



Friday, August 4, 2017 - Wednesday, August 30, 2017

Workout 1 (Mondays)

**Goals: Total Body Strength & Power/
Mobility/ Short-Event Work Capacity**

1. Warm-Up:

- Foam roll lats & triceps
- Wrist stretch
- 3 Rounds...65# bar
 - 3 BB Hip Hinges
 - 3 BB Mid-Thigh High Pulls
 - 3 BB Muscle HPC's
 - 3 BB Presses

2. Strength: Complete the following

- A. 10 sets x 3 reps Barbell Hang Power Clean + Push Press
- Complete 5 PVC Front rack rotations each side or :15 Banded Front rack stretch b/t sets.

Week 1- Build to a heavy set of 3- #2 only;
Week 2- % 50/55/60/65/70/75/75/75/75/75
Week 3- % 55/60/65/70/75/80/80/80/80/80
Week 4- % 60/65/70/75/80/85/85/85/85/85

3. Work Capacity: 10 Rounds For Time

- A. 6 American KBS (As heavy as possible) + 45-Yard Tactical Shuttle Sprint (3x15 yds)
- Complete :15 instep stretch b/t sets.

Each week- Record fastest time/Total time

Workout 2 (Wednesdays)

**Goals: Upper Body Strength/ Mobility/
Joint Integrity Assistance Work**

1. Warm-Up:

- Foam roll thoracic spine & serratus anterior
- 10 Shoulder rolls
- 3 Rounds...
 - 5 Slow Deep Push-Ups
 - 5 Body Rows
 - 5 Thoracic Bridges

2. Strength: Complete the following

- A. 10 sets x 3 reps Barbell Bench Press
- Complete 5 PVC Pass thrus b/t sets.
- B. 10 sets x Max Rep Weighted Pull-Ups (Use 10% of BW; Modified= 3 Negatives/Body Rows)
- Complete :15 Banded shoulder flexion stretch b/t sets.

Week 1- Build to a heavy set of 3- A only; B complete AMRAP BW Pull-Ups
Week 2- % 50/60/65/70/75/80/80/80/80/80
Week 3- % 55/65/70/75/80/85/85/85/85/85
Week 4- % 60/70/75/80/85/90/90/90/90/90

3. Extra Assistance Work: 2-3 x 12-15 ea

- TRX T's & Y's or Prone with 5#
- Banded shoulder IR & ER

Workout 3 (Fridays)

**Goals: Lower Body Strength/ Mobility/
Core Integrity Work**

1. Warm-Up:

- Hip flexor & side hip smash
- :20/:20 Iso-Hold Hip Hinge
- 3 Rounds...65# bar
 - 5 BB Good Mornings
 - 5 BB Front Rack Lunges
 - 5 BB Glute-Bridges
 - 5 Kneeling Fire Hydrants ea

2. Strength: Complete the following

- A. 10 sets x 3 reps Hinge Lift
- Complete 3 Pigeon-to-Downdogs each side b/t sets.
- B. 10 sets x 3 reps Front Squats
- Complete :15 Spinal twist with Quad pull stretch or :15 Deep squat w/ arms up stretch b/t sets.

Week 1- Build to a heavy set of 3; A & B
Week 2- % 50/60/65/70/75/80/80/80/80/80
Week 3- % 55/65/70/75/80/85/85/85/85/85
Week 4- % 60/70/75/80/85/90/90/90/90/90

3. Core Integrity Work: 2-3 x 12-15 ea

- Birddogs with :03 pause
- Banded core twists w/ anti-rotation or 1:00 1-arm Farmer's Carry ea
- Cat-camels

**Strength Instructions: Percentages are based off Week 1 best load. Rest periods should be long enough for adequate recovery b/t sets. Re-test lifts after completion of program. August 2, 2017 will be an introduction day in class. September 1, 6, 8, 2017 will be used for re-testing in class.*