

Strength Class - Cycle 2 Week 3



Lower Body Day 1 (Monday)

Main Lift: Back Squats 3x7 @ 75%
(heavier than last week)

Superset 1 (3 rounds)

- Negative pull Ups 1 to 5 reps
- Hip thrust 3 heavy reps

Superset 2 (3 rounds)

- LM BB Row (with towel) 5-7 reps medium weight
- Row/Ring/band Hamstring curls 10
- Calf Raises single leg 10/10

Tabata Core

Lower Body Day 2 (Wednesday)

Main Lift: Front Squat 5x4 @ 70%

Superset 1 (3 rounds)

- Farmer Carry Overhead 2KB, 10m/side
- Chin-ups (2 reps in reserve) - use a band if needed

Superset 2 (3 rounds)

- Superset 2 (3 rounds)
- Box step up with 2 DB 7/7
- Feet elevated Push Ups (2 reps in reserve) or incl db bench press (moderate weights) as scaling

Upper Body Day 3 (Saturday)

Main Lift: Bench Press 3x8 @ 70%

Superset 1 (3 rounds)

- Banded Chest Flyes 12
- LM BB Row 8-10

Superset 2 (3 rounds)

- Sand Bag Bear Hug 10m (go heavy)
- Double Dumbbell Box Step Up 6/6

Superset 3 (3 rounds)

- BB Thruster 8
- BB Hip Thrust 16 (same weight as Thrusters)

Gymnastics Class - Week 6



Pressing Day (Tuesday)

Line Drills / Specific Warm-up (see BTWB for details)

Push-up Variations:

Wide hand push ups & Long hollow push ups. Complete 50 reps of each position. Break and split how ever you please.

Freestanding HSPU

- Spend 6 minutes on freestanding Kipping HSPU attempts
- Spend 6 minutes on freestanding strict HSPU attempts.

As a scale perform the following:

- Headstand hold freestanding approximately 10s
- Handstand hold (wall) approximately 10s
- 1 Slow eccentric hspu with on concentric kipping or strict rep.

Single Arm Handstand Hold

Work to achieve 45 seconds accumulation per hand. Complete the one handed handstand hold in one of the following options:

- Nose and toes to the wall
- Box pike
- Floor pike
- Push up

Pulling Day (Thursday)

Line Drills / Specific Warm-up (see BTWB for details)

2 attempts max effort strict pull ups

If a max set of strict pull ups is not possible yet, go ahead and find your slowest eccentric Pull Up

3 attempts to find slowest strict Pull up

Scaling:

- Chin over bar 3-5 seconds + eccentric Pull Up (slow as possible)
- into
- 6 Toe Spotted Pull Ups

Toes to Bar Complex

Sets: 3 Reps: 1 Complex of

- 40% of max T2B into
- xx Toes to lines into
- xx Beats Swings into
- xx V-Ups

xx= the same number as the percentage of maximum

Weightlifting



Wednesday: Advanced & Thursday: Foundation
(adjusted by coach)

Warm- Up:
10 Minutes for AMRAP
7 PVC Passthrough
7 Around The World
7 PVC OHS
AMRAP 3 -Barbell-
5 Snatch Shrug
5 Snatch High Pull
5 Muscle Snatch
AMRAP 3 -Barbell-
3 Drop Snatch
3 Snatch Balance
3 OHS"

Skill:

Tall Snatch
3x2
67.5%, 70%, 72.5% 1RMS

Hang Squat Snatch + Low Hang SS
4x4-3-2-1
60%, 70%, 80%, 85% 1RMS

Squat Snatch
4x2-1-1-1
92.5%, 95%, 97.5%, 99% 1RMS

Strength:
EMOM10:
1) 2 Tempo Floating Snatch First Pull (x331)
2) 4 SG Deadlifts

5x2, 5x4

125%-145% 1 RMS for both Lifts