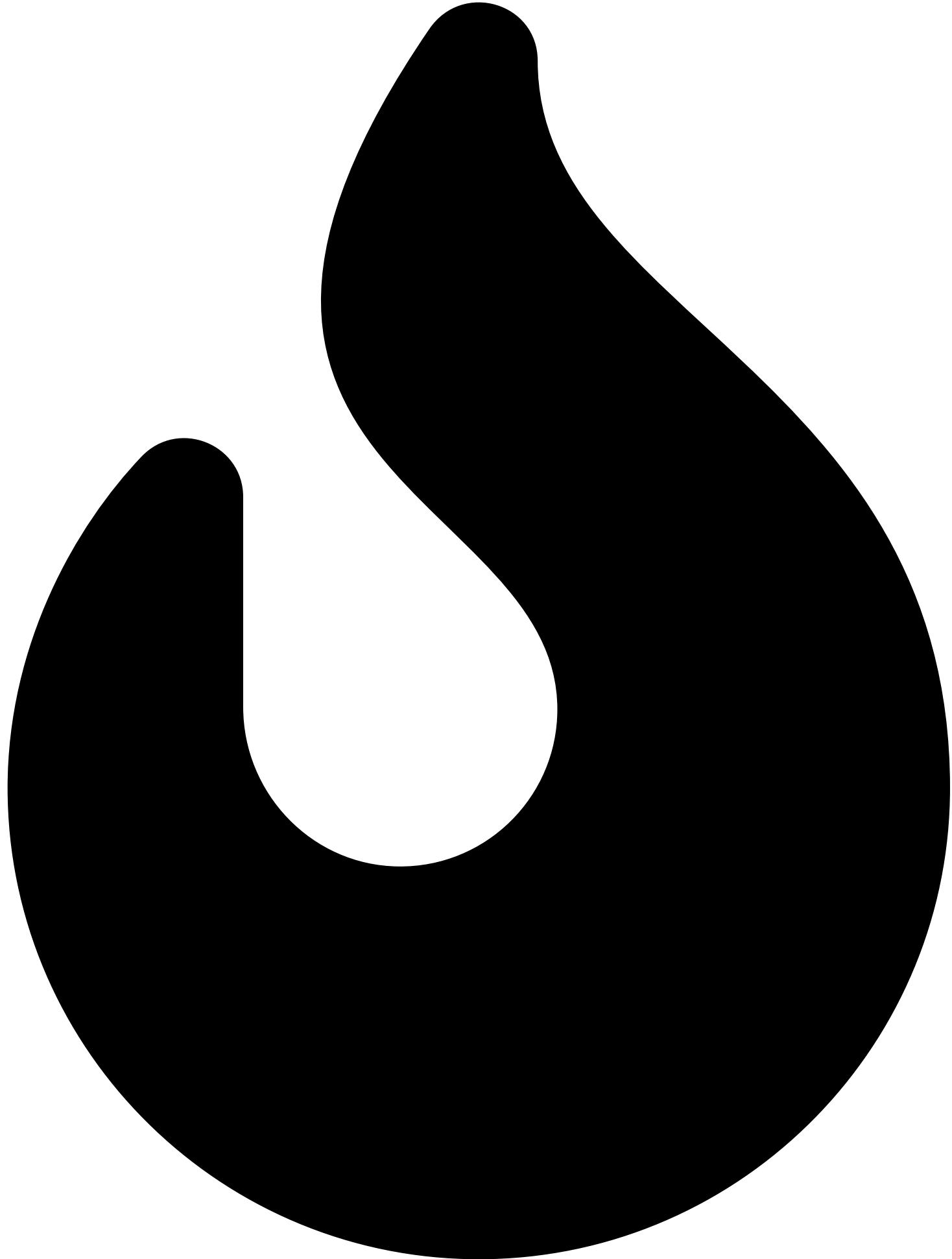


GIF

Send

Wed, Aug 4

Oly-Strength W4D3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Overhead Medicine Ball Stomp

[View exercise history](#)

- 15 throws.
- 10 / side step-catch b/t sets.



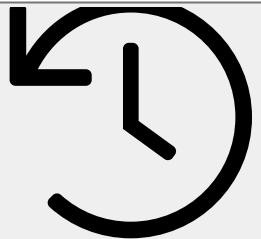
Deadlift

[View exercise history](#)

- 5 x 3 @ 75% TM w/ 1 minute rest



Hang Power Snatch

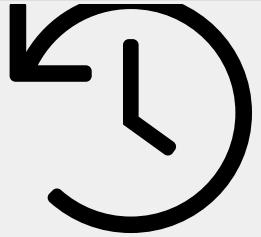
[View exercise history](#)

- 3 x 5, 3, 1+ @ 75%, 85%, 95% TM
- 1-3 minutes of rest b/t sets.



D

Snatch Starr Shrugs

[View exercise history](#)

- 3 x 10-15 reps.
- Rest as needed.



E1

Banded Stability Ball Hip Thrust

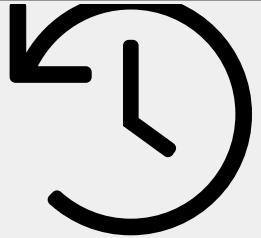
[View exercise history](#)

- 3 x 10-15 reps, adding weight if needed.
- Rest as needed.



E2

Hammer Curls

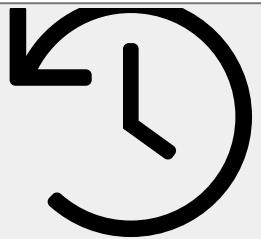


[View exercise history](#)

- 3 x 10 @ heavy weight.
- Rest as needed.

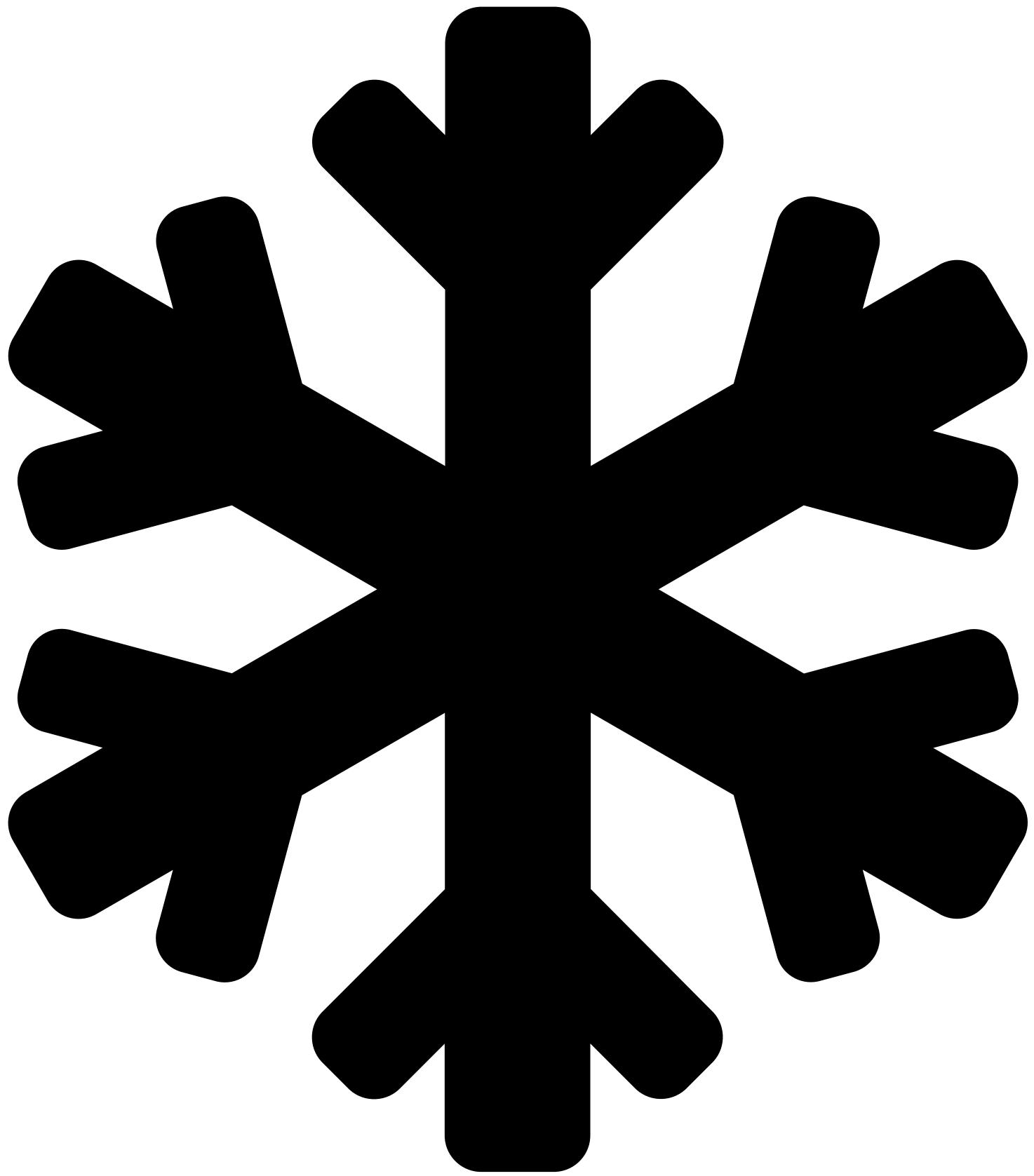
F

Face Pull



[View exercise history](#)

- 100 Reps.
- Rest as needed.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

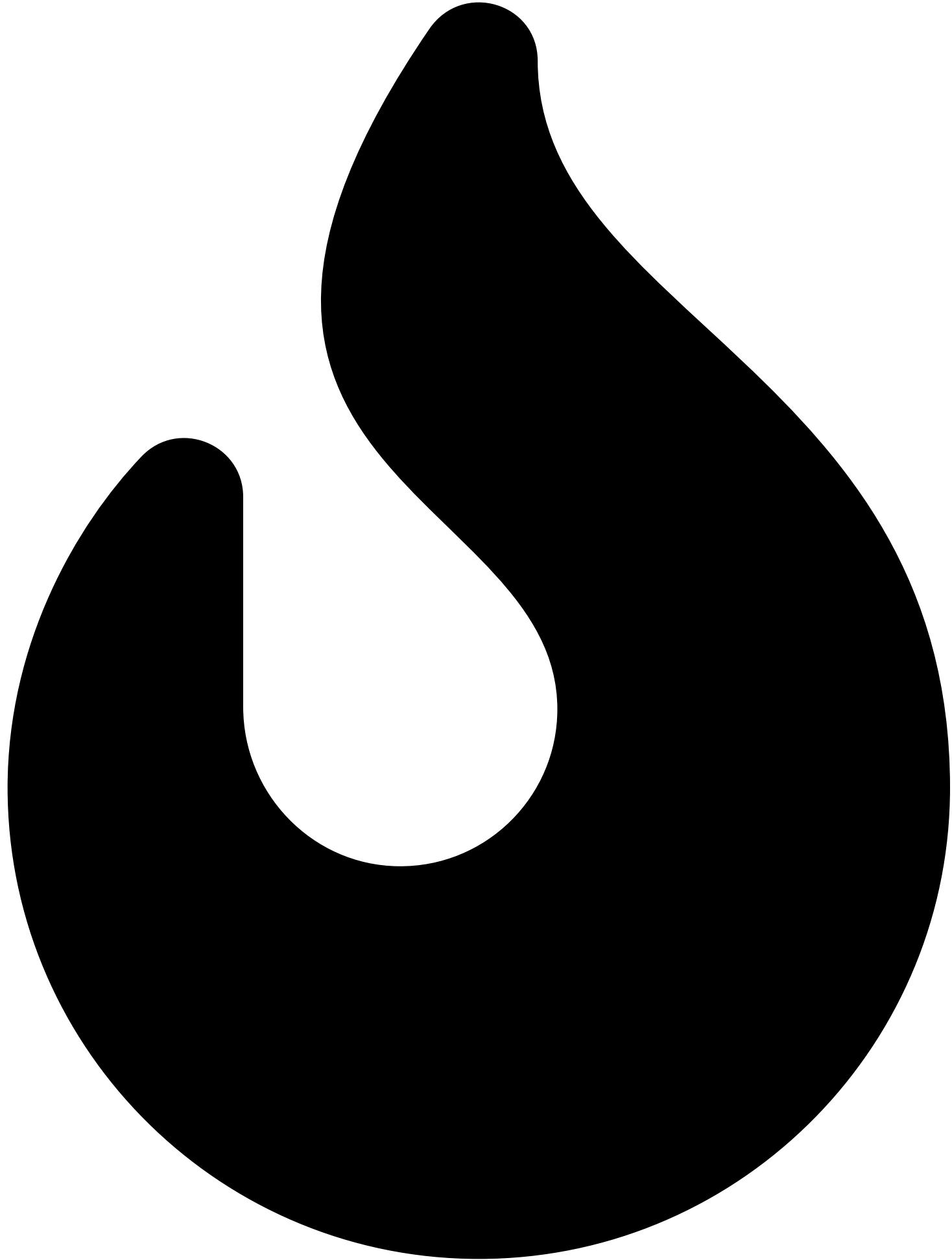
- Comment
- Note

Give Jen feedback on her workout!



Fri, Aug 6

Super-Strength W5D1



Warmup

- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch + knee flexion
- 5/side

A

Warm Up



[View exercise history](#)

- 3 x
- 10 Squats
- 10 Lunges
- 10 Side Lunges
- 10 Step-Ups
- 10 Push-Ups
-
- Single Leg Lateral Hop to Sprint
- 10 x 5 reps + 10 yards.
-



Front Squat

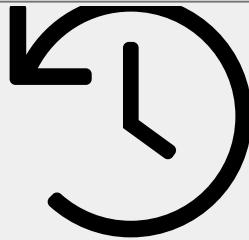


[View exercise history](#)

- 5 sets x to a heavy 5 reps.



Hang Clean and Jerk



[View exercise history](#)

- 5 sets x 5 reps, building.



D1

Walking Lunges



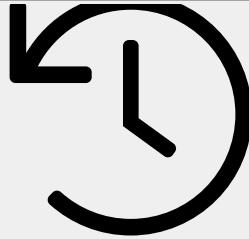
[View exercise history](#)

- 3 x 10 / side @ heavy weight.
- Rest 1 minute b/t sets.



D2

Behind the Neck Snatch Grip Push Press



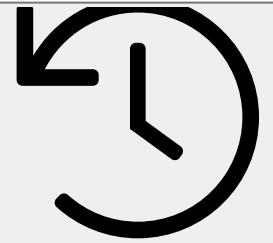
[View exercise history](#)

- 3 x 10 reps.
- Rest 1 minute b/t sets.



D3

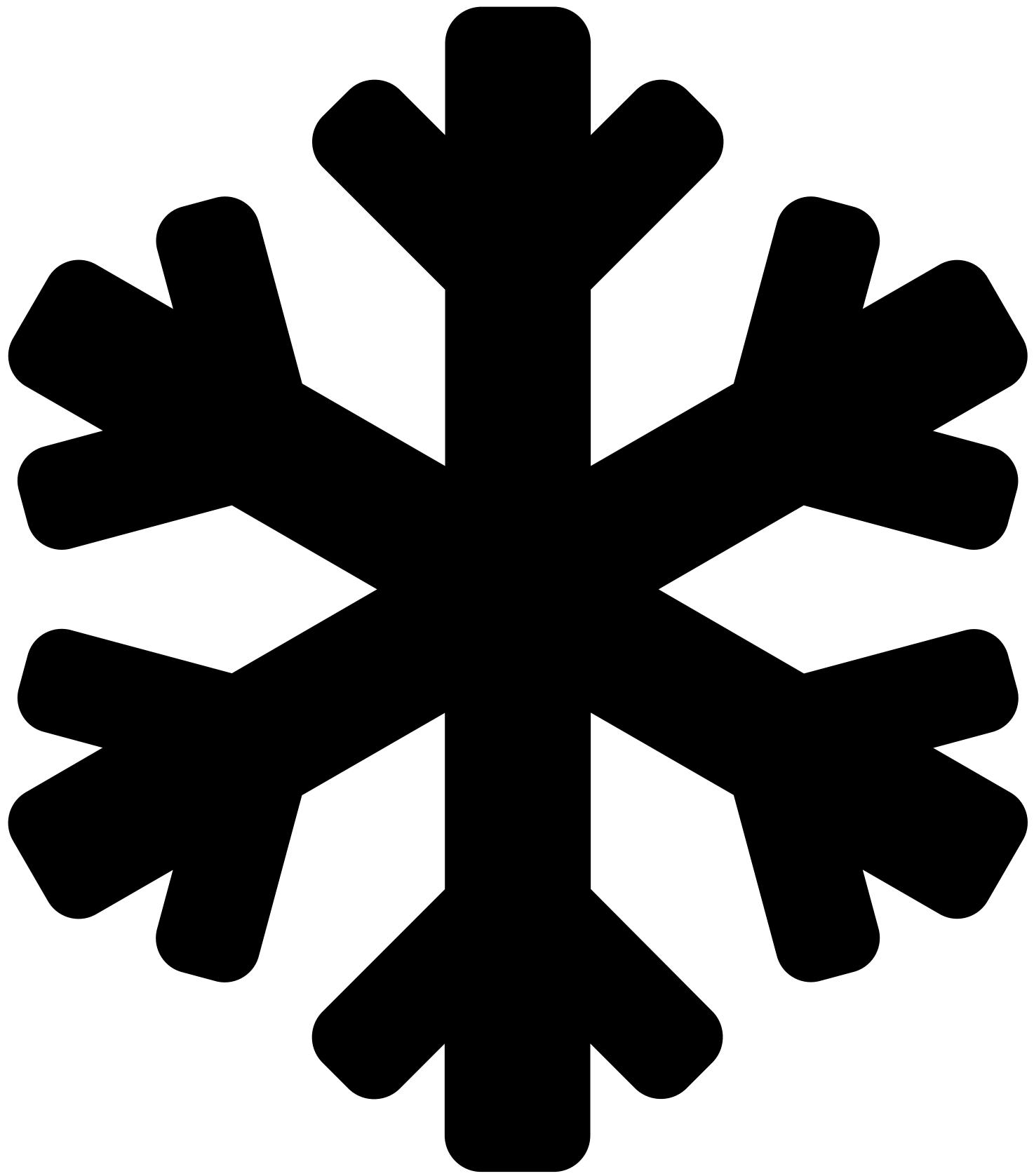
Russian Twist



[View exercise history](#)

- 3 x 10/ side.
- Rest 1 minute b/t sets.





Coldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

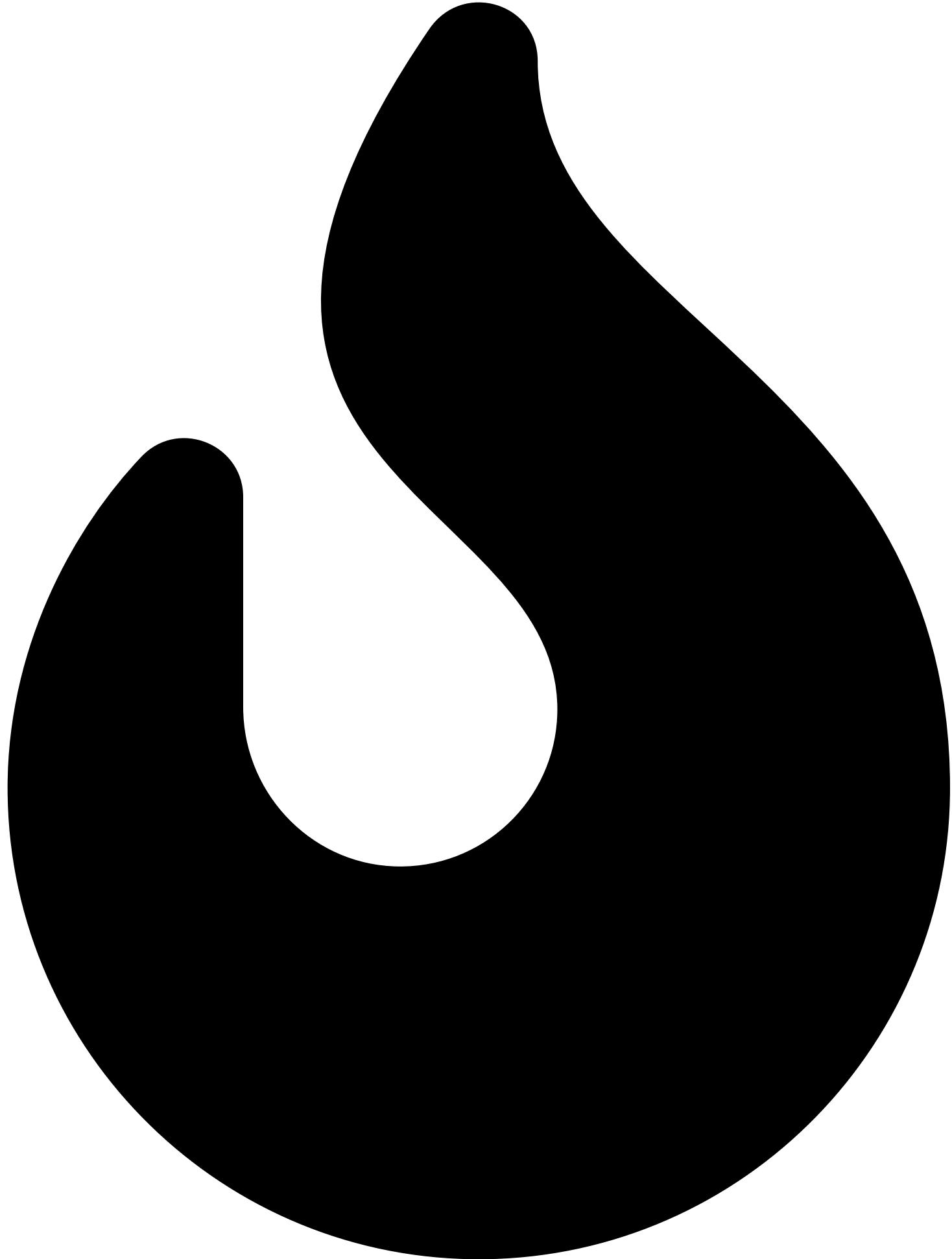


GIF

Send

Mon, Aug 9

Week 1, Day 1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up

[View exercise history](#)

- 1-3 sets:
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



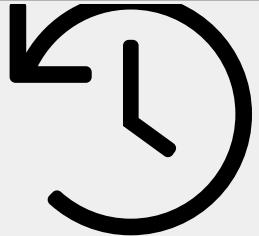
Clean and Jerk

[View exercise history](#)

- 5 x 2+1 w/ 1-3 minutes of rest b/t sets.



Clean Pull



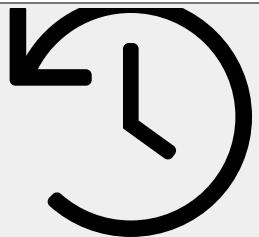
[View exercise history](#)

- 3 x 3 @ ~ 100% Clean 1RM w/ 1-3 minutes of rest b/t sets.



D

Back Squat



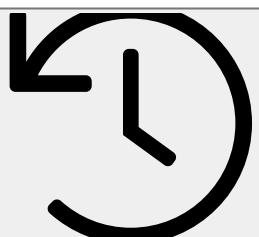
[View exercise history](#)

- 3 x 5 w/ 1-3 minutes of rest b/t sets.



E

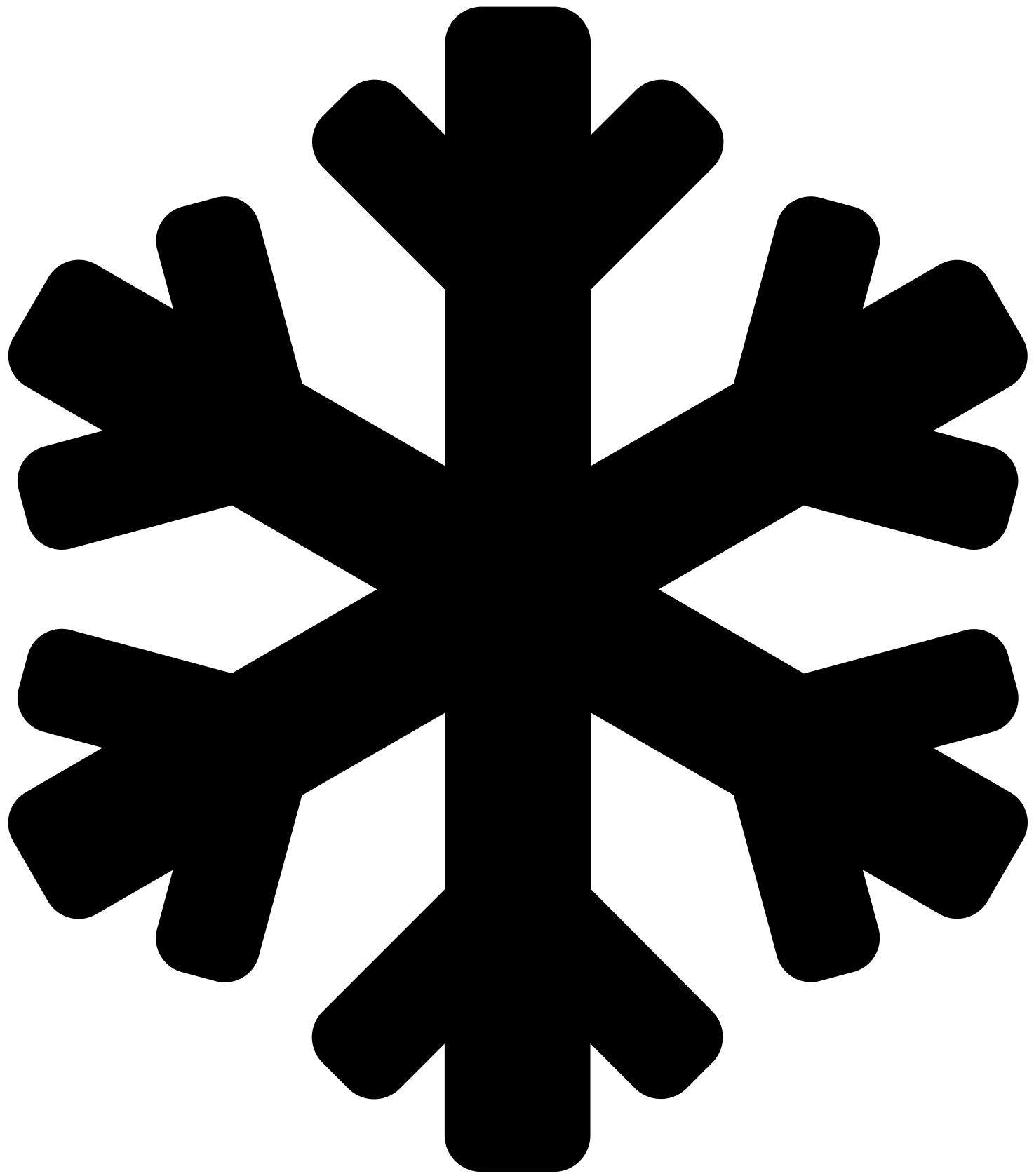
Kettlebell Hollow tuck



[View exercise history](#)

- 3 x max reps @ max weight.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

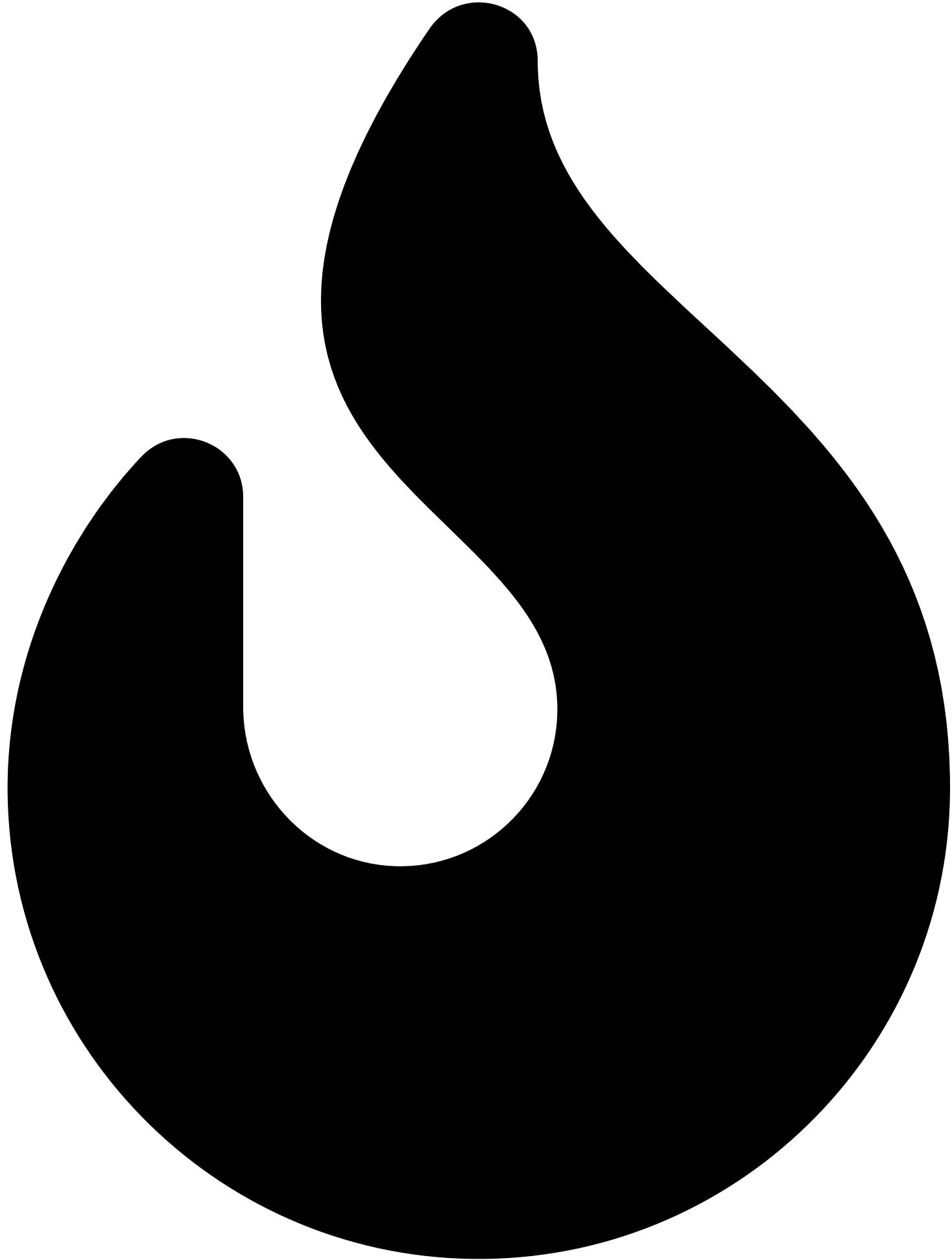
- Comment
- Note

Give Jen feedback on her workout!



Wed, Aug 11

Week 1, Day 2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1-3 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

B

Snatch



[View exercise history](#)

- 5 x 2 w/ 1-3 minutes of rest b/t sets.

C**Snatch Pull**[View exercise history](#)

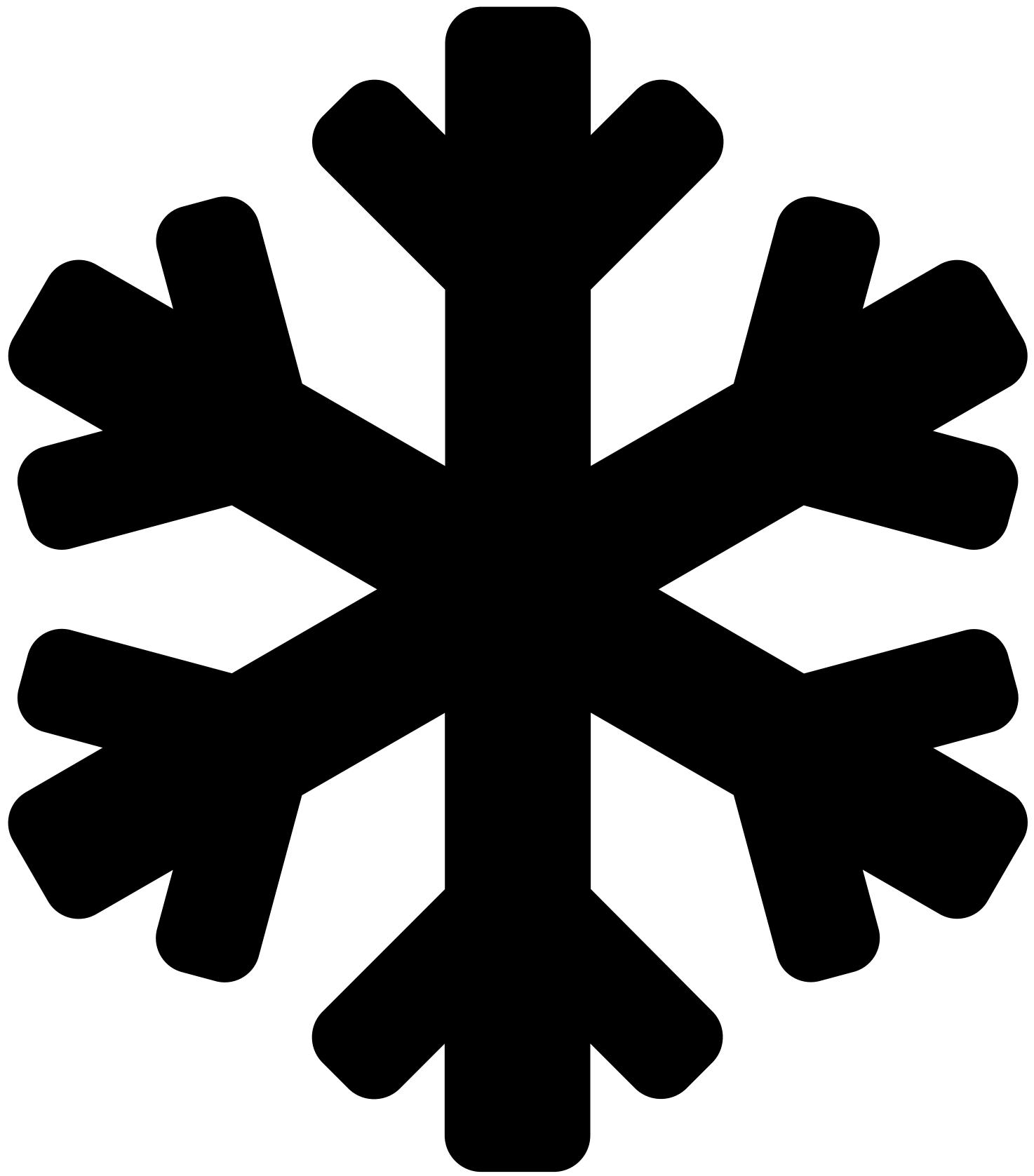
- 3 x 3 @ ~100% Snatch 1RM w/ 1-3 minutes of rest b/t sets.

 D**Front Squat**[View exercise history](#)

- 3 x 3 w/ 1-3 minutes of rest b/t sets.

 E**Bird-Dog**[View exercise history](#)

- 3 x 10 reps w/ 1 minute of rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

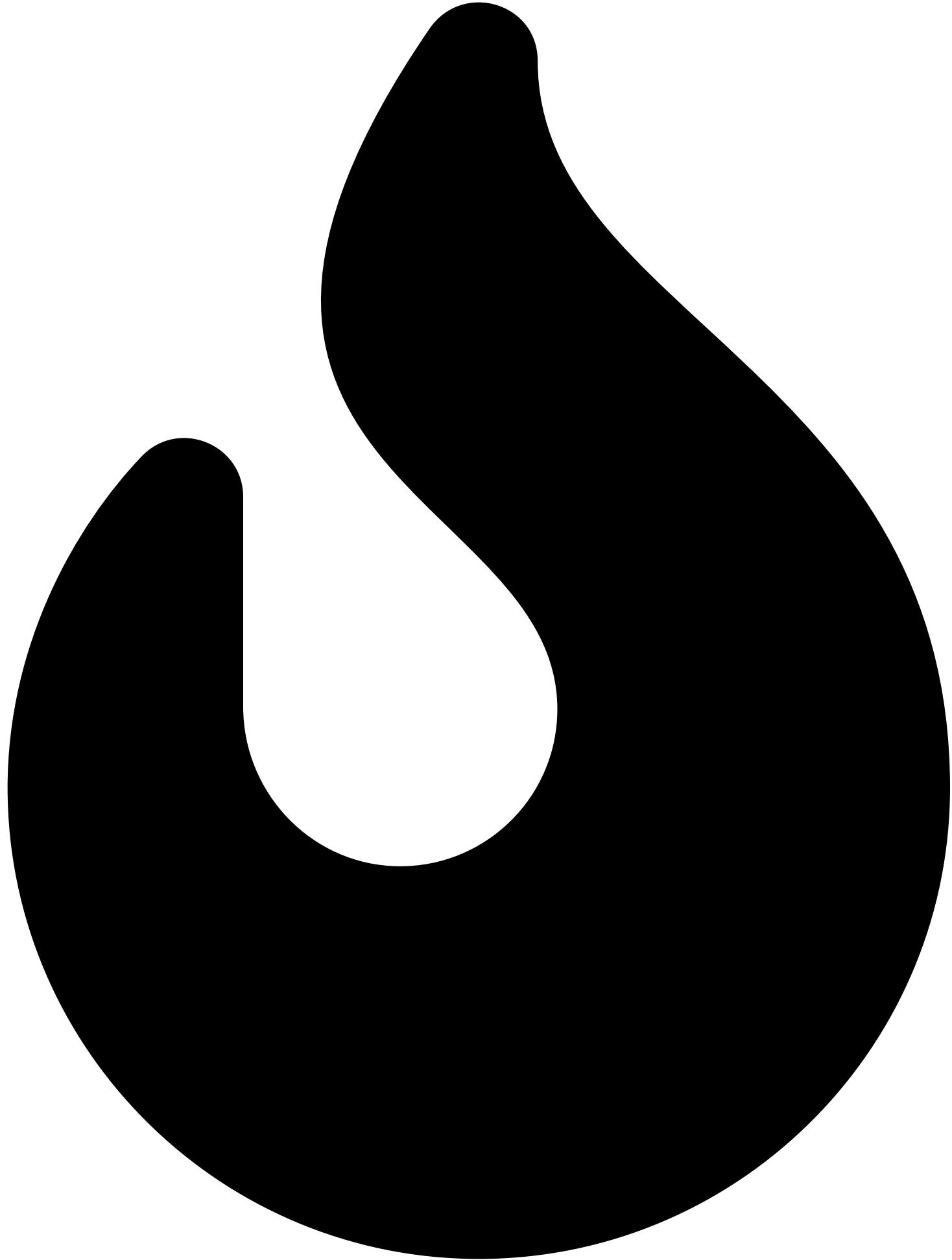


GIF

Send

Fri, Aug 13

Week 1, Day 3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



Burgener Snatch Warm-Up



[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Power Snatch



- 5 x 2 w/ 1-3 minutes of rest b/t sets.

D

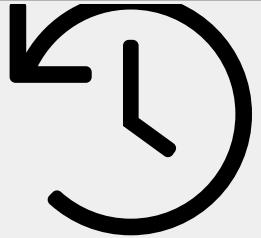
Power Clean and Power Jerk



- 5 x 2 (1+1) w/ 1-3 minutes of rest b/t sets.

E

Overhead Squat

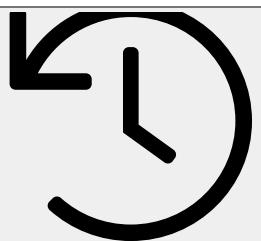


[View exercise history](#)

- 3 x 3 w/ 1-3 minutes of rest b/t sets.

F

Kettlebug



[View exercise history](#)

- 3 x 10 reps/side at max weight w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

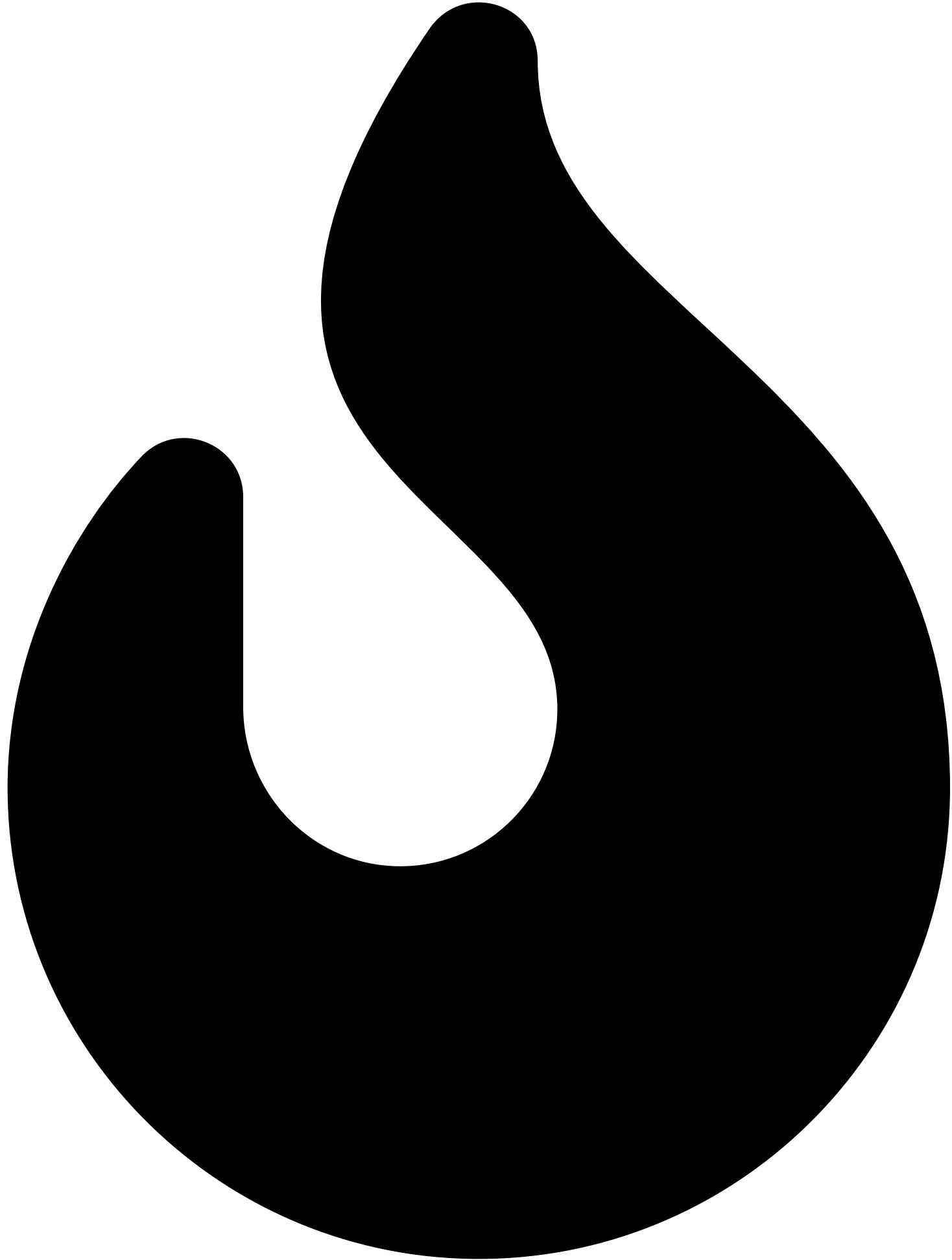


GIF

Send

Mon, Aug 16

Week 1, Day 4



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up

[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



B

Burgener Snatch Warm-Up

[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Snatch



- Take 5-8 sets to work up to a heavy single.

D

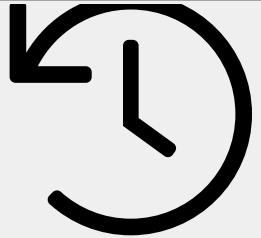
Clean and Jerk



- Take 5-8 sets to work up to a heavy single.

E

Front Squat

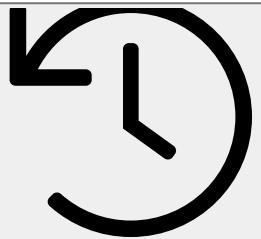


[View exercise history](#)

- Take 5-8 sets to work up to a heavy single.

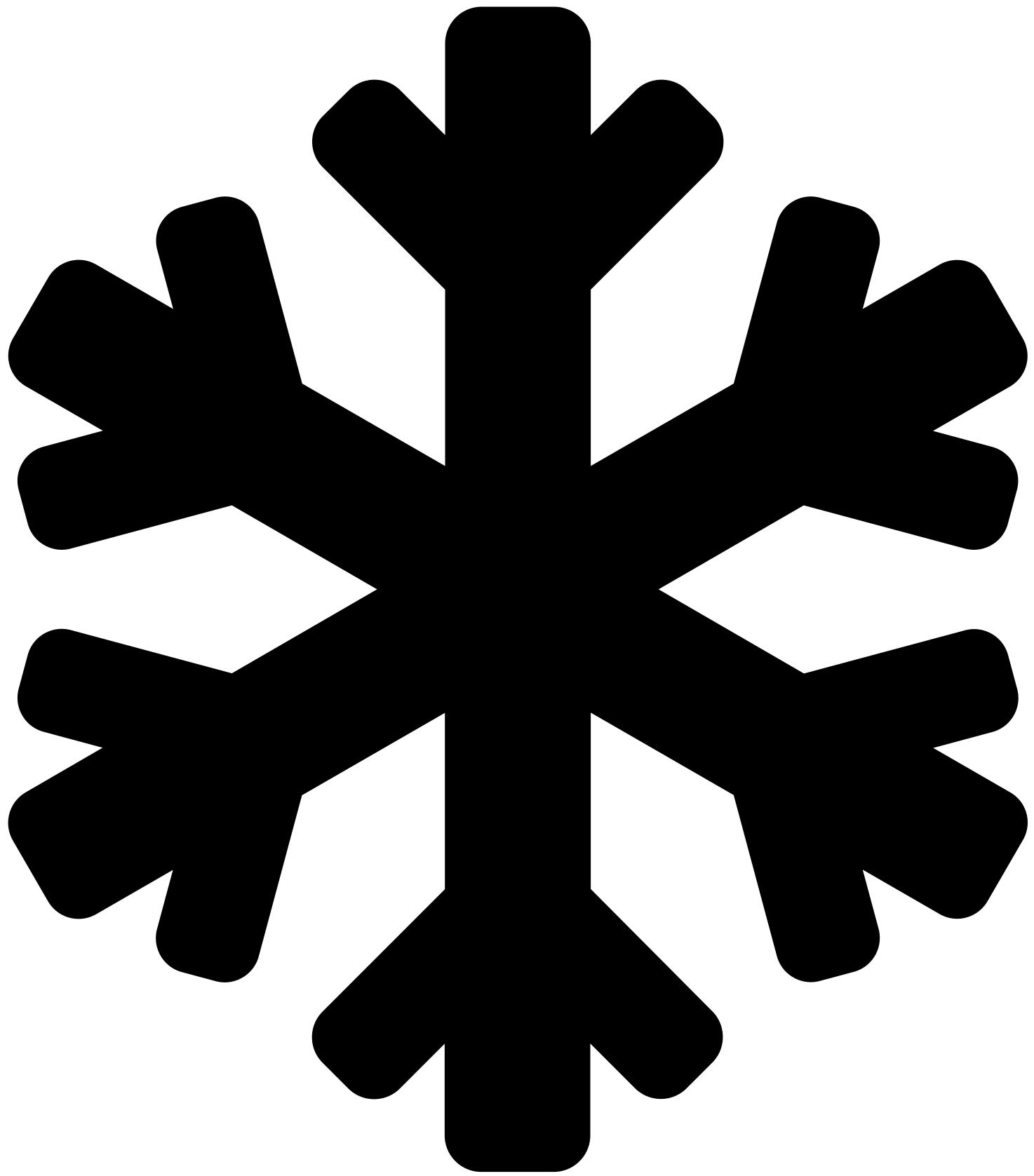
F

RKC Plank



[View exercise history](#)

- 3 x 1 minute hold w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

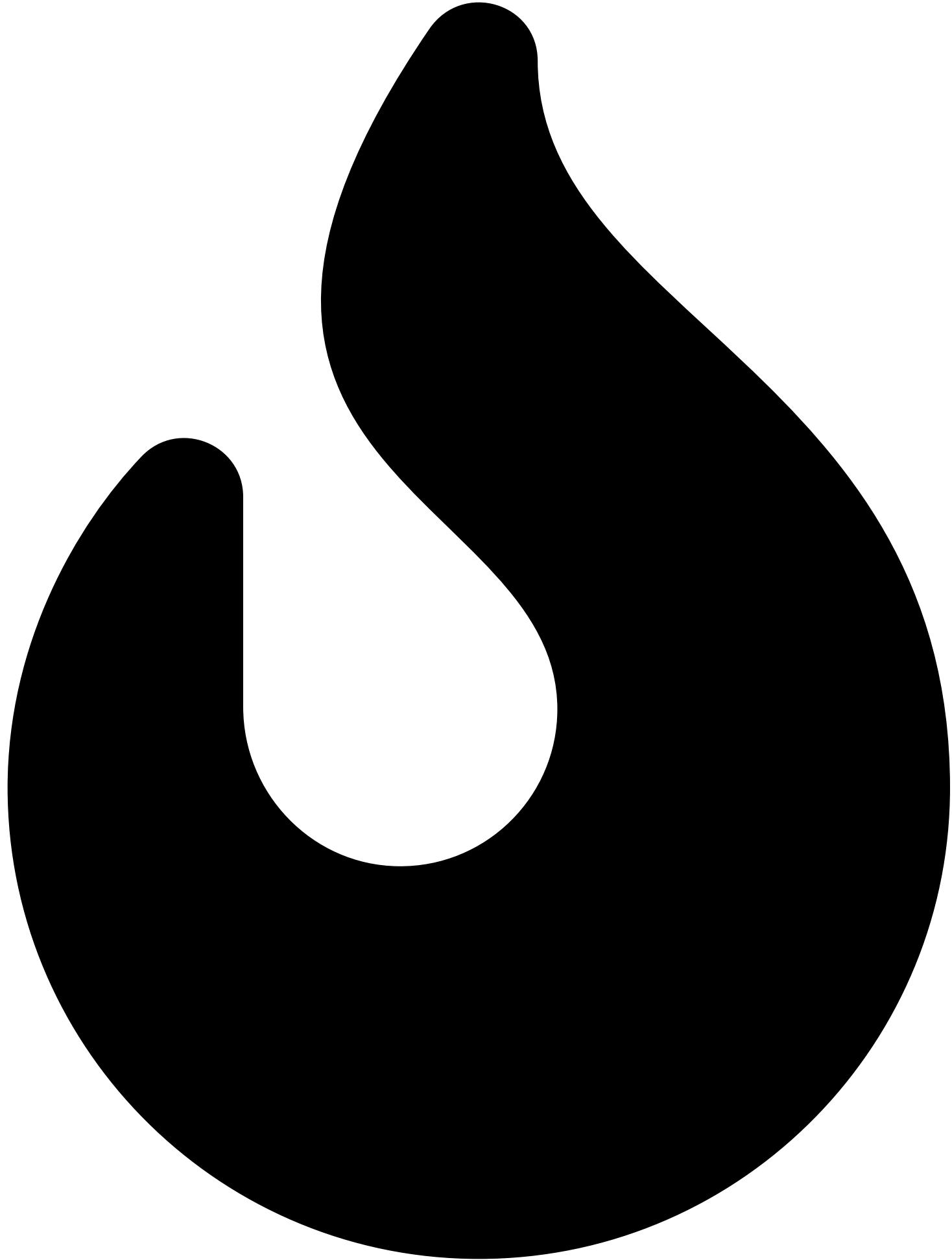


GIF

Send

Wed, Aug 18

Week 2, Day 1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1-3 sets:
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.

B

A small, empty square icon.

Clean and Jerk



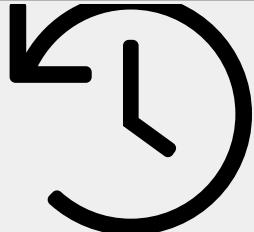
[View exercise history](#)

- 5 x 3+1 w/ 1-3 minutes of rest b/t sets. Add weight of you're feeling good today.

C

A small, empty square icon.

Clean Pull



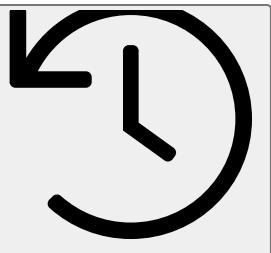
[View exercise history](#)

- 4 x 3 @ ~ 100% Clean 1RM w/ 1-3 minutes of rest b/t sets.



D

Back Squat



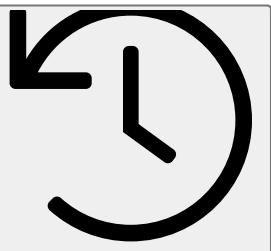
[View exercise history](#)

- 5 x 5 w/ 1-3 minutes of rest b/t sets.



E

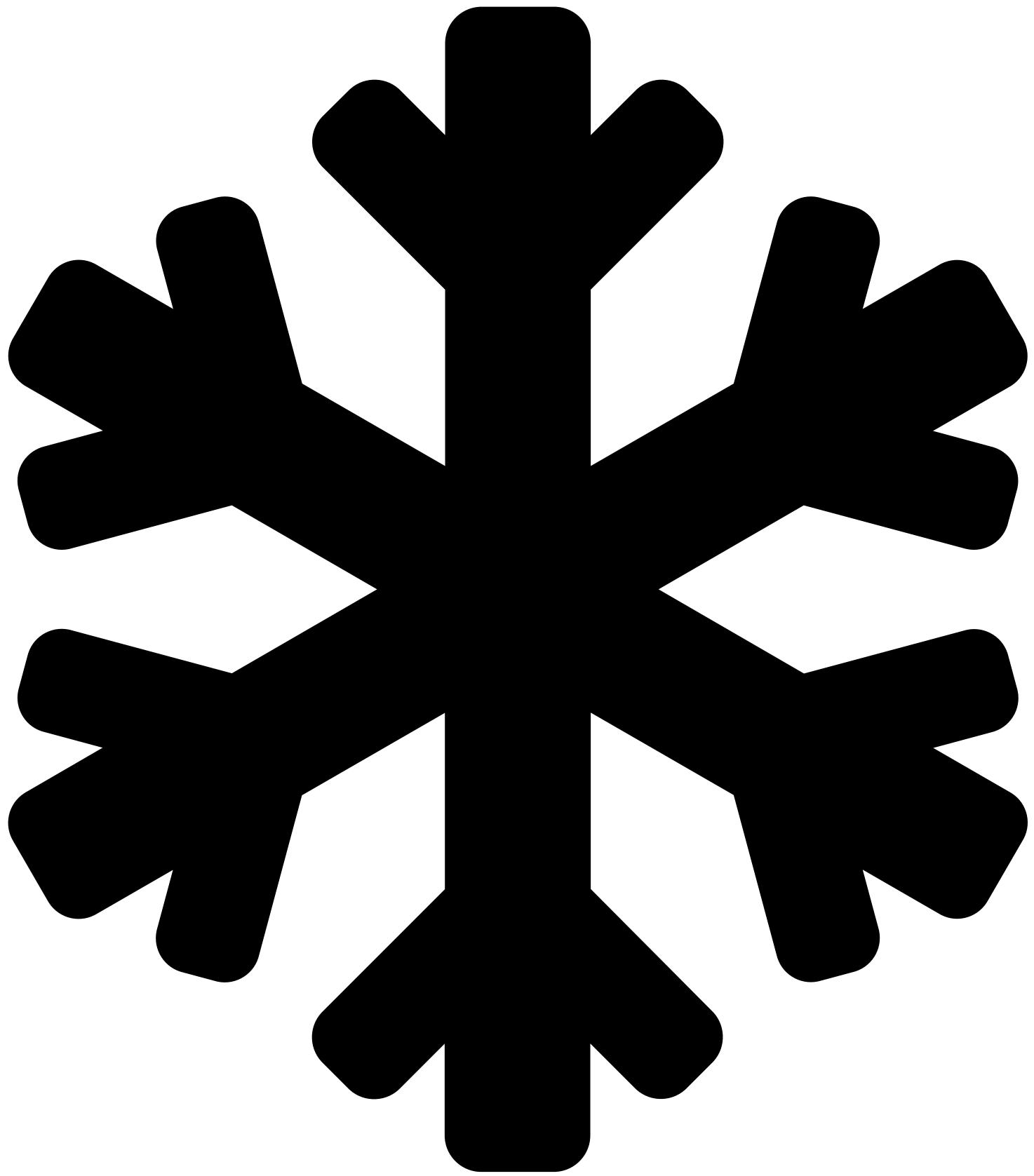
Kettlebell Hollow tuck



[View exercise history](#)

- 4 x max reps @ max weight.





Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

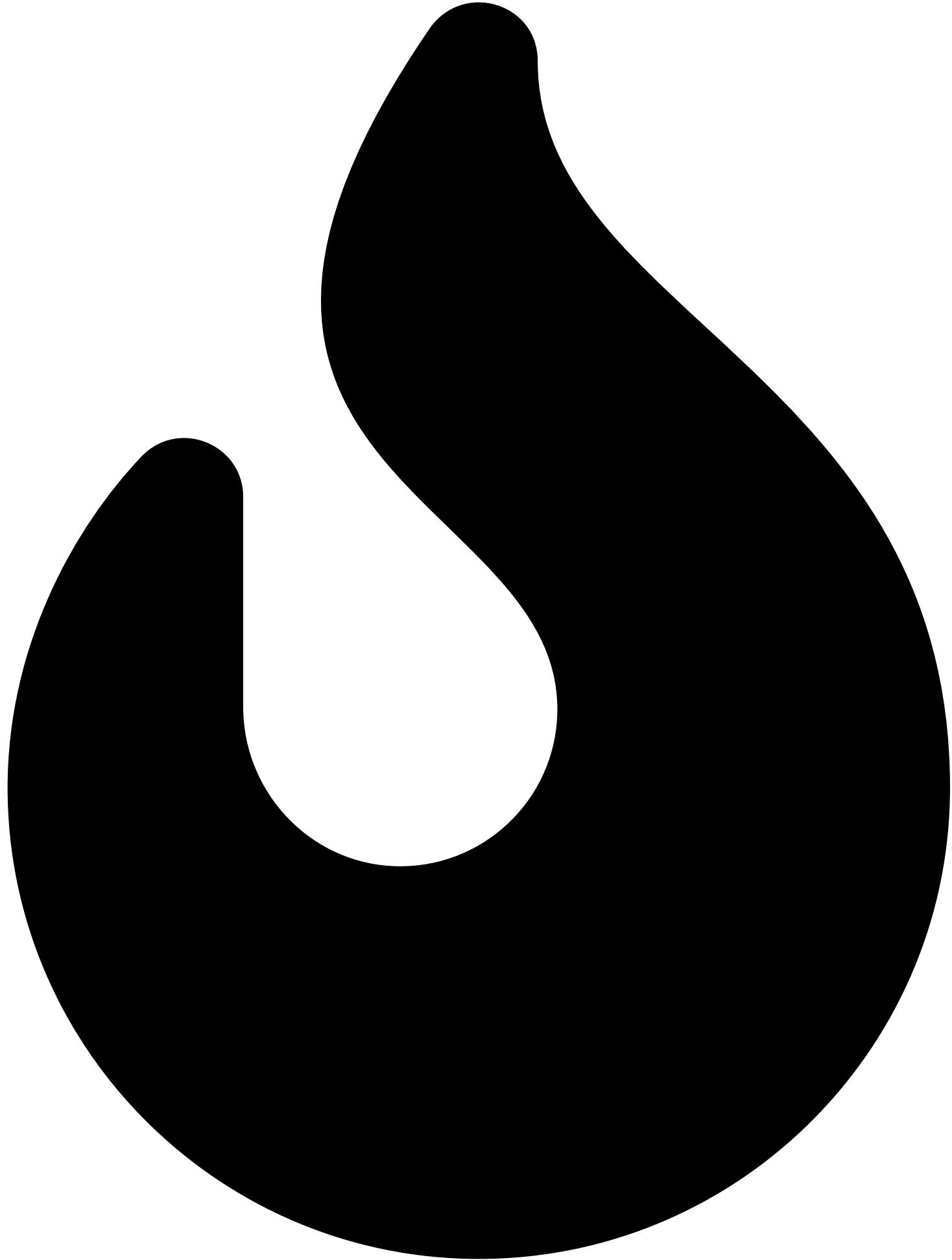


GIF

Send

Fri, Aug 20

Week 2, Day 2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1-3 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

B

Snatch



[View exercise history](#)

- 5 x 3 w/ 1-3 minutes of rest b/t sets.

C**Snatch Pull**[View exercise history](#)

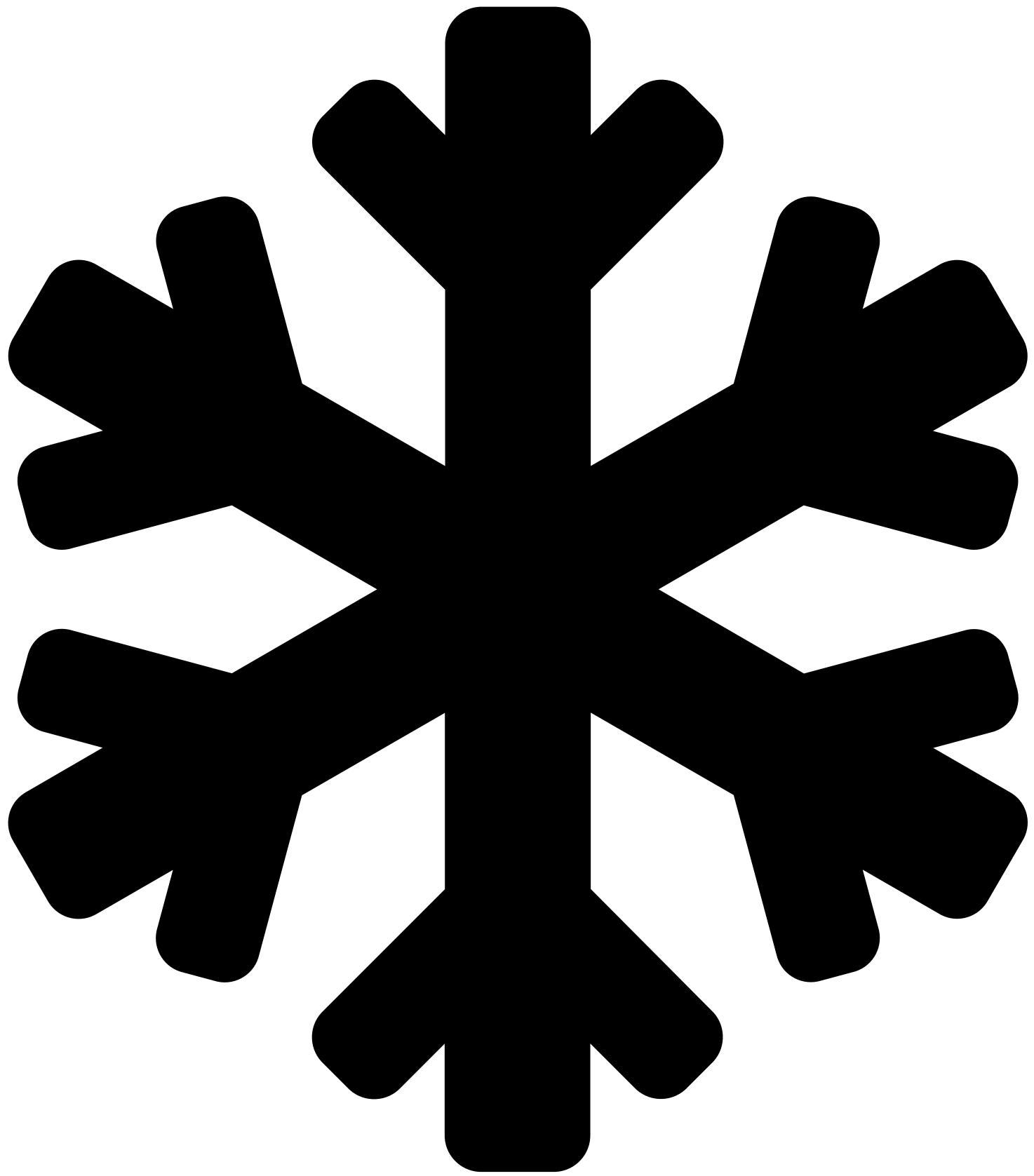
- 4 x 3 @ ~100% Snatch 1RM w/ 1-3 minutes of rest b/t sets.

 D**Front Squat**[View exercise history](#)

- 5 x 3 w/ 1-3 minutes of rest b/t sets.

 E**Bird-Dog**[View exercise history](#)

- 4 x 10 reps w/ 1 minute of rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

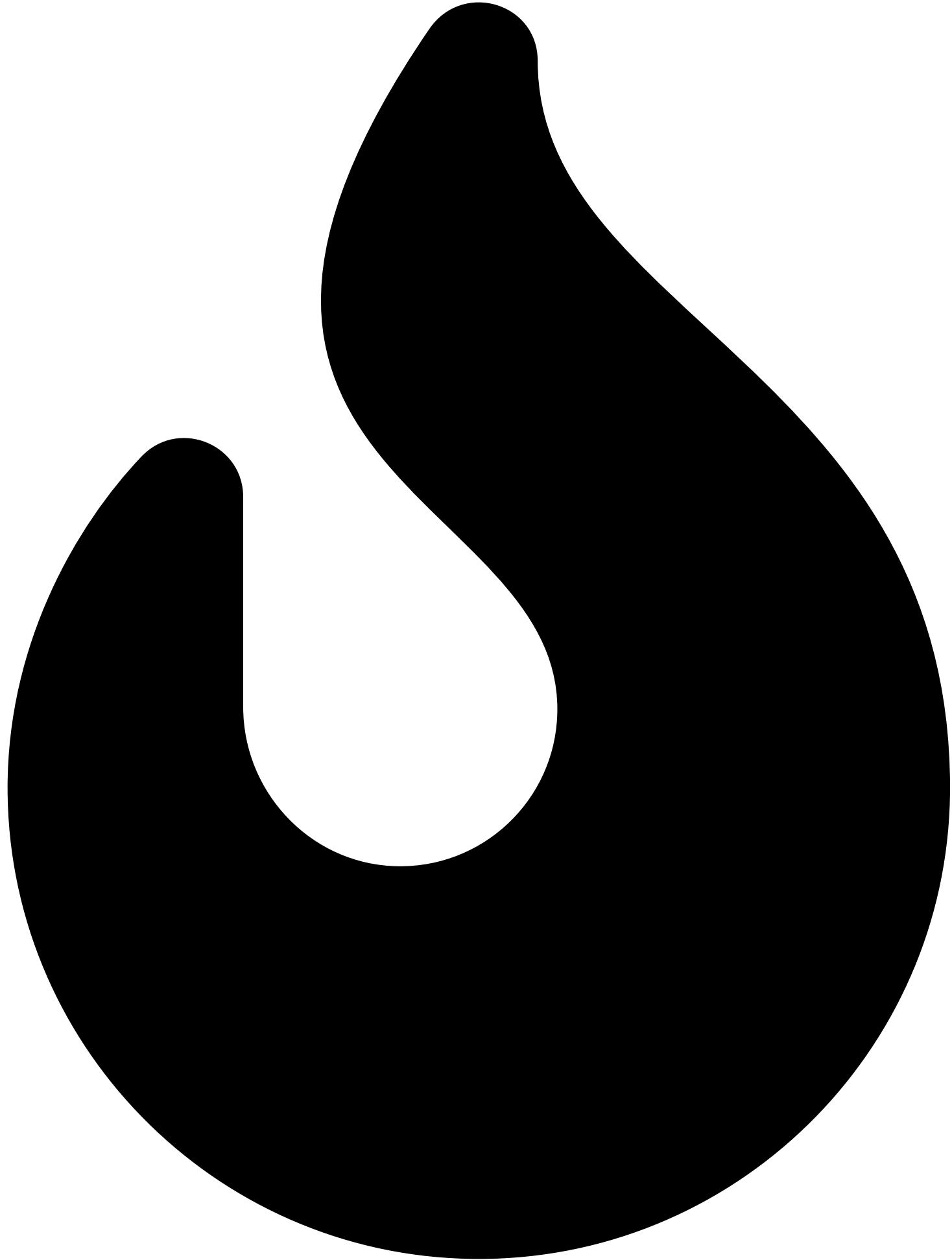
Give Jen feedback on her workout!



Send

Mon, Aug 23

Week 2, Day 3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up

[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



Burgener Snatch Warm-Up

[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Power Snatch



- 5 x 3 w/ 1-3 minutes of rest b/t sets.

D

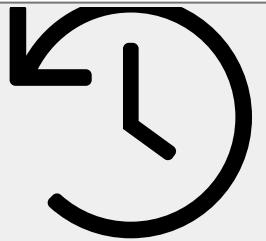
Power Clean and Power Jerk



- 5 x 3 (1+1) w/ 1-3 minutes of rest b/t sets.

E

Overhead Squat

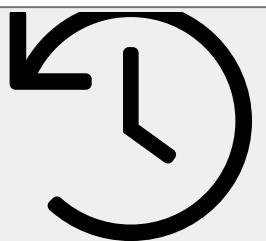


[View exercise history](#)

- 5 x 3 w/ 1-3 minutes of rest b/t sets.

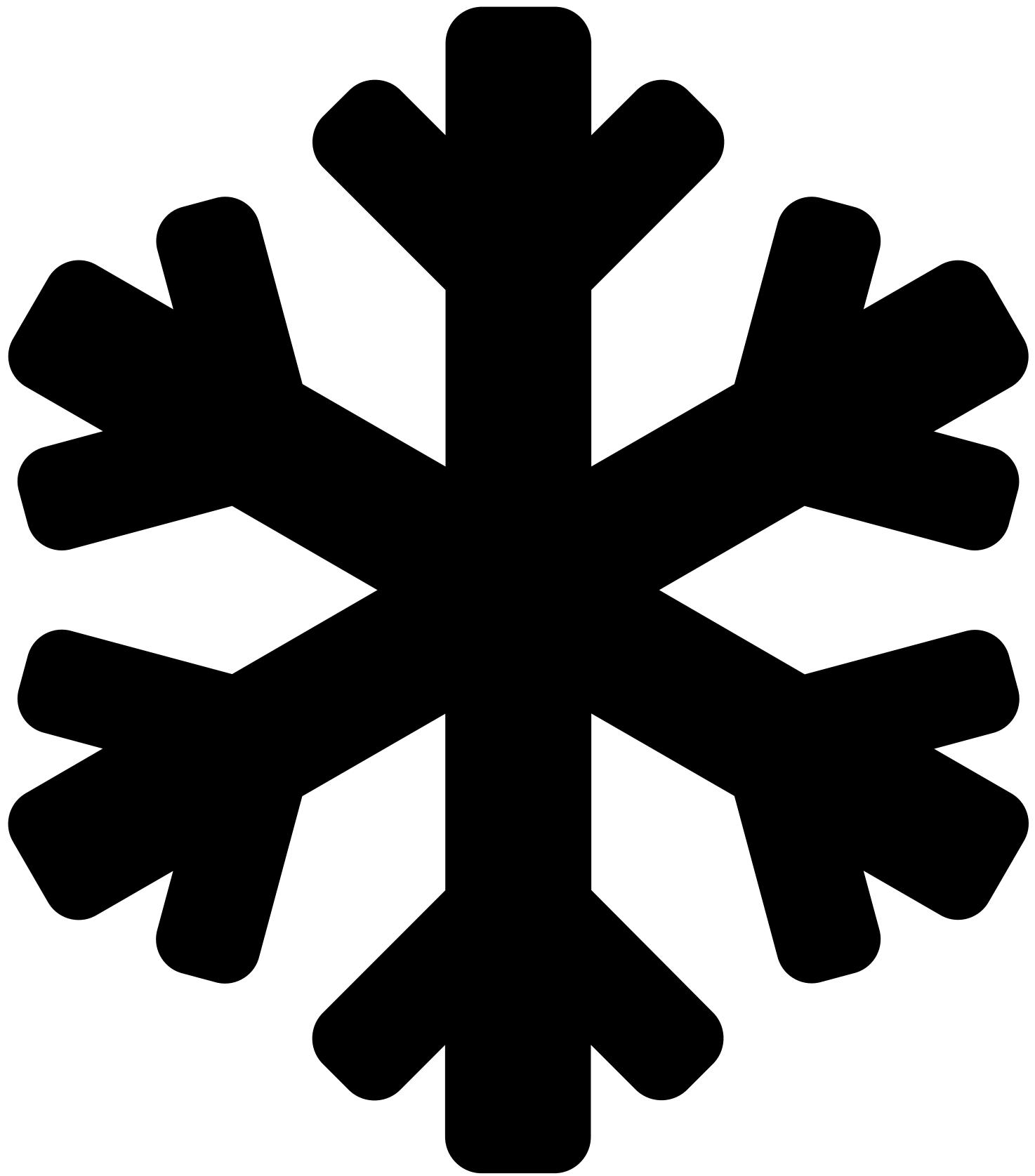
F

Kettlebug



[View exercise history](#)

- 4 x 10 reps/side at max weight w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

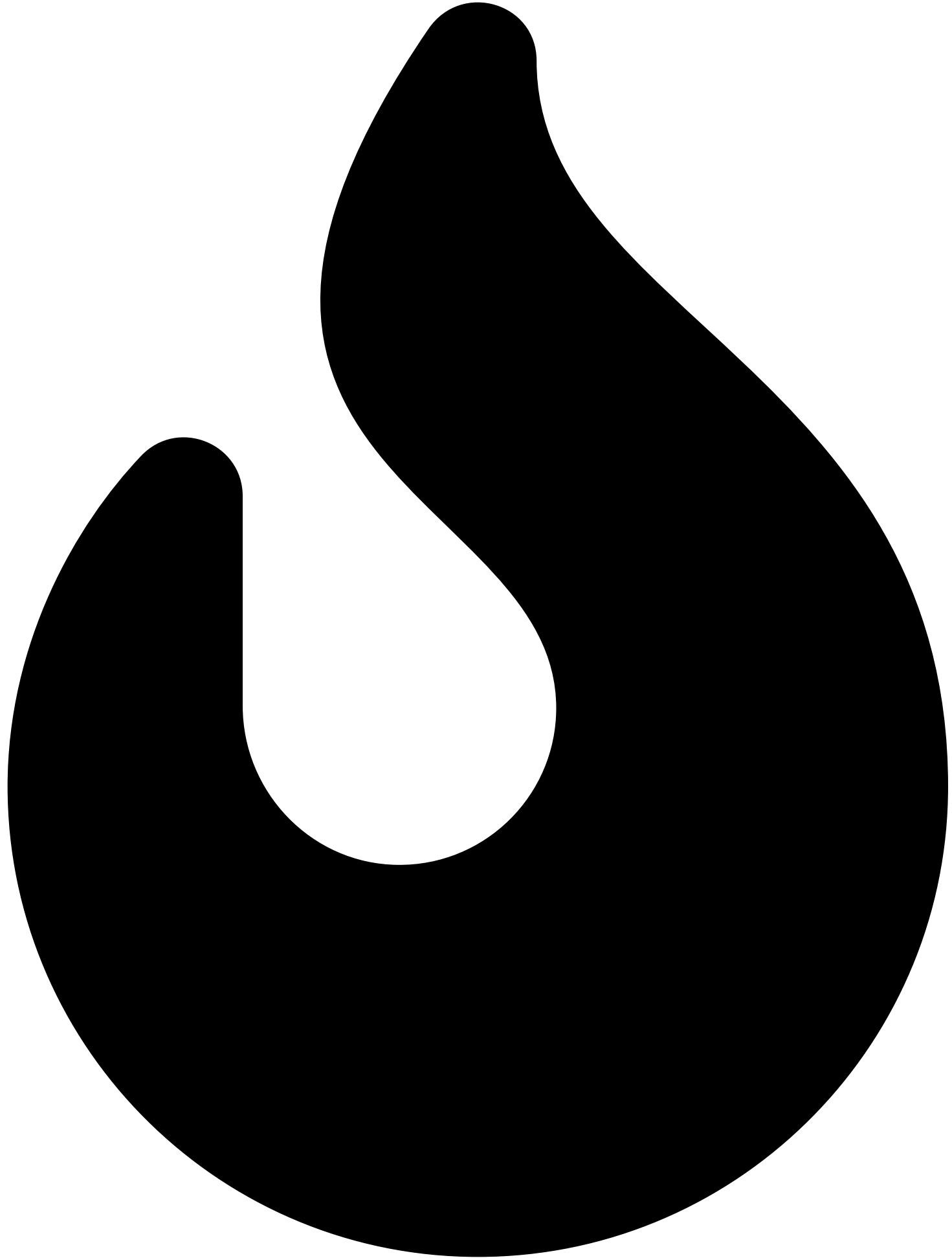
- Comment
- Note

Give Jen feedback on her workout!



Wed, Aug 25

Week 2, Day 4



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



B

Burgener Snatch Warm-Up



[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Snatch



- 6 x 1 working up in weight w/ 1-3 minutes of rest b/t sets.

D

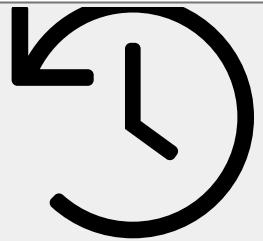
Clean and Jerk



- 6 x 1 working up in weight w/ 1-3 minutes of rest b/t sets.

E

Front Squat

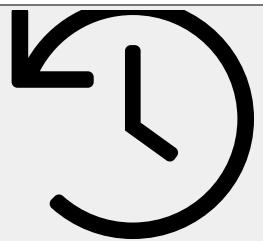


[View exercise history](#)

- 3 x 1 explosive reps working up in weight w/ 1-3 minutes of rest b/t sets.

F

RKC Plank



[View exercise history](#)

- 4 x 90 second hold w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

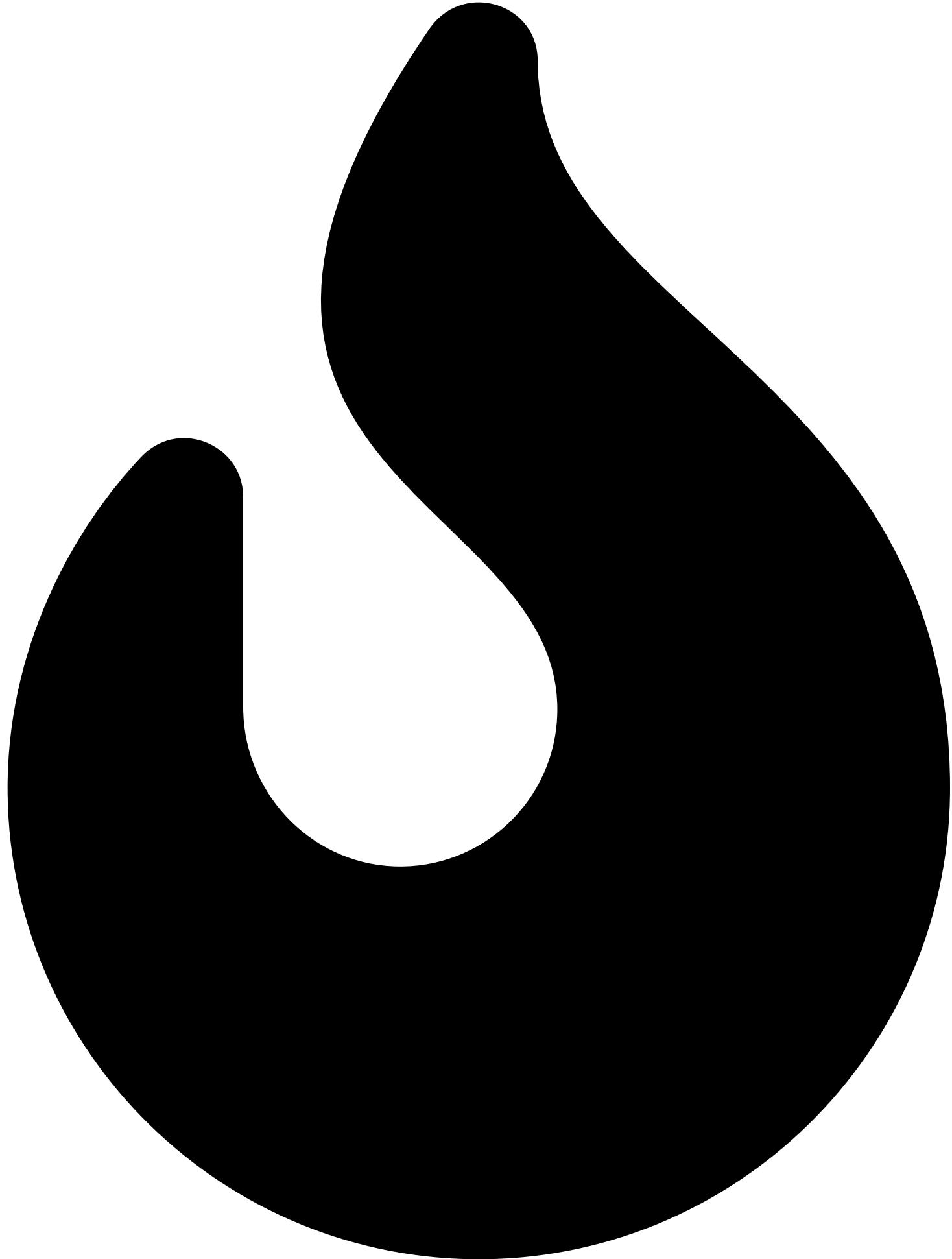


GIF

Send

Fri, Aug 27

Week 3, Day 1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1-3 sets:
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



Clean and Jerk

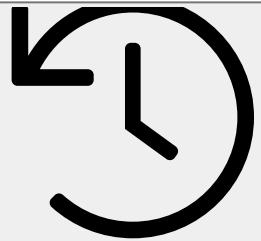


[View exercise history](#)

- 5 x 1+1 w/ 1-3 minutes of rest b/t sets. Add weight of you're feeling good today.



Clean Pull

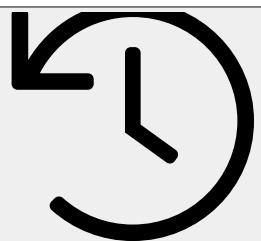


[View exercise history](#)

- 3 x 3 @ ~ 100% Clean 1RM w/ 1-3 minutes of rest b/t sets.

D

Back Squat

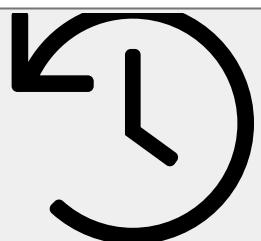


[View exercise history](#)

- 5 x 3 w/ 1-3 minutes of rest b/t sets.

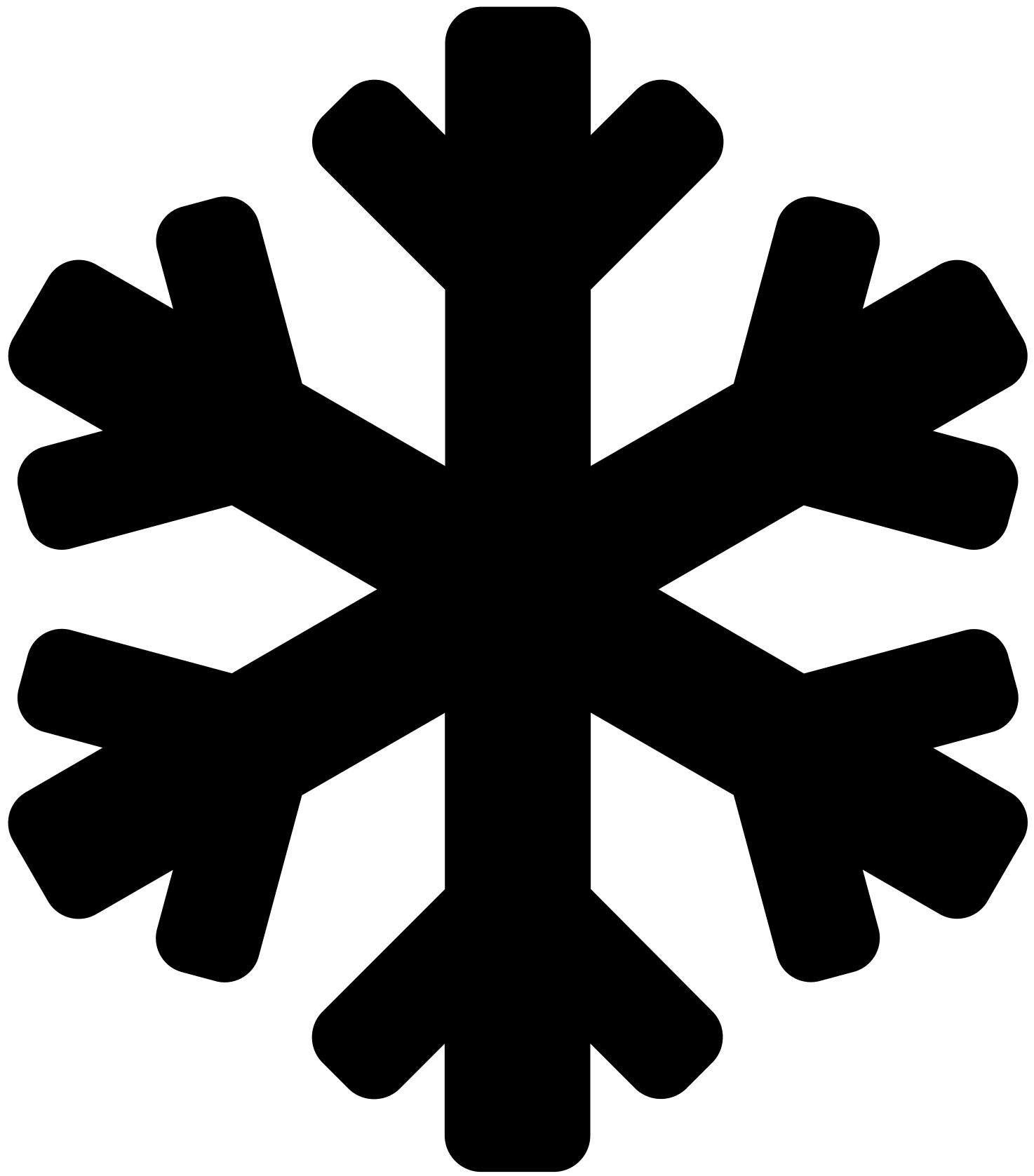
E

Kettlebell Hollow tuck



[View exercise history](#)

- 4 x max reps @ max weight.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

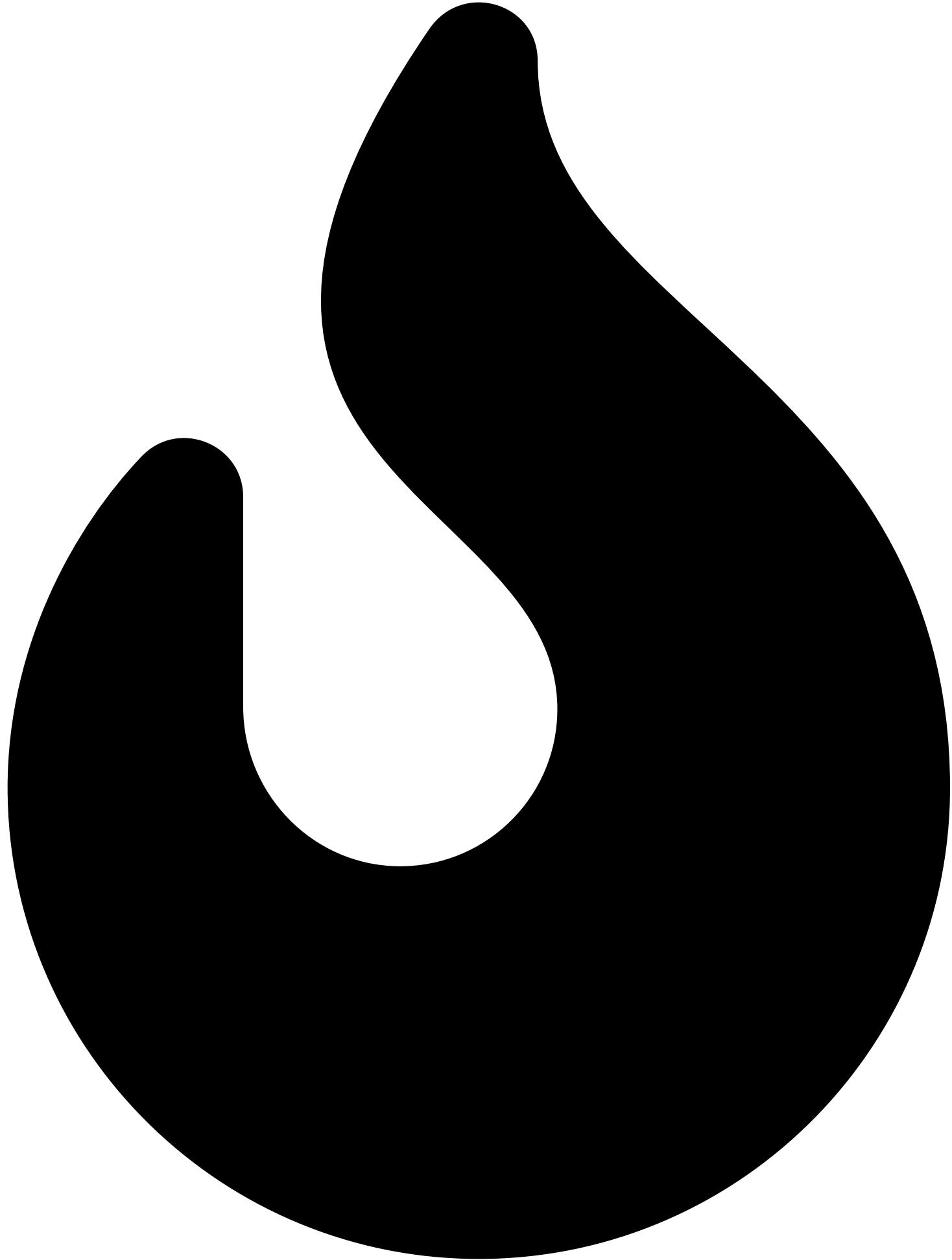


GIF

Send

Mon, Aug 30

Week 3, Day 2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1-3 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

B

Power Snatch



[View exercise history](#)

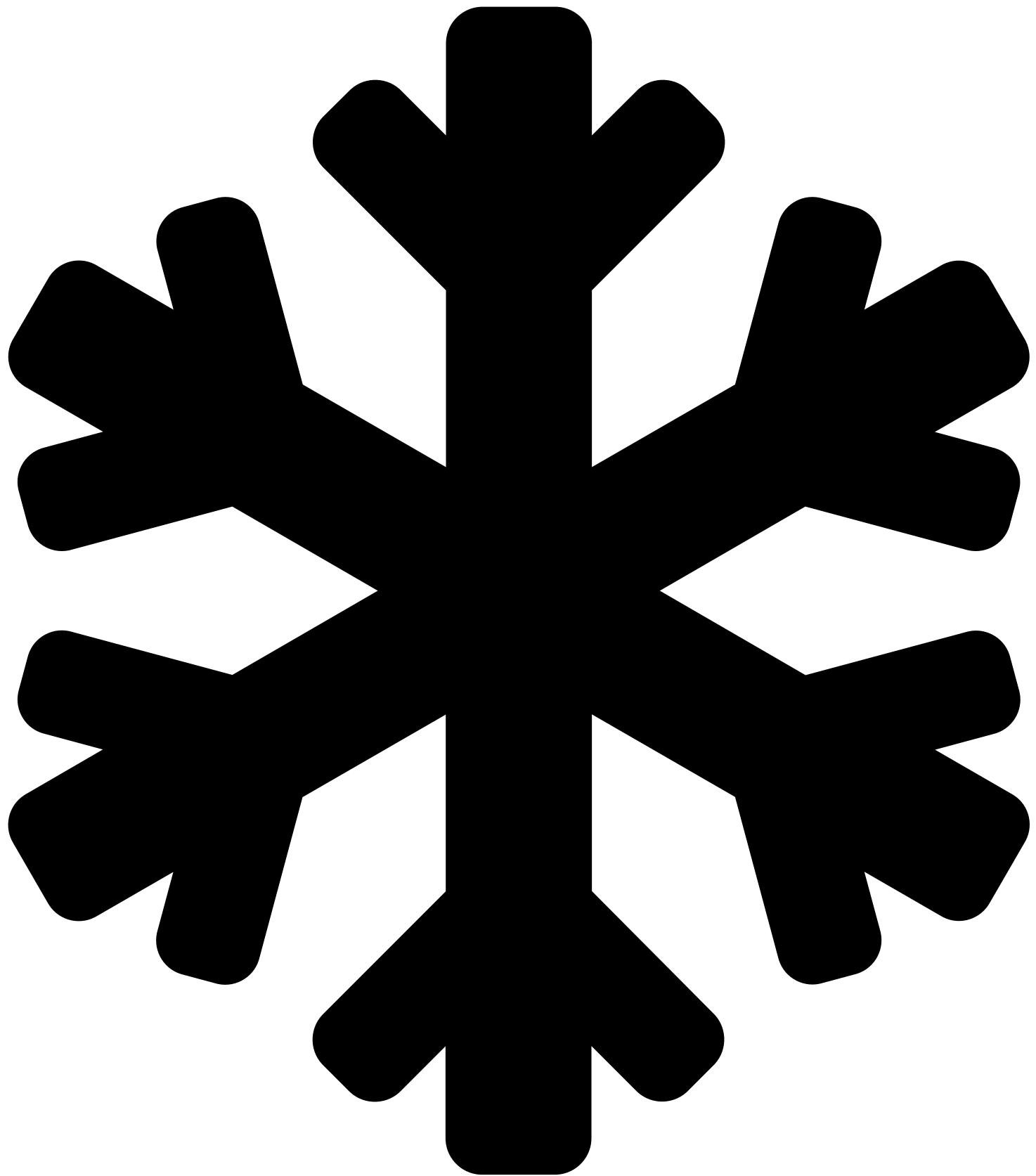
- 5 x 3 w/ 1-3 minutes of rest b/t sets.

C**Hang Clean**[View exercise history](#)

- 5 x 3 w/ 1-3 minutes of rest b/t sets.

 D**Bird-Dog**[View exercise history](#)

- 4 x 10 reps w/ 1 minute of rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!



GIF

Send

Wed, Sep 1

Week 3, Day 3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch



B

Snatch



[View exercise history](#)

- 5 x 1 w/ 1-3 minutes of rest b/t sets.

C**Snatch Pull**[View exercise history](#)

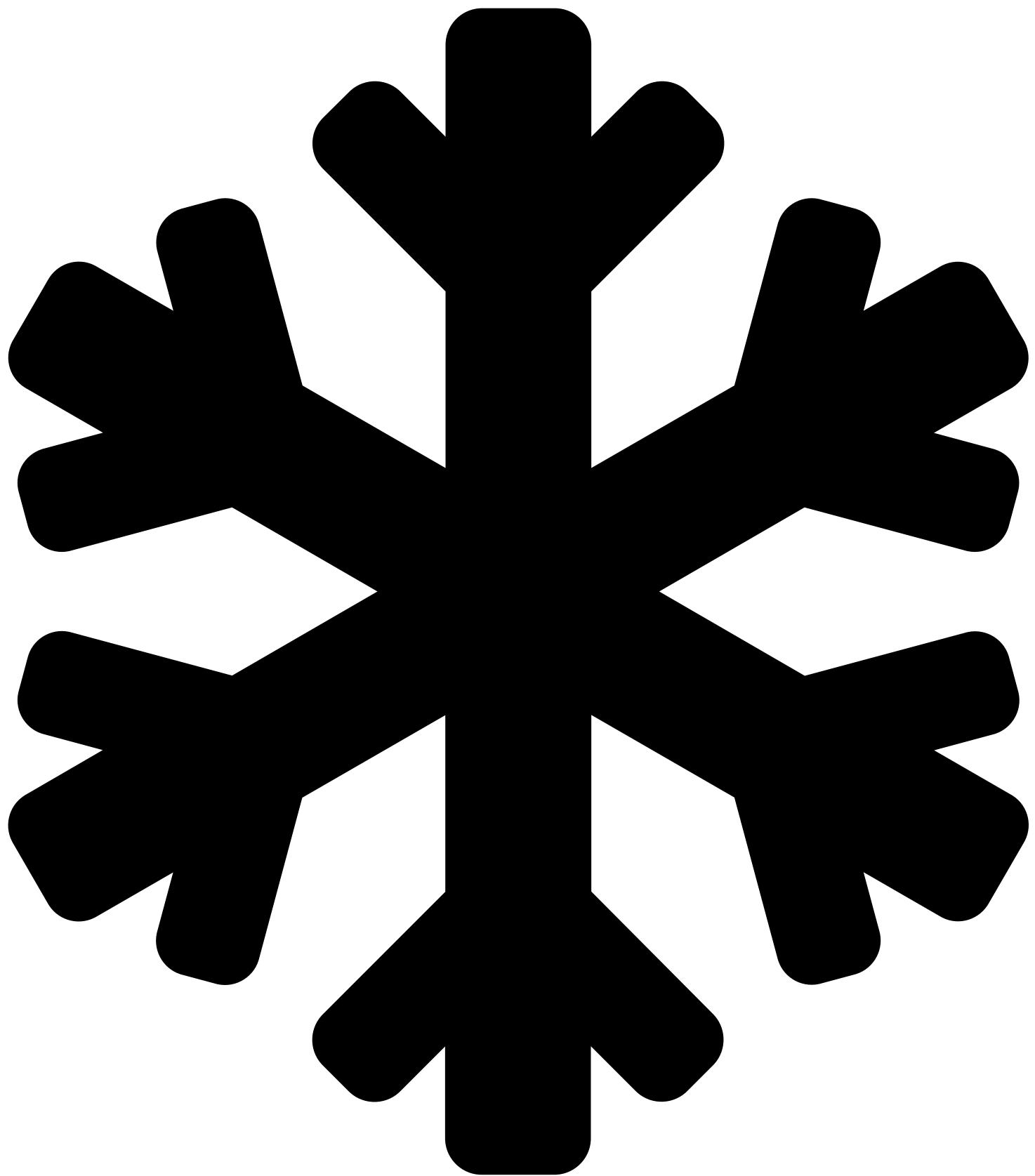
- 3 x 3 w/ 1-3 minutes of rest b/t sets.

 D**Front Squat**[View exercise history](#)

- 5 x 2 w/ 1-3 minutes of rest b/t sets.

 E**Kettlebug**[View exercise history](#)

- 4 x 10 reps/side at max weight w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

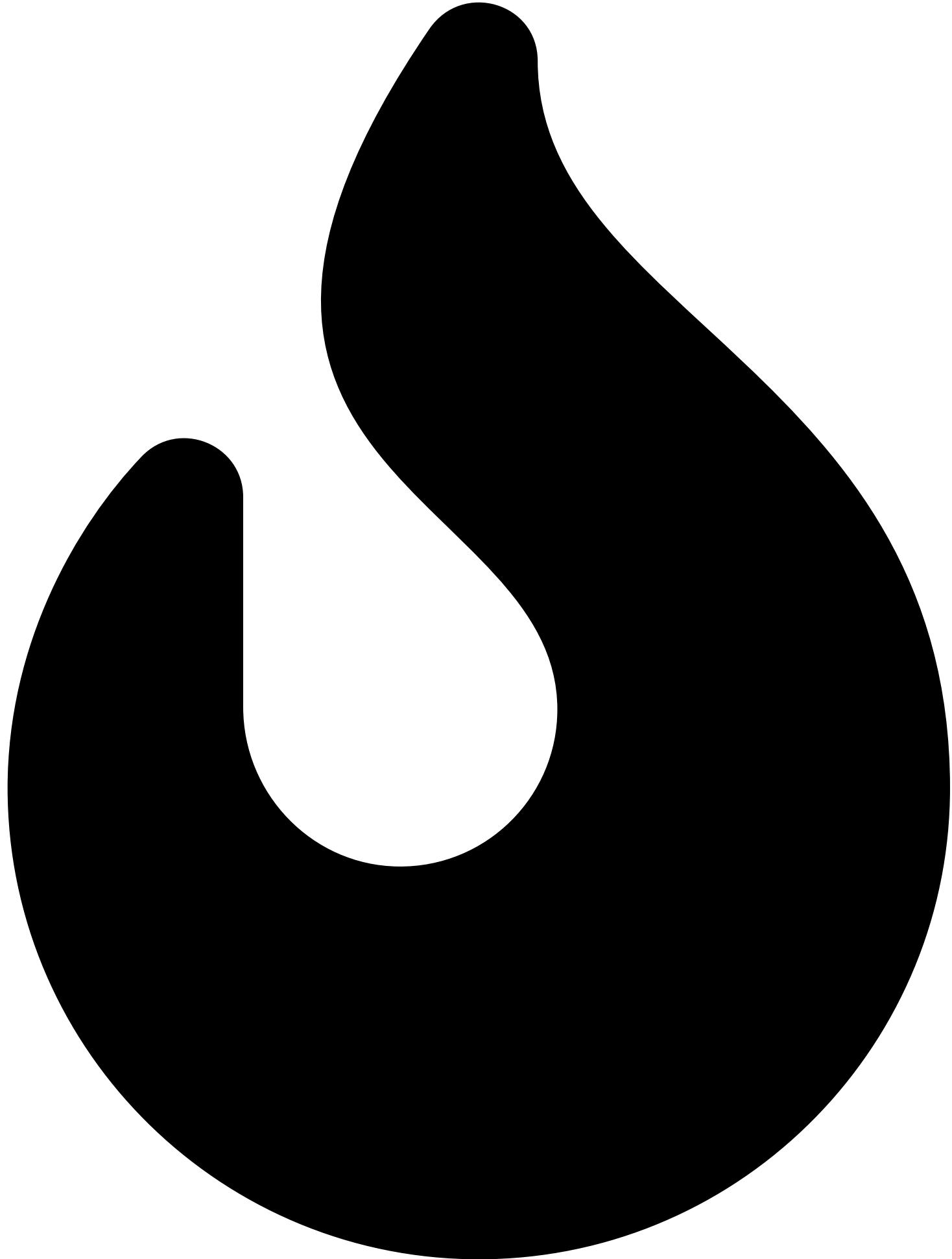
- Comment
- Note

Give Jen feedback on her workout!



Fri, Sep 3

Week 3, Day 3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch



B

Snatch



[View exercise history](#)

- 5 x 1 w/ 1-3 minutes of rest b/t sets.

C**Snatch Pull**[View exercise history](#)

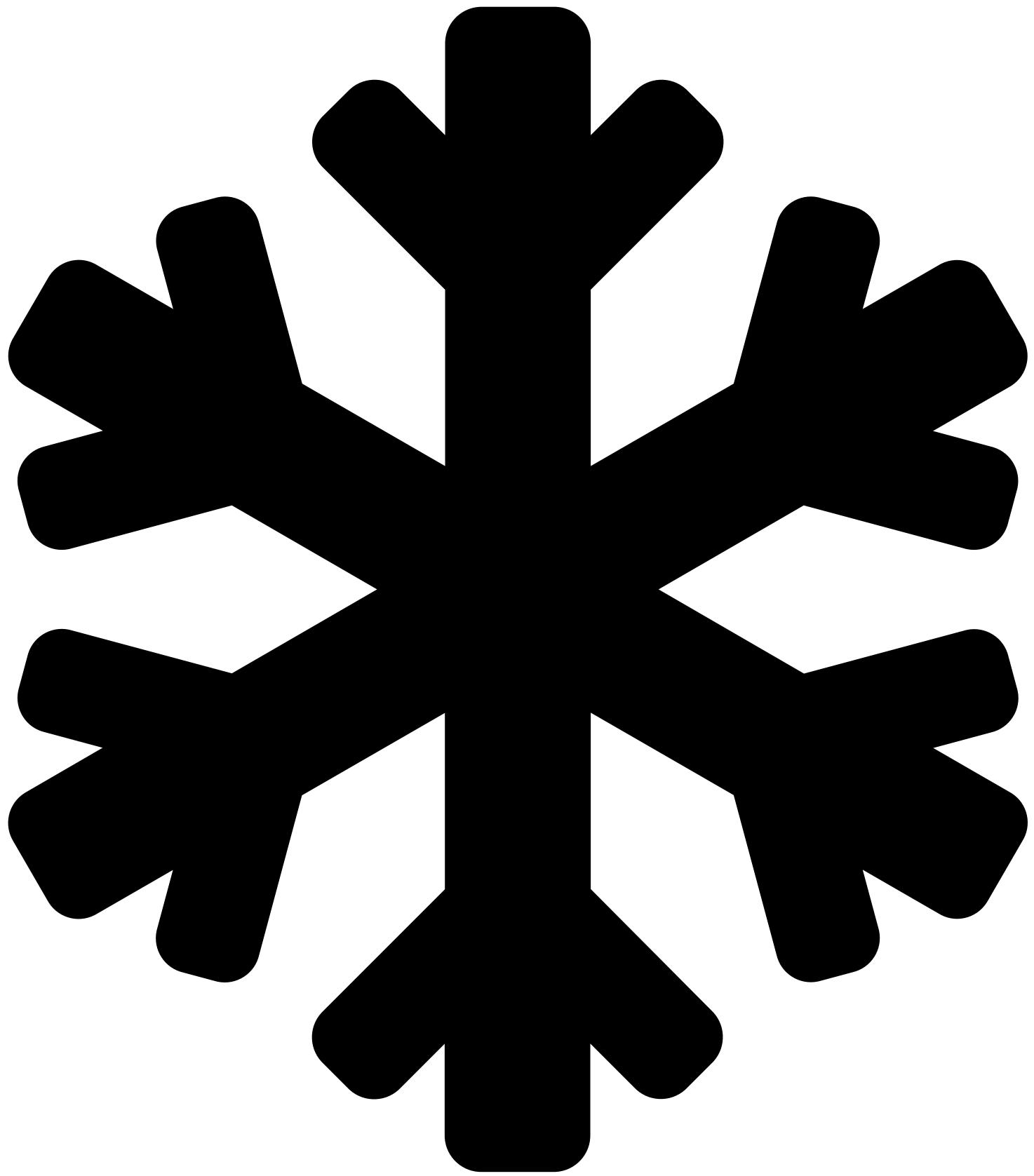
- 3 x 3 w/ 1-3 minutes of rest b/t sets.

 D**Front Squat**[View exercise history](#)

- 5 x 2 w/ 1-3 minutes of rest b/t sets.

 E**Kettlebug**[View exercise history](#)

- 4 x 10 reps/side at max weight w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

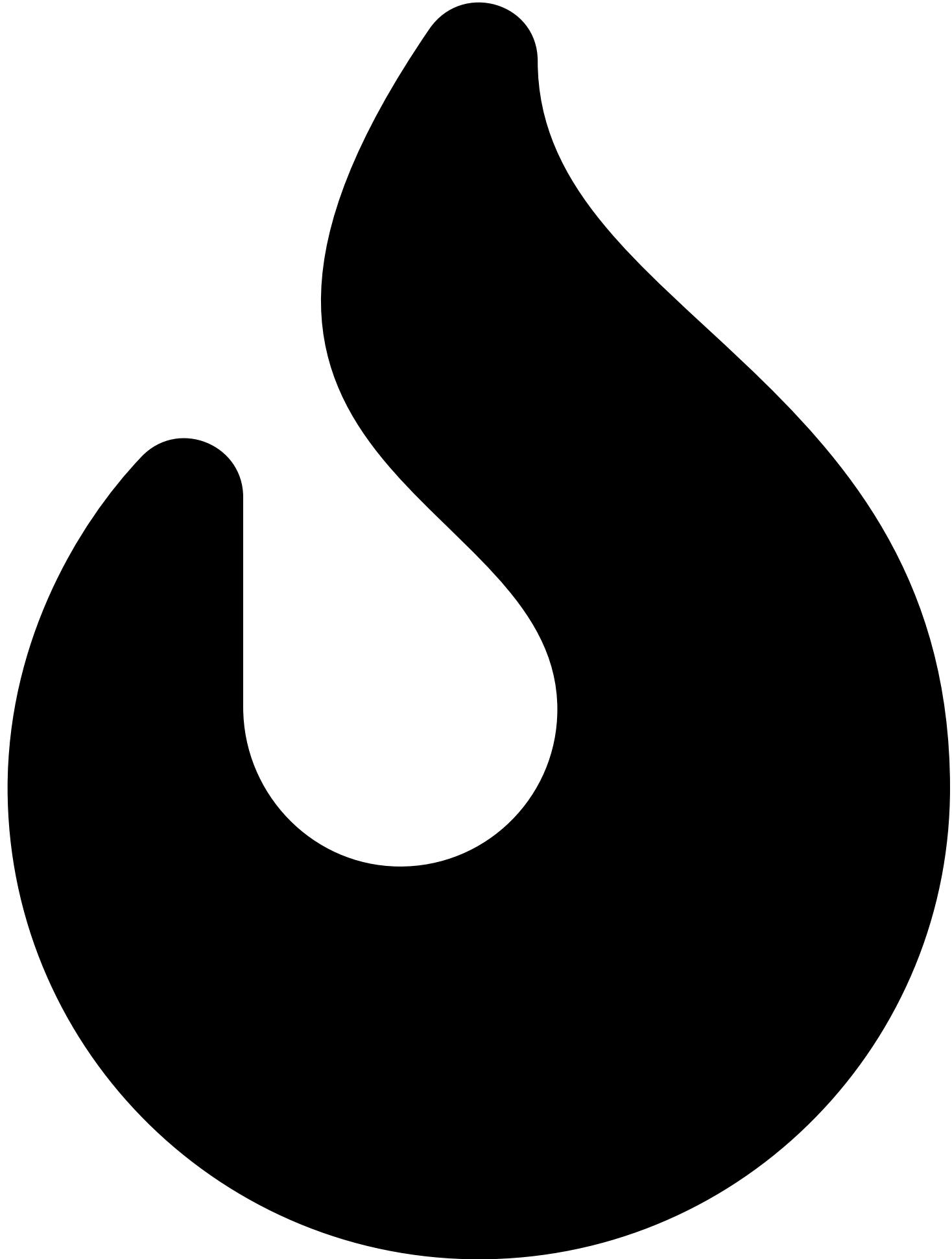


GIF

Send

Mon, Sep 6

Week 3, Day 4



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.

B

Hang Snatch

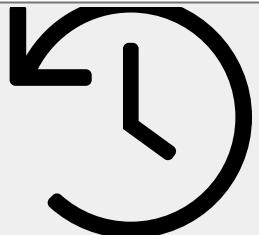


[View exercise history](#)

- 5 x 3 working up in weight w/ 1-3 minutes of rest b/t sets.

C

Power Clean and Power Jerk

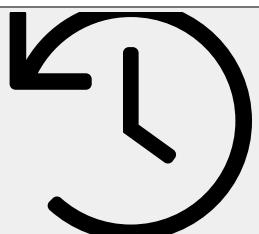


[View exercise history](#)

- 5 x 1 + 1 working up in weight w/ 1-3 minutes of rest b/t sets.

D

Overhead Squat

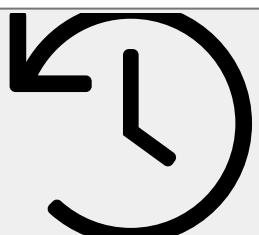


[View exercise history](#)

- 5 x 1 explosive reps working up in weight w/ 1-3 minutes of rest b/t sets.

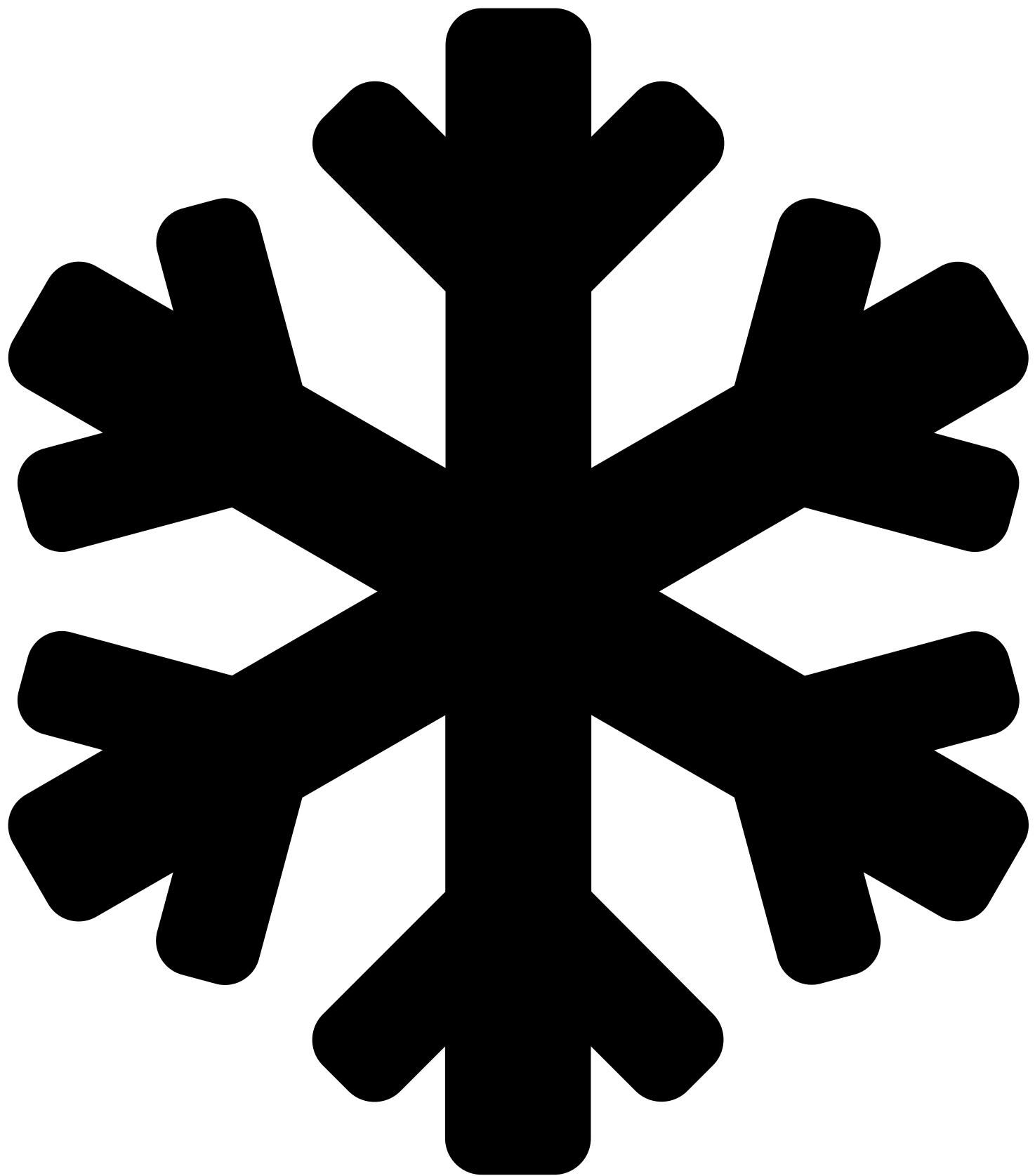
E

RKC Plank



[View exercise history](#)

- 4 x 90 second hold w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

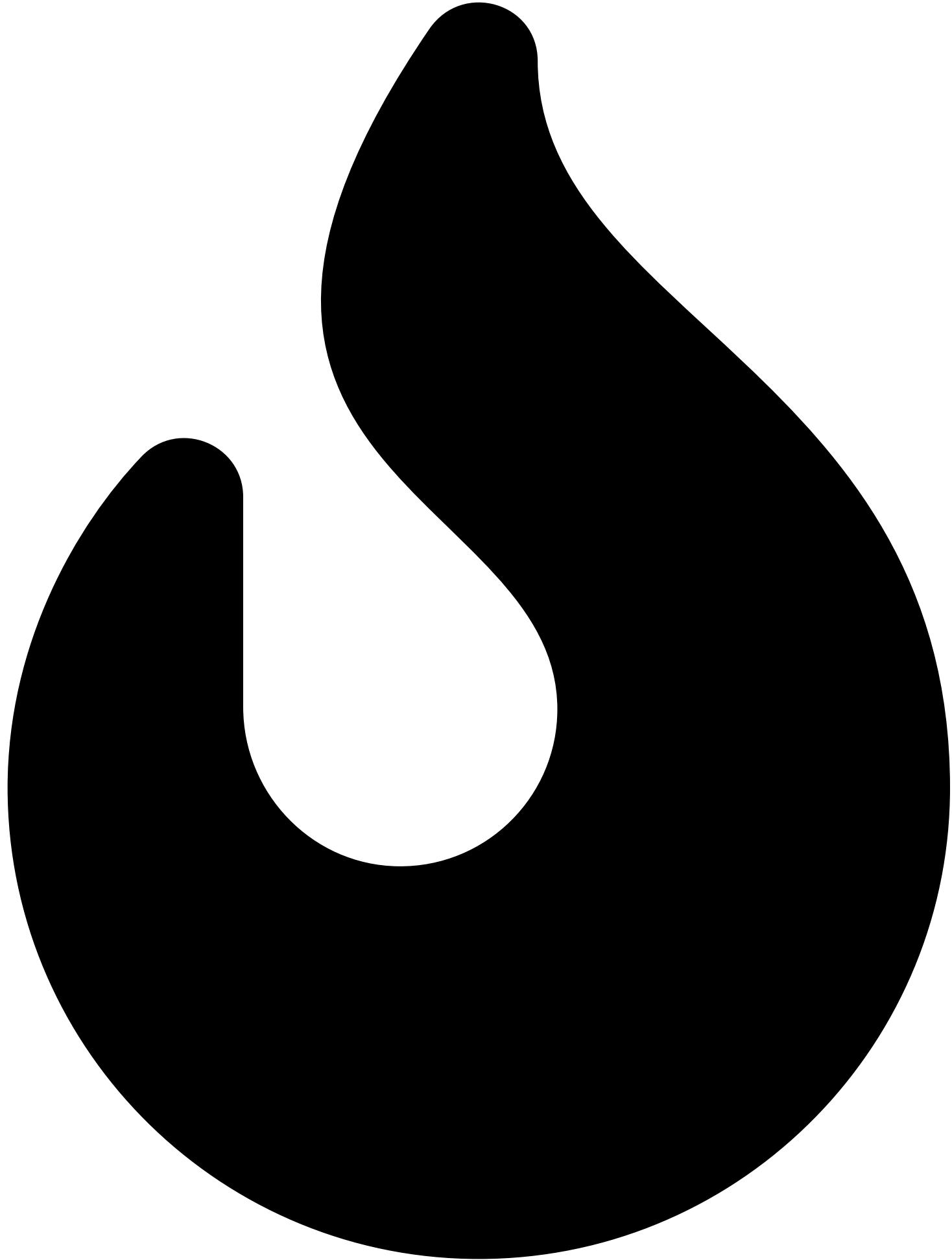
- Comment
- Note

Give Jen feedback on her workout!



Wed, Sep 8

Week 3, Day 5



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up

[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



B

Burgener Snatch Warm-Up

[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Snatch



- 5-8 x 1 working up in weight to a heavy single w/ 1-3 minutes of rest b/t sets.

D

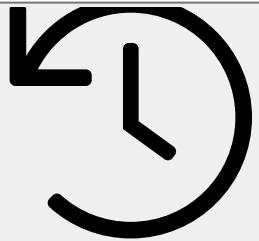
Clean and Jerk



- 5-8 x 1 working up in weight to a heavy single w/ 1-3 minutes of rest b/t sets.

E

Front Squat

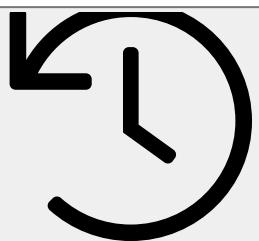


[View exercise history](#)

- 5-8 x 1 working up in weight to a heavy single w/ 1-3 minutes of rest b/t sets.

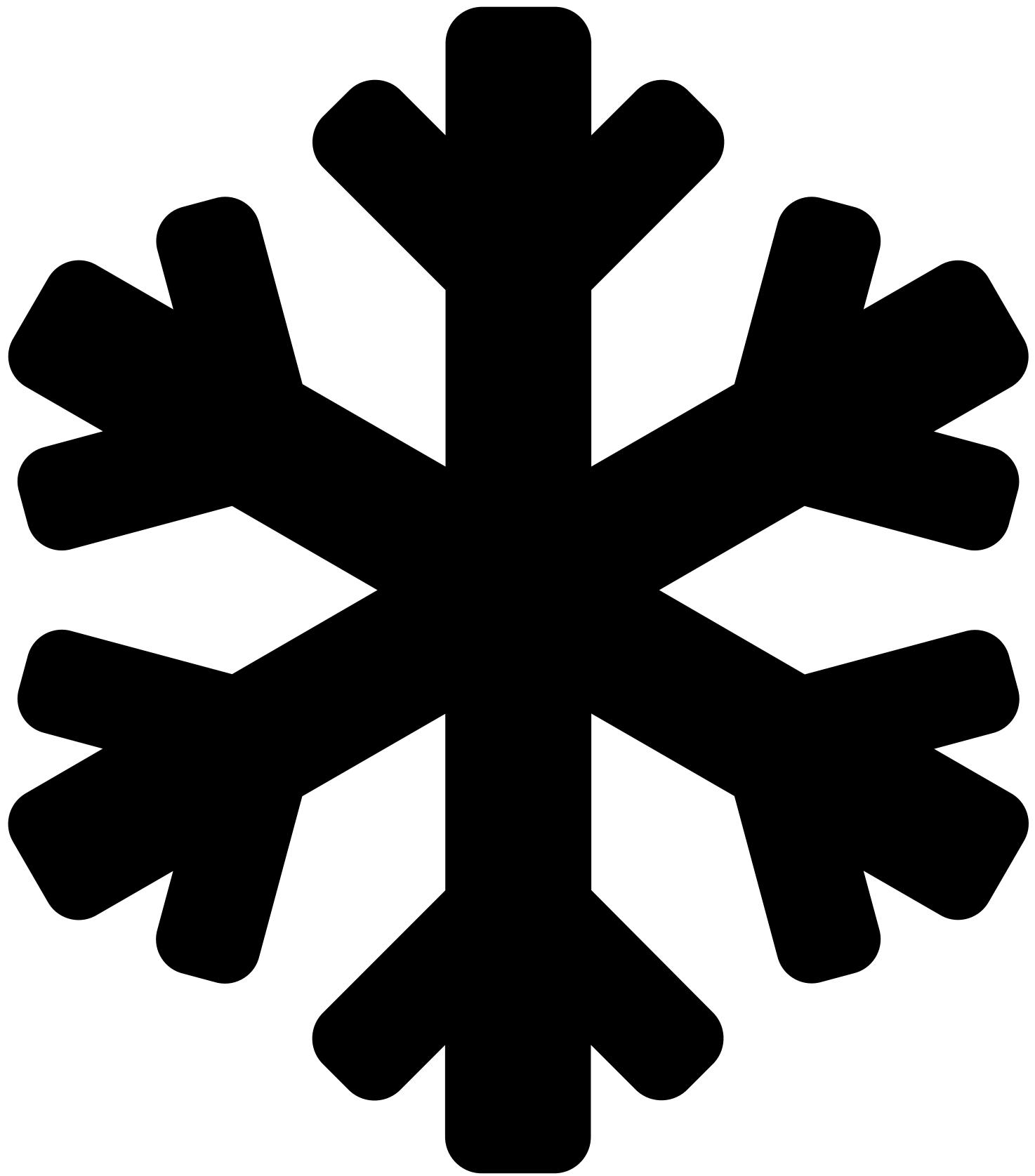
F

Hanging Leg Raise



[View exercise history](#)

- 4 x 10 reps w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!



GIF

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Fri, Sep 10

Week 4, Day 1



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1-3 sets:
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.

B

Clean and Jerk

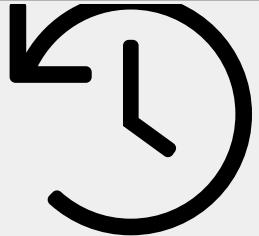


[View exercise history](#)

- 5 x 1 w/ 1-3 minutes of rest b/t sets. Add weight of you're feeling good today.

C

Clean Pull



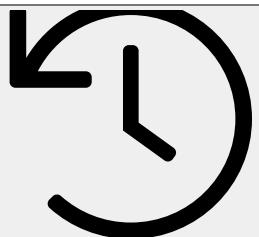
[View exercise history](#)

- 3 x 2 @ ~ 100% Clean 1RM w/ 1-3 minutes of rest b/t sets.



D

Back Squat



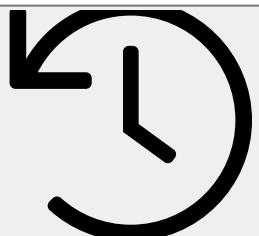
[View exercise history](#)

- 5 x 2 w/ 1-3 minutes of rest b/t sets.



E

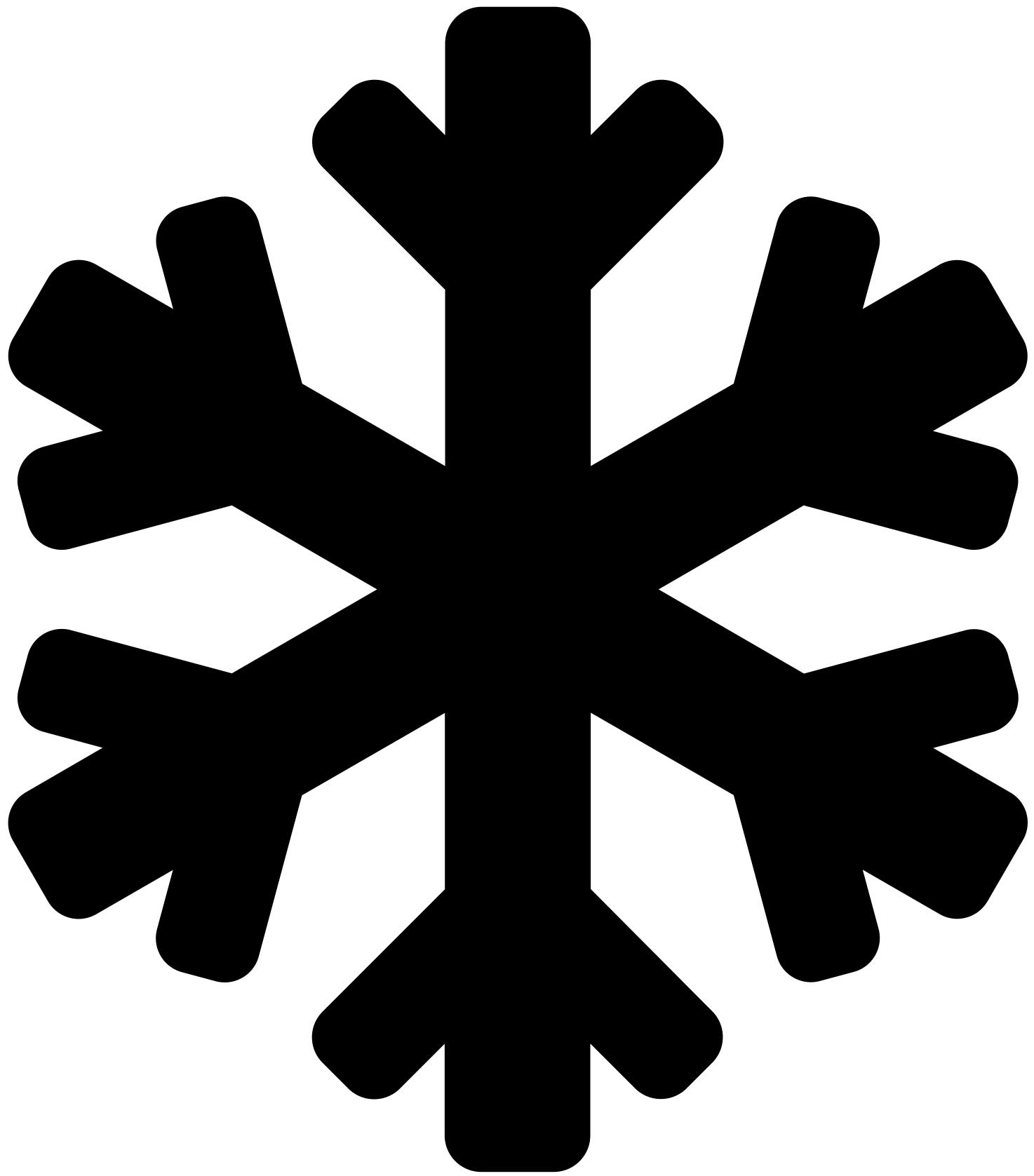
Kettlebell Hollow tuck



[View exercise history](#)

- 4 x max reps @ max weight.



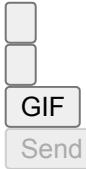


Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

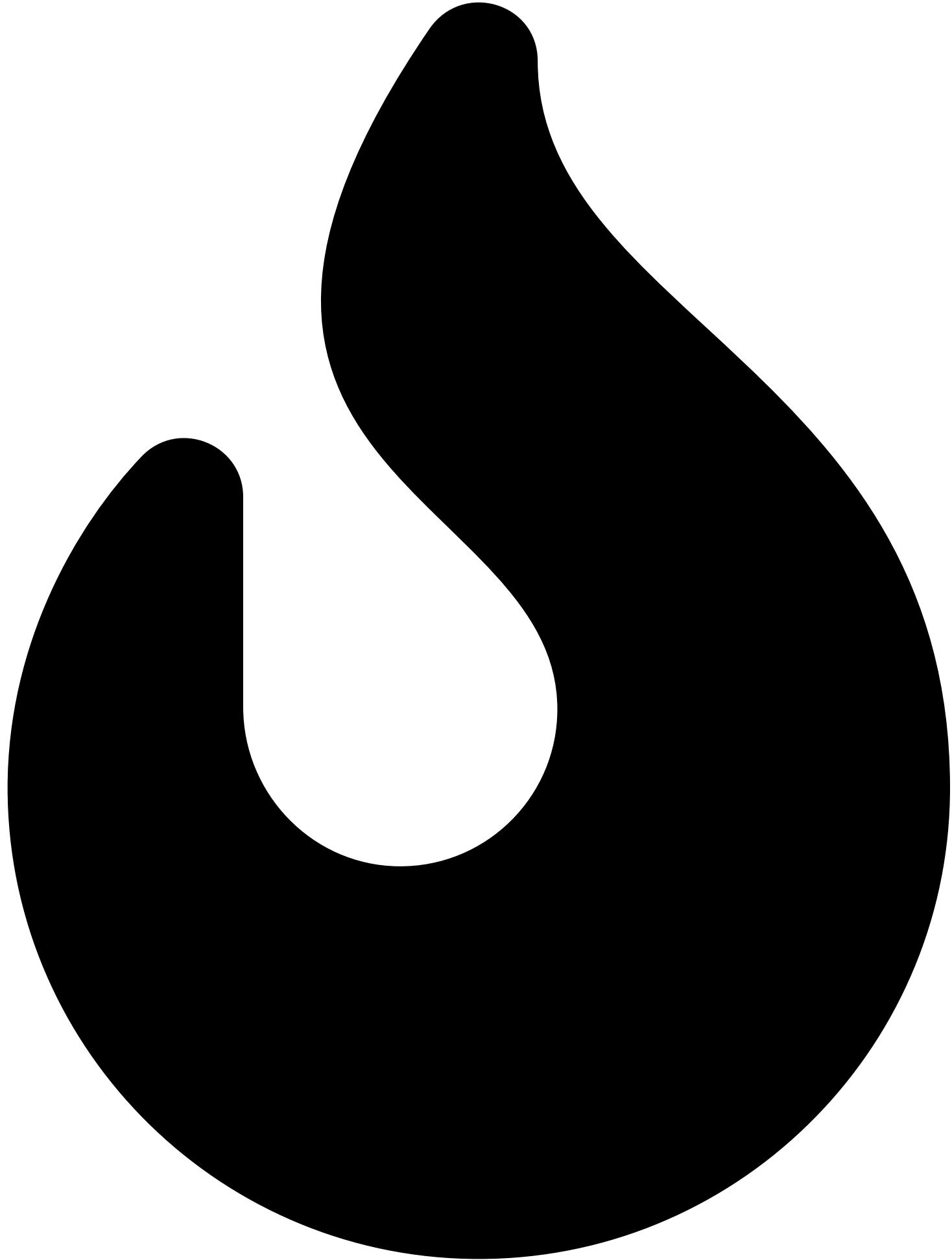


GIF

Send

Mon, Sep 13

Week 4, Day 2



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1-3 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch



B

Power Snatch



[View exercise history](#)

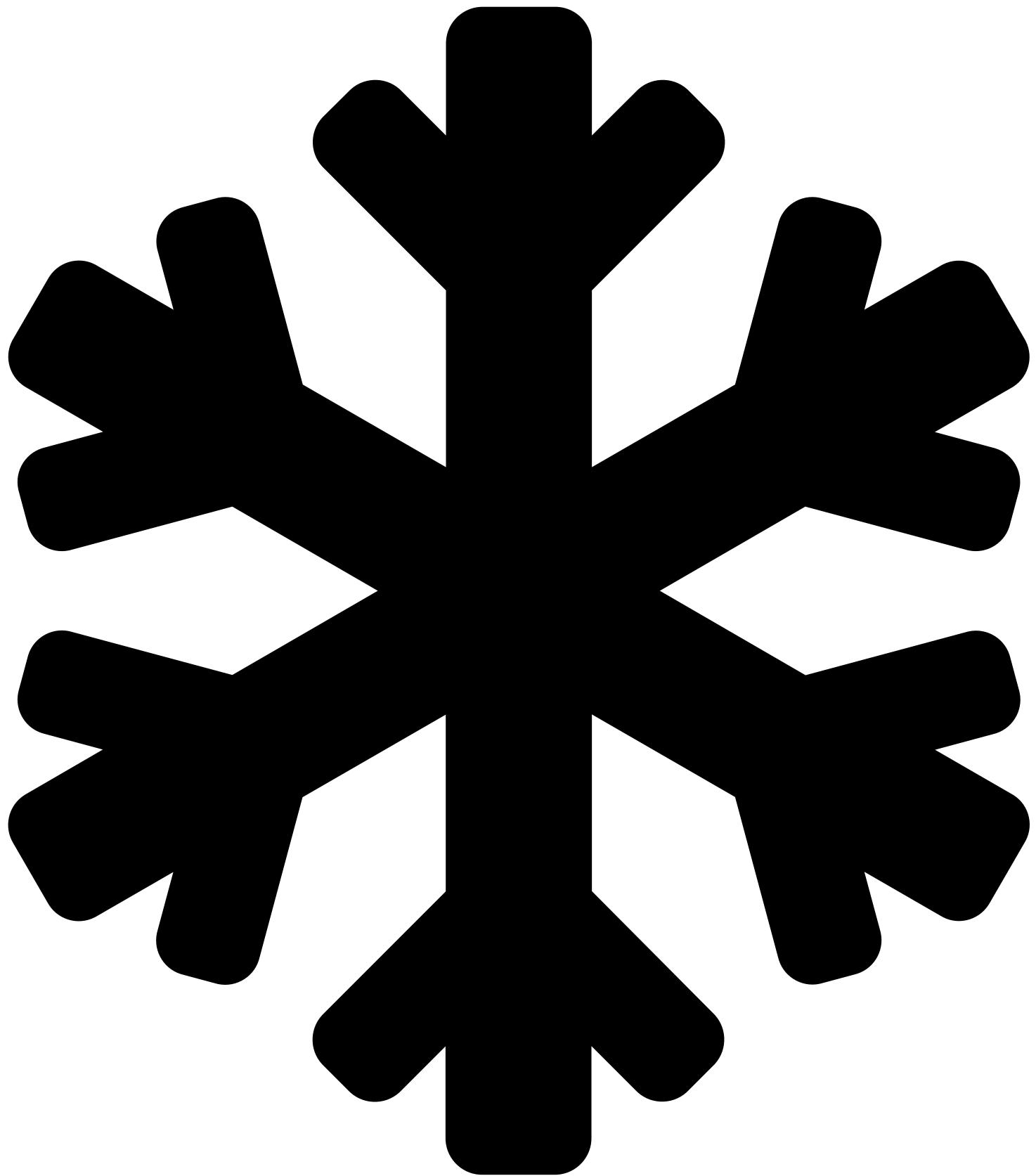
- 5 x 2 w/ 1-3 minutes of rest b/t sets.

C**Power Clean**[View exercise history](#)

- 5 x 2 w/ 1-3 minutes of rest b/t sets.

 D**Bird-Dog**[View exercise history](#)

- 4 x 10 reps w/ 1 minute of rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

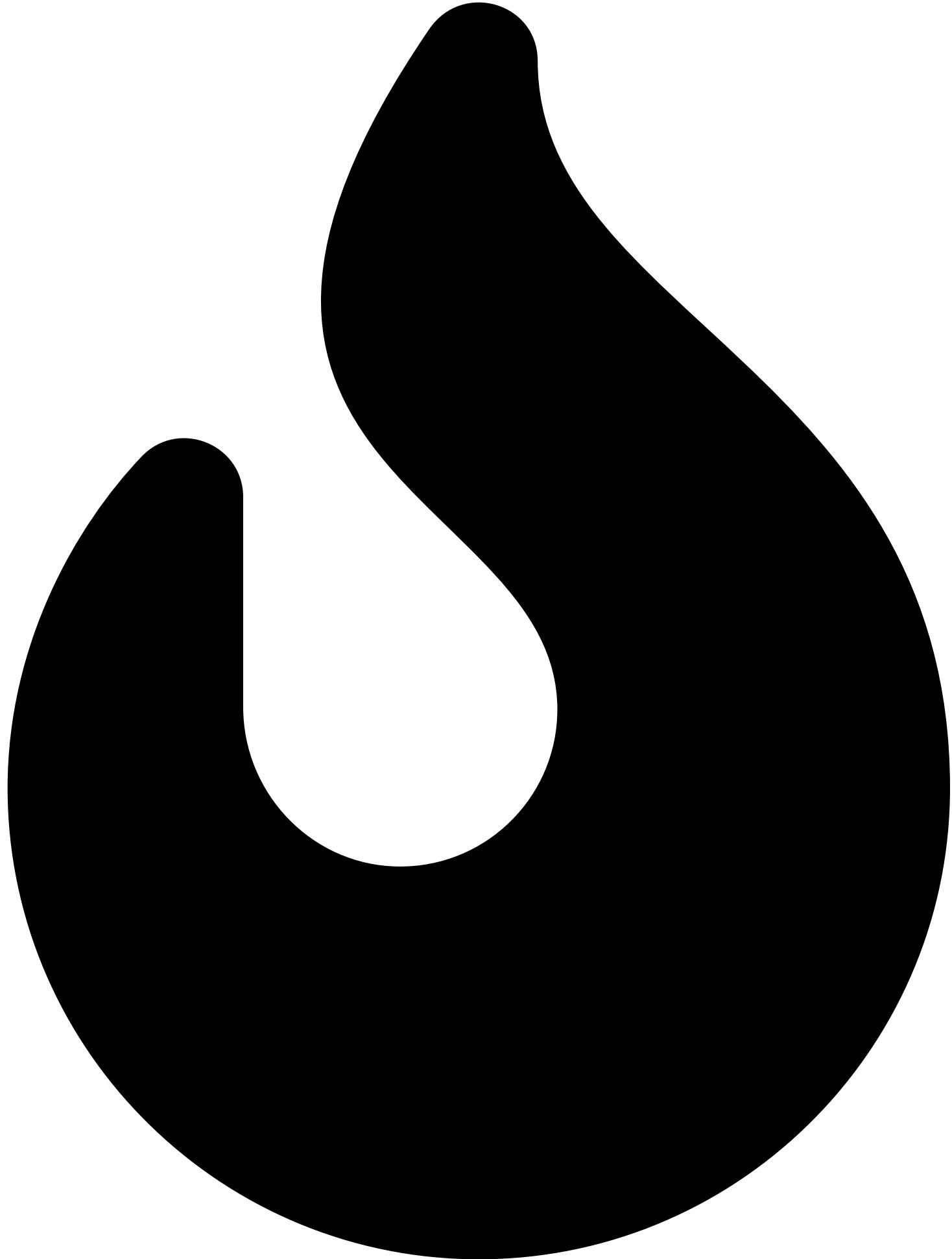


GIF

Send

Wed, Sep 15

Week 4, Day 3



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Burgener Snatch Warm-Up



[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive
- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch



B

Snatch



[View exercise history](#)

- 5 x 1 w/ 1-3 minutes of rest b/t sets.

C**Snatch Pull**[View exercise history](#)

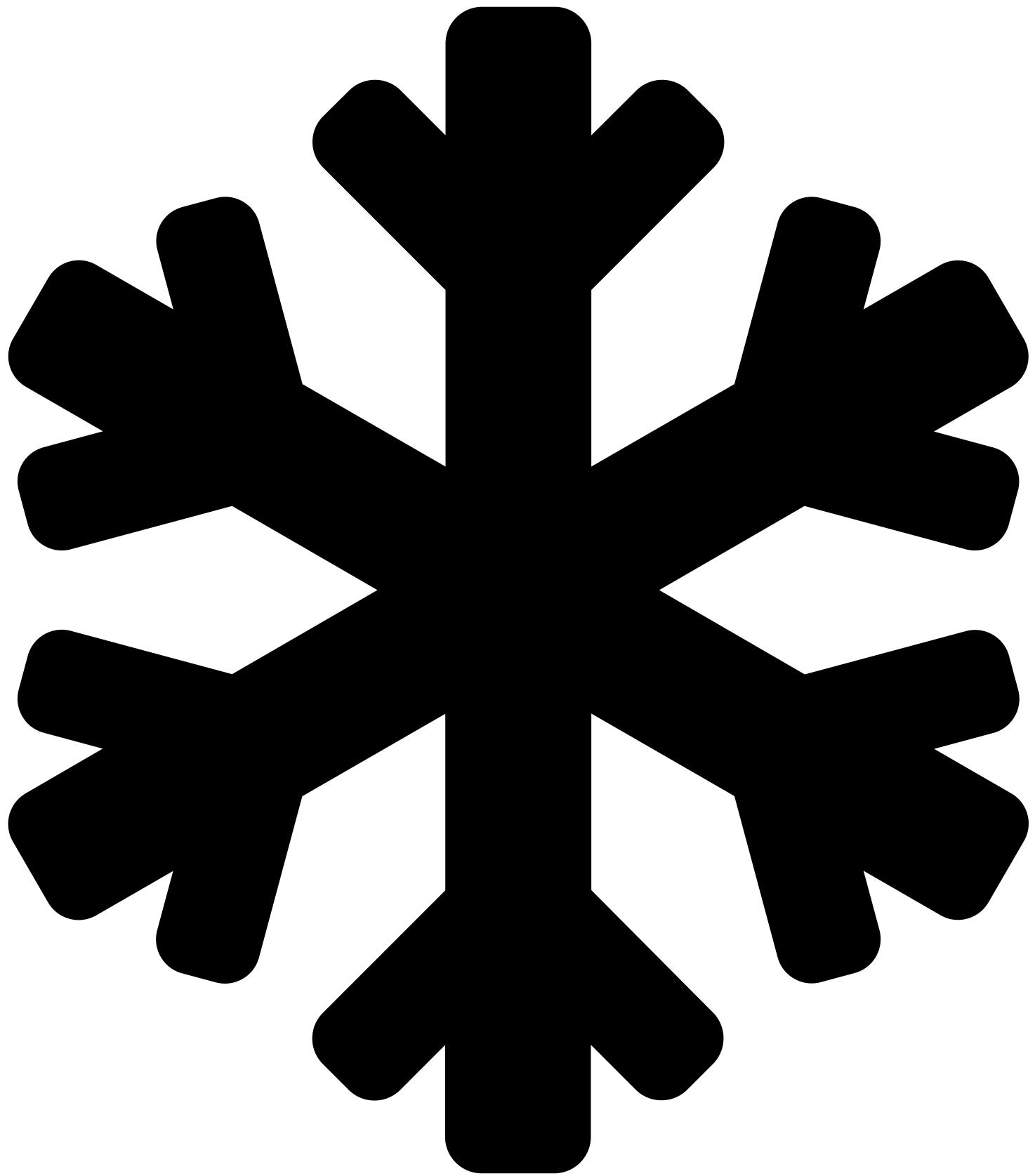
- 3 x 2 w/ 1-3 minutes of rest b/t sets.

 D**Front Squat**[View exercise history](#)

- 3 x 2 w/ 1-3 minutes of rest b/t sets.

 E**Kettlebug**[View exercise history](#)

- 4 x 10 reps/side at max weight w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

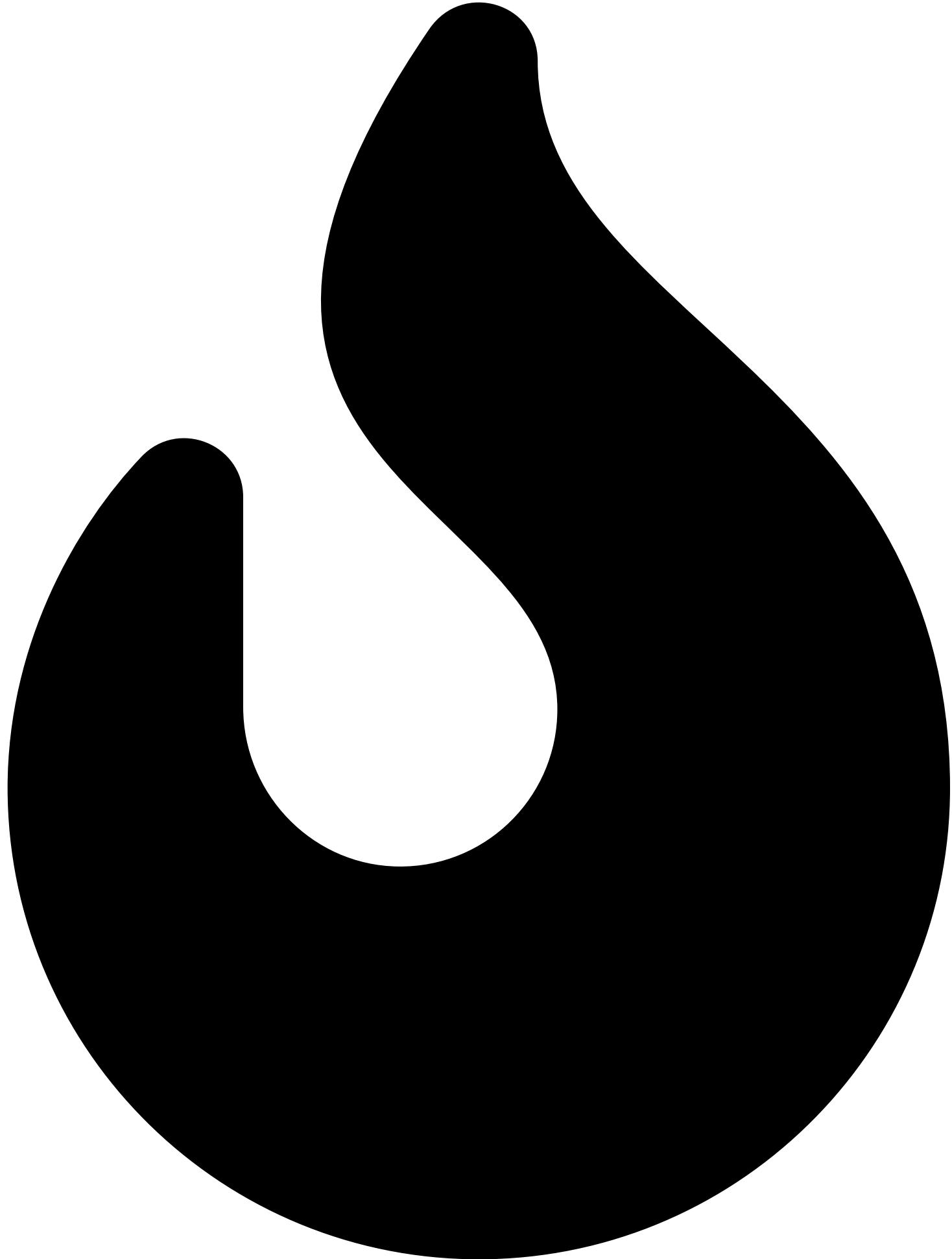


GIF

Send

Fri, Sep 17

Week 4, Day 4



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up

[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.



Burgener Snatch Warm-Up

[View exercise history](#)

- 1 x
- Snatch Warm-Up:
- (Hip width Feet)
- Arms wide w/ Hook Grip
- Bar at high-hang
- Dip, drive

- Dip, drive, shrug (stay vertical)
- Dip, drive, shrug, pull high
- Hang-Muscle Snatch
- (move feet to shoulder width)
- Overhead squat
- Power-Snatch + OHS
- Full Snatch

C

Hang Snatch



- 5 x 2 working up in weight w/ 1-3 minutes of rest b/t sets.

D

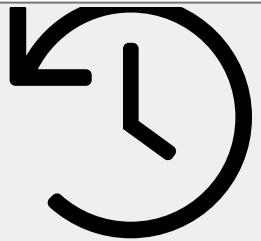
Power Clean and Power Jerk



- 4 x 1 + 1 working up in weight w/ 1-3 minutes of rest b/t sets.

E

Overhead Squat

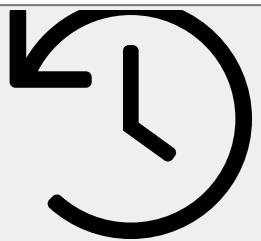


[View exercise history](#)

- 3 x 1 explosive reps working up in weight w/ 1-3 minutes of rest b/t sets.

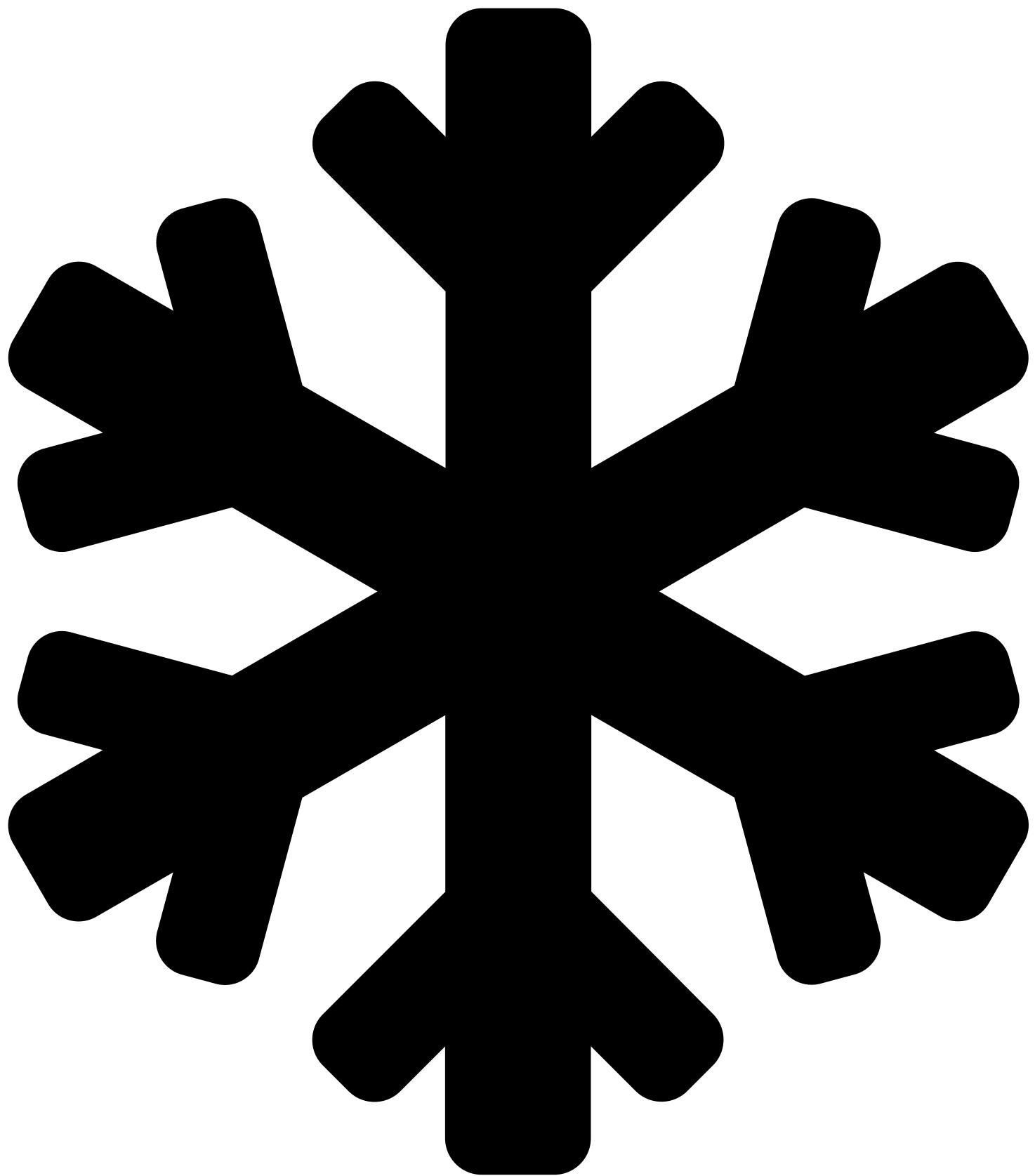
F

RKC Plank



[View exercise history](#)

- 4 x 90 second hold w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

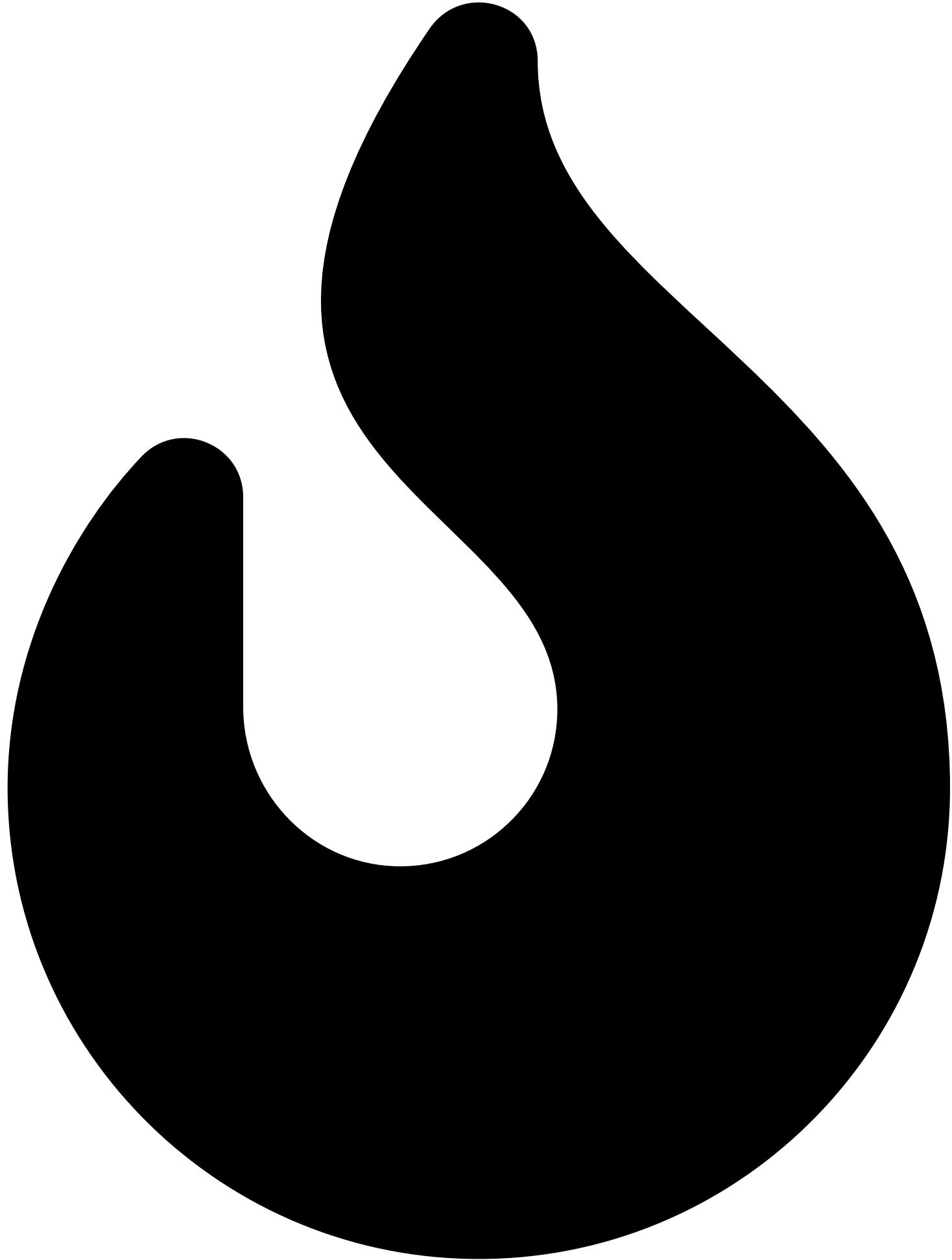


GIF

Send

Mon, Sep 20

Assessment Day



Warmup

- Foam roll.
- Rollovers into "V" sits x 10
- Fire hydrant circles x 10 forward + 10 backward
- Mountain climbers x 10
- Groiners x 10
- Froggers x 10
- Static hip flexor stretch 3 x 10seconds/leg

A

Clean and Jerk Warm Up



[View exercise history](#)

- 1x
- Clean and Jerk warmup is 5 reps each:
- Deadlift
- Hang Muscle Clean
- Overhead Press
- Back Squat
- Snatch-grip Behind-the-neck Press
- Overhead Squat
- Pressing Snatch Balance.

B

Snatch

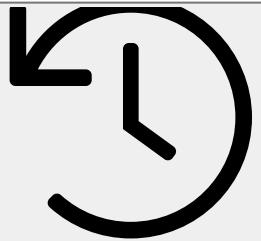


[View exercise history](#)

- 5-8 x 1 working up in weight to a heavy single w/ 1-3 minutes of rest b/t sets.

C

Clean and Jerk

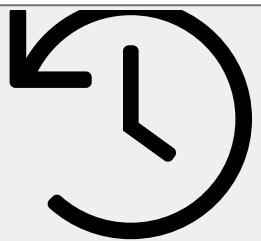


[View exercise history](#)

- 5-8 x 1 working up in weight to a heavy single w/ 1-3 minutes of rest b/t sets.

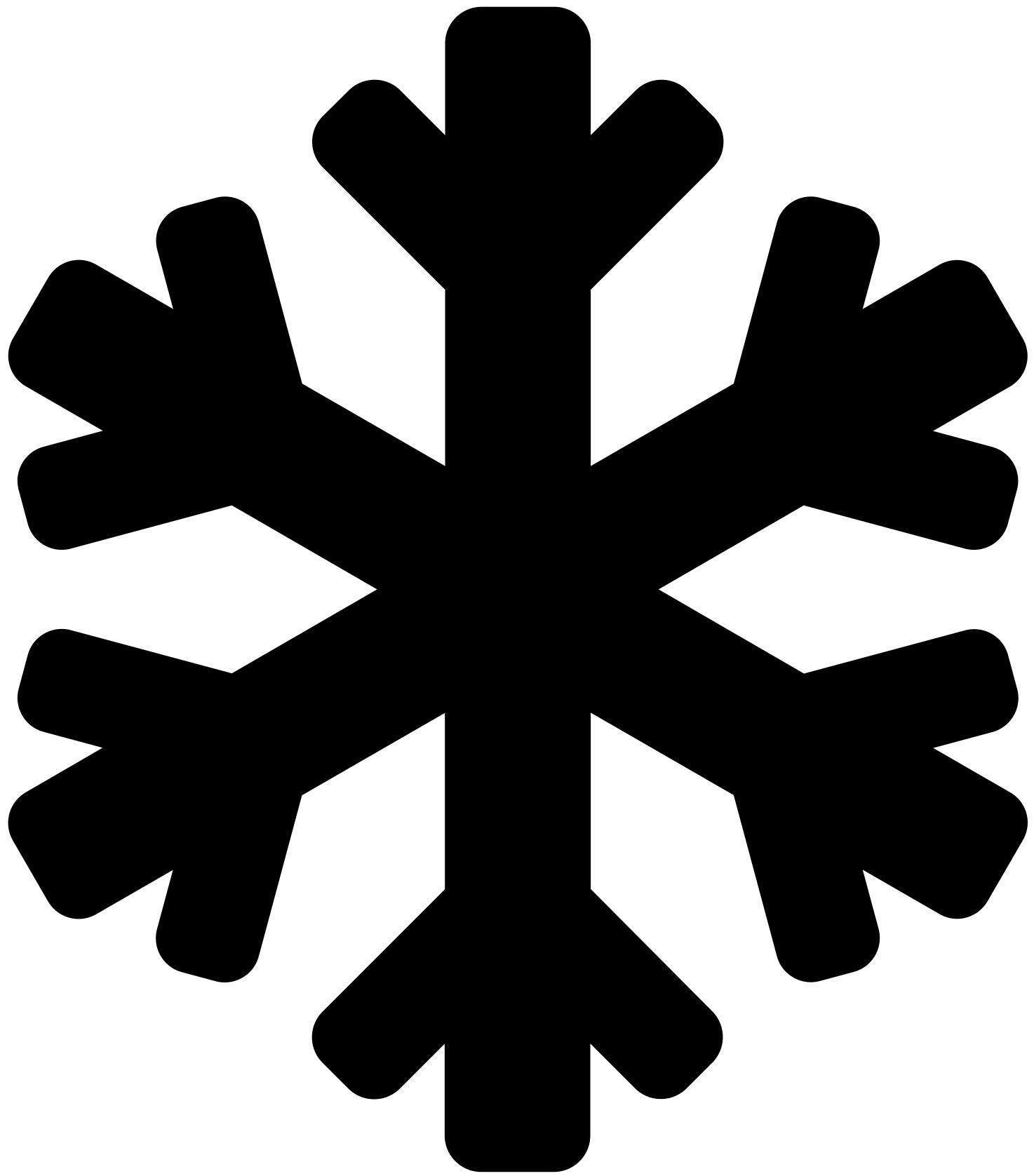
D

Hanging Leg Raise



[View exercise history](#)

- 4 x 10 reps w/ 1 minute rest b/t sets.



Cooldown

- Mobility Work
- 30 seconds - 5 minutes per stretch.
-
- Pick 2 lower body and 2 upper body stretches.
- Lower: Couch, Pigeon, Frog, Spiderman
- Upper: Chest, Overhead Shoulder, Bully, Lateral

- Comment
- Note

Give Jen feedback on her workout!

