

Week	Cycle 1 - OHS/Front Squat, Clean Prog., Pull-Up/Push-up - Bodyweight			
1 & 4	Priority 1	Priority 2	Priority 3 (Optional)	Notes
Focus	Spine neutral/SB low	Bracing	Spine neutral/SB low	Fast lift: Hang Power, 5 x 3 Reps DL variations: 5 x 5 Reps Priority 1: Optiona change to conditioning: Move pull-ups from S2 to make a 12:00 workout
S1	OHS/Front Squat	Clean Prog.	OHS/Front Squat	
S/R	5 x 5 Reps	See Notes	N/A	
S2	Pull-Up Prog.	N/A	Rack Carry	
S/R	3 x 3 Reps	N/A	40 M	
Time	3 x 3 x 1:00 Min Core GID	15 Min GID	Week 1: 10 x 4 Min - Week 4 10 x 3:00	
Cond	9 x RDL (50% of FS) 6 x Rock to Plank Prog. 3 x Lever Prog.	5 Rounds: Skip 10 m -> Run 10 m 4 x Prisoner Lunges 4 x Push-up Prog.	3 x OHS or FS 40 M Rack Carry Wk 1: Add mobility/stability for ~1:00/round	
2 & 5	Priority 1	Priority 2	Priority 3	Notes
Focus	Spine neutral/SB low	Bracing	Spine neutral/SB low	Fast lift: Hang Clean, 5 x 3 Reps DL variations: 5 x 5 Reps Priority 3: Odd Rounds: Forward Crawl Even Rounds: Backward Crawl
S1	Push-Up Prog.	OHS/Front Squat	Pull-Up Prog.	
S/R	5 x 5 Reps	5 x 5 Reps	N/A	
S2	Clean Prog.	N/A	Farmer Carry	
S/R	See Notes	N/A	40 M	
Time	3 x 2 x 1:00 Core	4 x 4:00	Week 2: 10 x 4 Min - Week 5: 10 x 3:00	
Cond	3 x 2 Breath Rock to Plank Prog. 6 x Hollow Rock to Straddle	5 x RDL (80% of FS) 3 x 2 breath Push-ups 1:00 Run/Bike/Row/Crawl	2 x Pull-Up Prog. 40 M Rack Carry Wk 1: Add mobility/stability for ~1:00/round	
3	Priority 1	Priority 2	Priority 3	Notes
Focus	Head/Chin Position	Elbow Position	Head/Chin Position	Fast lift: Clean, 5 x 2 Reps DL variations: 5 x 3 Reps Optional: increase weight 5 - 10 Lbs on FS and/or Clean Prog. Priority 3: Odd Rounds: Forward Crawl Even Rounds: Backward Crawl
S1	Clean Prog.	Push-Up Prog.	Clean Prog.	
S/R	See Notes	5 x 5 Reps	See Notes	
S2	OHS/Front Squat	N/A	Bear Crawl	
S/R	3 x 3 Reps	N/A	20 M	
Time	8 Min Core GID	8 x 2 x 1:00	10 x 4 Min	
Cond	4 Rounds: 9 x Hollow Rock Prog. 6 x Rock to Plank Prog. 3 x Lever Prog.	6 x RDL (60% of FS) 3 x Prisoner Lunges (Fwd/Back)	2 x DL or Clean Prog. 20 M Bear Crawl 1:00 Run/Bike/Row/Rack Carry	
6	Priority 1	Priority 2	Priority 3	Notes
Focus	Athlete's Choice	Athlete's Choice	Recovery	Slow Lifts: Work up to a heavy 3 reps Fast lifts, heavy single
S1	OHS/Front Squat	Clean Prog.	Recovery	
S/R	4 - 6 x 3 Reps	See Notes	Recovery	
S2	Push-Up Prog.	N/A	Recovery	
S/R	4 - 6 x 3 Reps	N/A	Recovery	
Time	8 Min Core GID	8 x 2 x 1:00	1+ Hour	
Cond	4 Rounds: 9 x Hollow Rock Prog. 6 x Rock to Plank Prog. 3 x Lever Prog.	3 x 2 breath Push-up Prog. 4 x Prisoner Lunges (Fwd/Back)	Long hike/ruck, swim, bike or run.	

Warm-up:			Conditioning Exercise Pool		Week			
			Type	Movement	1&4	2&5	3	6
3:00 - Foam roller and ball tissue quality								
3:00 - 6 x Supine breathing, 3 x Hollow Rock, 3 x Segmental rolls			Endur	Run and/or Bike and/or Row	0	0	0	0
3:00 - 3 x TGU Prog., 3 x Rock to plank to squat, 3 x Long Stride Side Ape			Endur	Skip & Run	0	0	0	0
Intra Workout HInge			Endur	Jump Rope	0	0	0	0
Mobility	Stability	All-in-One	Squat	Prisoner Lunges/Squats	0	0	0	0
Foam Roll Quads	Side Split + Jeff Curl	Hollow Rock -> Straddle	Hinge	Romanian DL	0	0	0	0
Intra Workout Pull/Push			Loco	Fwd/Back Crawling	0	0	0	0
Mobility	Stability	All-in-One						
Pin Wheel	TGU Rollover	Rock to Plank Prog.						
Intra Workout Squat			Core	Lever Prog.	0	0	0	0
Mobility	Stability	All-in-One	Core	Rock to Plank Prog.	0	0	0	0
T-Spine/Pain Peanut	OS Dead Bug	Jefferson Curl	Core	Hollow Rock Prog.	0	0	0	0