

Strength Class - Cycle 2 Week 5



Lower Body Day 1 (Monday)

Main Lift: Back Squats 3*7 @ 80% (same as last week)

Superset 1 (3 rounds)

- Ring rows 10-15 reps
- Kneeling LM press

Superset 2 (3 rounds)

- Bulgarian Squats 8/8 for Quality
- Row/Ring/band Hamstring curls 10
- Calf Raises single leg 10/10

Finisher:
Tabata Core

Lower Body Day 2 (Wednesday)

Main Lift: Front Squat 6*2 @ 80%

Superset 1 (3 rounds)

- Farmer Carry 2KB Heavy, 10m/side
- Chin-ups (1 reps in reserve) - use a band if needed

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 4*7 @ 70%

Superset 1 (3 rounds)

- Arnold Press 12
- DB curls 8-10

Superset 2 (3 rounds)

- DB Gorilla row 8/8
- Double Dumbbell Box Step Up 6/6

Superset 3 (3 rounds)

- Banded triceps ext 20 reps
- BB RDL 10-12 (light to moderate)

Gymnastics Class - Week 2



Inversion Day (Tuesday)

Line Drills (see BTWB for details)

Specific Warm-up:

3 rounds of:

- 8/8 kettlebell bent-over-row, light-medium weight
- 20 sec lateral raise hold
- 3 wall walks met ieder 5 sec wall facing handstand hold

Frog Stand

5 sets of: 15-20 sec frog stand

Rest 1 minute in between sets. You can do these on parallettes or with hands on the floor.

Handstand Work

Practice bunny hops & forward roll for 5-10 minutes

Handstand complex

10 complexes for quality: handstand + forward roll + bunny hop + candlestick roll

Accessory:

3-4 rounds for quality of: 15m handstand walk 10 gymnastics sit-ups

Pulling Day (Thursday)

Line Drills (see BTWB for details)

Specific Warm-up:

Perform 3 Rounds:

- Lifts to Hollow 10 + 20s Hold
- Lifts to Arch 10 + 20s Hold
- 10s/Side Single Leg L-Sit on Parallettes

Incline Bench Strict TTB

Perform 6 Sets of 3 Reps as slow and controlled as possible. Stay as compressed as you can on the eccentric phase of each rep.

Strict Kip swings

Perform 2 Sets of 4 reps - 1 Rep:

- 2s Hold in Pencil Straight Line
- 2s Hold in Hollow
- 2s Hold in Arch

Kip Swings

Perform 2 Sets of 10 As fast and as much tension as possible here

Toes to Bar

Perform 3 Sets of 6-8 Reps Superset with 3 Sets of 15 Kettle Bell Side Bends

Weightlifting



Wednesday: Advanced & Thursday: Foundation (adjusted by coach - no strength in Foundation class)

Warm-up: Please check BTWB for details

Skill:

Low Hang High Pull + High Pull

- Volume: 3x2x 2+1
- Intensity: 70%, 80%, 85% 1RMS

Tall Snatch

- Volume: 4x3
- Intensity: 45%, 50%, 52.5%, 55% 1RMS

HH PS + HH SS + LH SS

- Volume: 1+1+1+1
- Intensity: 70%, 75%, 77.5%, 80% 1RMS

Squat Snatch

- Volume: 4-3-3-2
- Intensity: 80%, 82.5%, 85%, 87.5%

Strength

EMOM 10:

3 Tempo Overhead Squats (1133)
3 Spanish Squats

EMOM 10:

1.3 Tempo Floating Clean First Pull (Tempo x-3-3-1)

2.6 Deadlifts

- Volume: 5x3, 5x6
- Intensity: 100%-120% 1RM Snatch