

Week 1



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><b>Warm up</b> 3 rounds -10m banded lateral + zombie walk each direction -10 goblet squats @3030 -8-10 single leg romanian deadlifts/leg</p>	<p><b>Warm up</b> -5/5 shoulder c.a.r.s -10 scapula push ups 2 rounds -20 banded scaption -10 single arm overhead lunges/arm</p>	<p><b>REST DAY</b></p>	<p><b>Warm up</b> 3 rounds -10 banded good mornings -8 single leg romanian deadlifts/leg -8 side plank rotations/side</p>	<p><b>Warm up</b> -10 leg swings each direction -10 kneeling leg circles/side -10 worlds greatest stretch/side -10 single leg hip raises/leg -10 cossack squats/side -10 scapula push ups -20 alternating dead bugs</p>	<p><b>Warm up</b> -thoracic flow</p>	<p><b>REST DAY</b></p>
<p><b>A) strength</b> -10-12 alternating barbell front rack reverse lunges build per set 2' rest x4</p>	<p><b>A1) strength</b> -5 strict press @20X0 build per set 60" rest  <b>A2)</b> -10-15 ring rows @2020 60" rest x4</p>	<p><b>REST DAY</b></p>	<p><b>A1) strength</b> -5-6 romanian deadlifts @3010 build per set 60" rest  <b>A2)</b> -8-10 standing arnold press @2010 60" rest x4</p>	<p><b>A) strength</b> 8' emom -3 back squats* @30X1 -3-6 strict pronated pull ups (banded if needed)  *use one light load across  <b>B) gymnastics</b> 6' emom -6-10 kip swings -5-8 kipping straight leg raises</p>	<p><b>A)</b> „active recovery“ 30' easy pace -1' erg -2 alt. turkish get ups* -30" farmers carry -30" isometric bear crawl position hold *add 2 reps each round</p>	<p><b>REST DAY</b></p>
<p><b>B) metcon</b> 4 sets -20 cal erg -10 empty barbell front squats -8 empty barbell push press -6 burpees 90" rest all sets same pace</p>	<p><b>B) metcon</b> 10min amrap -30 double unders/60 single unders -5/5 single arm db thruster -10 no push up burpee 30" rest after each round</p>	<p><b>REST DAY</b></p>	<p><b>B) metcon</b> 4 sets -21 kb swings -15 box step ups -9 cal erg 60" rest all sets same pace</p>	<p><b>C) metcon</b> 5 sets -16 cal erg -8 alt. db oh lunges/arm -4 toes to bar/kiping straight leg raises* 60" rest after each set *add 2 reps per round all sets same pace</p>		<p><b>REST DAY</b></p>

Week 2



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><b>Warm up</b> 3 rounds -10m banded lateral + zombie walk each direction -10 goblet squats @3030 -8-10 single leg romanian deadlifts/leg</p>	<p><b>Warm up</b> -5/5 shoulder c.a.r.s -10 scapula push ups 2 rounds -20 banded scaption -10 single arm overhead lunges/arm</p>	<p><b>REST DAY</b></p>	<p><b>Warm up</b> 3 rounds -10 banded good mornings -8 single leg romanian deadlifts/leg -8 side plank rotations/side</p>	<p><b>Warm up</b> -10 leg swings each direction -10 kneeling leg circles/ side -10 worlds greatest stretch/ side -10 single leg hip raises/ leg -10 cossack squats/side -10 scapula push ups -20 alternating dead bugs</p>	<p><b>Warm up</b> -thoracic flow</p>	<p><b>REST DAY</b></p>
<p><b>A) strength</b> -8-10 alternating barbell front rack reverse lunges  build per set and increase weight to last week 2' rest x4</p>	<p><b>A1) strength</b> -5 strict press @20X0 build per set 60" rest  <b>A2)</b> -10-15 ring rows @2020 60" rest x5 one set more than last week</p>	<p><b>REST DAY</b></p>	<p><b>A1) strength</b> -5-6 romanian deadlifts @3010 build per set 60" rest  <b>A2)</b> -8-10 standing arnold press @2010 60" rest x5 one set more than last week</p>	<p><b>A) strength</b> 10' emom -3 back squats* @30X1 -3-6 strict pronated pull ups (banded if needed)  *one weight across  one set more than last week</p>	<p><b>A)</b> „active recovery“ 40' easy pace -2' erg -30m reverse sled drag -4 alt. turkish get ups -50 single under -60" elbow plank</p>	<p><b>REST DAY</b></p>
<p><b>B) metcon</b> 5 sets -8 empty barbell overhead squats -10 box step ups -12 no push up burpees -300m row rest 2min all sets same pace</p>	<p><b>B) metcon</b> 9min amrap -9 double db push press -6 pull ups -30 double under</p>	<p><b>REST DAY</b></p>	<p><b>B) metcon</b> 5 rounds each for time -21 cal erg -14 db snatch -7 toes to bar/kiping straight leg raises 30" rest after each round</p>	<p><b>B) metcon</b> 10min amrap -9 cal erg -7 empty barbell thruster -5 lateral burpee over bar* *add 1 rep each round  goal = consistent pace</p>		<p><b>REST DAY</b></p>

Week 3



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><b>Warm up</b> 3 rounds -10m banded lateral + zombie walk each direction -10 goblet squats @3030 -8-10 single leg romanian deadlifts/leg</p>	<p><b>Warm up</b> -5/5 shoulder c.a.r.s -10 scapula push ups 2 rounds -20 banded scaption -10 single arm overhead lunges/arm + 20 alt. reps barbell front rack opener</p>	<p><b>REST DAY</b></p>	<p><b>Warm up</b> 3 rounds -10 banded good mornings -8 single leg romanian deadlifts/leg -8 side plank rotations/side</p>	<p><b>Warm up</b> -10 leg swings each direction -10 kneeling leg circles/side -10 worlds greatest stretch/side -10 single leg hip raises/leg -10 cossack squats/side -10 scapula push ups -20 alternating dead bugs</p>	<p><b>Warm up</b> -thoracic flow</p>	<p><b>REST DAY</b></p>
<p><b>A) strength</b> -5 tempo back squats @30X1 start light and build per set 2-3' rest x5</p>	<p><b>A) weightlifting</b> every 90" -1 hang power clean + 3 push press x8</p>	<p><b>REST DAY</b></p>	<p><b>A) gymnastics</b> 8' emom -3-5 strict handstand push ups/pike push ups -5-10 toes to bar/kippling straight leg raises -60" easy erg</p>	<p><b>A) weightlifting</b> 8' emom -1 hang power snatch + 3 overhead squats use one load across</p>	<p><b>A)</b> „active recovery“ 50' easy pace -3' erg -30m single arm overhead carry/arm -2' erg -20 russian twists -20m bear crawl -10 unloaded cossack squats</p>	<p><b>REST DAY</b></p>
<p><b>B) metcon</b> chipper for time 50 cal erg 40 goblet squats 30 alt. db snatch 20 burpee pull ups/burpee to target 10 wall walks</p>	<p><b>B) metcon</b> 12min amrap -20 cal row -5 hang power clean 40/30kg -10 lateral burpee over bar  goal = consistent pace</p>	<p><b>REST DAY</b></p>	<p><b>B) metcon</b> 4 sets -20 double under -10 pull ups -8 hand release push ups -6 box jump over -30" erg tough pace 2' rest all sets same pace</p>	<p><b>B) metcon</b> 5 sets -21 cal erg -15 wall ball thruster 6/9kg -9 hang power snatch 30/20kg 90" rest all sets same pace</p>		<p><b>REST DAY</b></p>

Week 4



MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><b>Warm up</b> 3 rounds -10m banded lateral + zombie walk each direction -10 goblet squats @3030 -8-10 single leg romanian deadlifts/leg</p>	<p><b>Warm up</b> -5/5 shoulder c.a.r.s -10 scapula push ups 2 rounds -20 banded scaption -10 single arm overhead lunges/arm + 20 alt. reps barbell front rack opener</p>	<p><b>REST DAY</b></p>	<p><b>Warm up</b> 3 rounds -10 banded good mornings -8 single leg romanian deadlifts/leg -8 side plank rotations/side</p>	<p><b>Warm up</b> -10 leg swings each direction -10 kneeling leg circles/side -10 worlds greatest stretch/side -10 single leg hip raises/leg -10 cossack squats/side -10 scapula push ups -20 alternating dead bugs</p>	<p><b>Warm up</b> -thoracic flow</p>	<p><b>REST DAY</b></p>
<p><b>A) strength</b> -5.4.3.3.3 back squats @20X1 start light and build per set 2-3' rest</p> <p><b>B) gymnastics</b> 6' emom -6-10 kip swings -5-8 kipping straight leg raises</p>	<p><b>A) weightlifting</b> every 90" -1 power clean + 1 hang power clean + 1 push press small build per set x8</p>	<p><b>REST DAY</b></p>	<p><b>A) gymnastics</b> 5' emom -3 strict pull ups + 3 kipping pull ups 2' rest 5' emom -3 strict handstand push ups + 3 kipping handstand push ups</p> <p>adjust reps as needed</p>	<p><b>A) weightlifting</b> 8' emom -2 hang power snatch use one load across</p> <p>reps should be fast and explosive</p>	<p><b>A)</b> „active recovery“ 60' easy pace 3' erg 1' farmers walk 1' plank variations 1' restwalk</p>	<p><b>REST DAY</b></p>
<p><b>C) metcon</b> 3 rounds for time -30 cal row (erg) -20 wall balls thruster 6/9kg -10 toes to bar/kippping straight leg raises</p> <p>goal = all 3 rounds should be at the same pace</p>	<p><b>B) metcon</b> 9' amrap 3-6-9 ... -handstand push ups/pike push ups -power clean 40/30kg</p>	<p><b>REST DAY</b></p>	<p><b>B) metcon</b> 5 sets -40 double under -8 ring dips -16 ring rows -32 ab-mat sit ups 90" rest all sets same pace</p>	<p><b>B) metcon</b> 5 rounds for time -9 hang power snatch 30/20kg -12 box jump step down -15 cal erg</p> <p>goal = consistent pace</p>		<p><b>REST DAY</b></p>

## VIDEO LINKS

MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
<p><b>Warm up</b>  <a href="https://www.youtube.com/watch?v=pzQ2M_iY0D8">-https://www.youtube.com/watch?v=pzQ2M_iY0D8</a>  <a href="https://www.youtube.com/watch?v=ouaoYwSnJhE">-https://www.youtube.com/watch?v=ouaoYwSnJhE</a>  <a href="https://www.youtube.com/watch?v=f-Vf2yRRqOg">-https://www.youtube.com/watch?v=f-Vf2yRRqOg</a>  <a href="https://www.youtube.com/watch?v=FujJkRLG1Fg">-https://www.youtube.com/watch?v=FujJkRLG1Fg</a></p>	<p><b>Warm up</b>  <a href="https://www.youtube.com/watch?v=1GjmF3oZvu0">-https://www.youtube.com/watch?v=1GjmF3oZvu0</a>  <a href="https://www.youtube.com/watch?v=5YHZnEsE9hA">-https://www.youtube.com/watch?v=5YHZnEsE9hA</a>  <a href="https://www.youtube.com/watch?v=kkJwDfp4F_4">-https://www.youtube.com/watch?v=kkJwDfp4F_4</a>  <a href="https://www.youtube.com/watch?v=1Zf15so15ul">-https://www.youtube.com/watch?v=1Zf15so15ul</a></p>	<b>REST DAY</b>	<p><b>Warm up</b>  <a href="https://www.youtube.com/watch?v=jFyAjdK5SbE">-https://www.youtube.com/watch?v=jFyAjdK5SbE</a>  <a href="https://www.youtube.com/watch?v=FujJkRLG1Fg">-https://www.youtube.com/watch?v=FujJkRLG1Fg</a>  <a href="https://www.youtube.com/watch?v=oMF8P-FT_eo">-https://www.youtube.com/watch?v=oMF8P-FT_eo</a></p>	<p><b>Warm up</b>  <a href="https://www.youtube.com/watch?v=naW8u72lOzl">-https://www.youtube.com/watch?v=naW8u72lOzl</a>  <a href="https://www.youtube.com/watch?v=f-GRxDrMC4Y">-https://www.youtube.com/watch?v=f-GRxDrMC4Y</a>  <a href="https://www.youtube.com/watch?v=f-GRxDrMC4Y">-https://www.youtube.com/watch?v=f-GRxDrMC4Y</a>  <a href="https://www.youtube.com/watch?v=-CiWQ2lvY34">-https://www.youtube.com/watch?v=-CiWQ2lvY34</a>  <a href="https://www.youtube.com/watch?v=3NXv0Nany-Q">-https://www.youtube.com/watch?v=3NXv0Nany-Q</a>  <a href="https://www.youtube.com/watch?v=dhDjKmTX8tU">-https://www.youtube.com/watch?v=dhDjKmTX8tU</a>  <a href="https://www.youtube.com/watch?v=huGj4aBk9C4">-https://www.youtube.com/watch?v=huGj4aBk9C4</a>  <a href="https://www.youtube.com/watch?v=rbemelnkHag">-https://www.youtube.com/watch?v=rbemelnkHag</a></p>	<p><b>Warm up</b>  <a href="https://www.youtube.com/watch?v=VMi7m9gHMfA&amp;t=67s">-https://www.youtube.com/watch?v=VMi7m9gHMfA&amp;t=67s</a></p>	<b>REST DAY</b>
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