

**Cycle 1 : Weeks 1 - 4 : 8/13 - 9/9/2018**

<b>Wk 1</b>	<b>Priority 1 - Strength</b>	<b>Priority 2 - Strength</b>	<b>Priority 3 - Strength Endur</b>	<b>Priority 4 - Long Interval</b>	<b>Volume</b>	<b>Notes</b>
<b>Movement 1</b>	KB Front Squat	Push-Up Prog	KB Front Squat	N/A	<b>Squats</b>	
<b>Movement 2</b>	Dbl Arm KB Swing	Dbl Arm KB Swing	Fwd/Back Crawl	N/A		
<b>Movement 3</b>	Get-Up - Partial	Hollow Rock Prog	Farmer Carry	N/A	<b>Swings</b>	
<b>Focus</b>	Bracing/Hollow	Punching Wrist	Head Position			
<b>Workout</b>	6 Rounds on 5:00 5 x KB Front Squat 10 x Dbl Arm KB Swing 2 x Get-Up to hand	6 Rounds on 5:00 5 x Push-Up 10 x Dbl Arm KB Swing 5 x Hollow Rock Prog	3 Rounds for time 10 x KB Front Squat 10 M Fwd/Back Crawl 60 M Farmer Carry			
<b>Wk 2</b>	<b>Priority 1 - Strength</b>	<b>Priority 2 - Strength</b>	<b>Priority 3 - Strength Endur</b>	<b>Priority 4 - Long Interval</b>	<b>Volume</b>	<b>Notes</b>
<b>Movement 1</b>	Dbl Arm KB Swing	KB Front Squat	Dbl Arm KB Swing	N/A	<b>Squats</b>	
<b>Movement 2</b>	Push-Up Prog	Fwd/Back Crawl	KB Front Squat	N/A		
<b>Movement 3</b>	Get-Up - Partial	Farmer Carry	Hollow Rock Prog	N/A	<b>Swings</b>	
<b>Focus</b>	Ext. Rotation	S & H Move Together	Bracing/Hollow			
<b>Workout</b>	6 Rounds on 5:00 10 x Dbl Arm KB Swing 5 x Push-Up Prog 2 x Get-Up to hand	6 Rounds on 5:00 5 x KB Front Squat 10 M Fwd/Back Crawl 50 M Farmer Carry	5 x (3 x 1:00) 6 x KB Front Squat 7 x Dbl Arm KB Swing 8 x Hollow Rock Prog			
<b>Wk 3</b>	<b>Priority 1 - Strength</b>	<b>Priority 2 - Strength</b>	<b>Priority 3 - Strength Endur</b>	<b>Priority 4 - Long Interval</b>	<b>Volume</b>	<b>Notes</b>
<b>Movement 1</b>	Push-Up Prog	Dbl Arm KB Swing	Fwd/Back Crawl	N/A	<b>Squats</b>	
<b>Movement 2</b>	KB Front Squat	KB Front Squat	Dbl Arm KB Swing	N/A		
<b>Movement 3</b>	Farmer Carry	Get-Up - Partial	Hollow Rock Prog	N/A	<b>Swings</b>	
<b>Focus</b>	Bracing/Hollow	Punching Wrist	Head Position			
<b>Workout</b>	6 Rounds on 5:00 6 x KB Front Squat 3 x Push-up Prog 60 M Farmer Carry	6 Rounds on 5:00 6 x KB Front Squat 12 x Dbl Arm KB Swing 2 x Get-Up to hand	6 x 3:00 6 x Hollow Rock Prog 9 M Fwd/Back Crawl 12 x Dbl Arm KB Swing			
<b>Wk 4</b>	<b>Priority 1 - Strength</b>	<b>Priority 2 - Strength</b>	<b>Priority 3 - Strength Endur</b>	<b>Priority 4 - Long Interval</b>	<b>Volume</b>	<b>Notes</b>
<b>Movement 1</b>	KB Front Squat	Push-Up Prog	KB Front Squat	N/A	<b>Squats</b>	
<b>Movement 2</b>	Dbl Arm KB Swing	Dbl Arm KB Swing	Fwd/Back Crawl	N/A		
<b>Movement 3</b>	Get-Up - Partial	Hollow Rock Prog	Farmer Carry	N/A	<b>Swings</b>	
<b>Focus</b>	Ext. Rotation	S & H Move Together	Bracing/Hollow			
<b>Workout</b>	6 Rounds on 5:00 8 x KB Front Squat 8 x Dbl Arm KB Swing 2 x Get-Up to hand	6 Rounds on 5:00 5 x Push-Up 10 x Dbl Arm KB Swing 5 x Hollow Rock Prog	5 Rounds for time 10 x KB Front Squat 10 M Fwd/Back Crawl 50 M Farmer Carry			