

NAME: MAD DAWG STYLE CLASS

CYCLE: OCTOBER

EQUIPMENT: KB AND/OR SANDBAGS, BANDS

OVERVIEW: THIS MONTH WE ARE FOCUSING ON SINGLE LEG STABILITY									
WARM-UP:		EXERCISES:		MEDIUM	MEDIUM	EASY	HARD		
TEST: TOE TOUCH		SQUAT: CROSSOVER SQUAT		CORE DYNAMIC: BACKWARDS ROLL PROGRESSION		DAY 1	DAY 2	DAY 3	DAY 4
SUPINE/PROME: FOAM ROLL CALF, QUADS OR LOW BACK		HINGE: SINGLE ARM KB CLEAN PROGRESSION		CORE STATIC: BIRD DOG PROGRESSION		#1A	#2A	#3A	#4A
SUSPENDED: SHIN BOX FLOW		PUSH: PUSH-UP PROGRESSION		LOCOMOTION: KOMODO DRAGON PROGRESSION		#2A	#3A	#4A	#1A
STACKED: TALL KNEELING FRONT PRESS + TORSO ROTATIONS		PULL: SEATED ROW OR RING ROW		LOCOMOTION+: SIDE LUNGE PROGRESSION		#1B	#2B	#3B	#4B
ACTIVITY: SINGLE LEG DEADLIFT + IN-PLACE MARCH		OPTIONAL: KETTLEBELL TRICEP EXTENSION		OPTIONAL: KETTLEBELL CURL		#2B	#3B	#4B	#1B
WARM-UP VIDEO		COOL-DOWN VIDEO							
WORKOUT #1A		WORKOUT #2A		WORKOUT #3A		WORKOUT #4A			
NOTES:		NOTES:		NOTES:		NOTES:			
A) SQUAT/CORE STATIC		A) PUSH-PULL/CORE DYNAMIC		A) HINGE/CORE STATIC		A) SQUAT/CORE DYNAMIC			
3 - 5 ROUNDS - 2:00 INTERVAL 4 X CROSSOVER SQUAT - PER SIDE 3 X BIRD DOG PROGRESSION - PER SIDE		3 - 5 ROUNDS - 2:00 INTERVAL 4 X PUSH-UP PROGRESSION 8 X BANDED SEATED OR KNEELING ROW OR 4 X RING ROWS 2 X BACKWARDS ROLL PROGRESSION - PER SIDE		4 - 6 ROUNDS - 2:00 INTERVAL 6 X SINGLE ARM KB CLEAN PROG. (SA KBC) - PER SIDE 3 X BIRD DOG PROGRESSION		3 - 5 ROUNDS - 2:00 INTERVAL 4 X CROSSOVER SQUAT 2 X BACKWARD ROLL PROGRESSION - PER SIDE			
B) HINGE/LOCOMOTION		B) SQUAT/LOADED LOCOMOTION		B) PUSH-PULL/LOCOMOTION		B) HINGE/LOADED LOCOMOTION			
3 - 5 ROUNDS - GET IT DONE 6 X SINGLE ARM KB CLEAN PROG. (SA KBC) - PER SIDE 3 X KOMODO DRAGON PROGRESSION - 1 REP IS A FORWARD STEP WITH EACH HAND		2 - 4 ROUNDS - GET IT DONE 4 X CROSSOVER SQUAT - PER SIDE 4 X SIDE LUNGES - PER SIDE 8 X TALL KNEELING TRICEP EXTENSIONS		3 - 5 ROUNDS - 2:00 INTERVAL 4 X PUSH-UP PROGRESSION 4 X KOMODO DRAGON PROGRESSION - 1 REP IS A FORWARD STEP WITH EACH HAND		10 ROUNDS - 1:00 INTERVAL - SHOULD HAVE :40 REST 3 X SINGLE ARM KB CLEAN PROG. (SA KBC) - PER SIDE 1 X SIDE LUNGE - PER SIDE			
WORKOUT #1B		WORKOUT #2B		WORKOUT #3B		WORKOUT #4B			
NOTES:		NOTES:		NOTES:		NOTES:			
A) SQUAT/CORE DYNAMIC		A) HINGE/CORE STATIC		A) HINGE/CORE DYNAMIC		A) PUSH-PULL/CORE STATIC			
4 - 6 ROUNDS - 2:00 INTERVAL 4 X CROSSOVER SQUAT - PER SIDE 3 X BACKWARD ROLL PROGRESSION - PER SIDE		3 - 5 ROUNDS - 1:00 INTERVAL PER EXERCISE 0:00 8 X SINGLE ARM KB CLEAN PROG. (SA KBC) - PER SIDE 1:00 4 X BIRD DOG PROGRESSION - PER SIDE		3 - 5 ROUNDS - 2:00 INTERVAL 7 X SINGLE ARM KB CLEAN PROG. (SA KBC) - PER SIDE 3 X BACKWARD ROLL PROGRESSION - PER SIDE		3 - 5 ROUNDS - GET IT DONE 4 X PUSH-UP PROGRESSION 8 X SEATED OR KNEELING ROW OR 4 X RING ROW 4 X BIRD DOG PROGRESSION - PER SIDE			
B) PUSH-PULL/LOADED LOCOMOTION		B) SQUAT/LOCOMOTION		B) SQUAT/LOADED LOCOMOTION		B) HINGE/LOCOMOTION			
3 - 5 ROUNDS - GET IT DONE 4 X PUSH-UP PROGRESSION 8 X SEATED OR KNEELING ROW OR 4 X RING ROW 4 X SIDE LUNGES + CURLS - PER SIDE		4 - 6 ROUNDS - 2:00 INTERVAL 4 X CROSSOVER SQUAT - PER SIDE 3 X KOMODO DRAGON PROGRESSION - PER SIDE		9 - 15 ROUNDS (MINUTES) - EVERY MINUTE ON MINUTE (EMOM) 0:00 2 X CROSSOVER SQUAT - PER SIDE 1:00 2 X SIDE LUNGES - PER SIDE 2:00 8 X KB CURLS		4 - 8 ROUNDS - EACH EXERCISE ON :30 INTERVAL 0:00 6 X SA KBS - RT SIDE 0:30 6 X SA KBS - LT SIDE 1:00 2 X KOMODO DRAGON PROGRESSION - PER SIDE			