**(Block 1, Phase 1: P5/S6/A10, P2/S3/A6, P3/S4/A8, P1/S2/A5)**

**Phase 1 Goal:** Work on shoulder mobility while progressing in the main lifts. This month is about setting a solid base to build on!

|  |  |
| --- | --- |
| Mobility Focus | Shoulders |

**Workout Dates**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1)A | 2)B | 3)C | 4)A | 5)B | 6)C |
| 7)A | 8)B | 9)C | 10)A | 11)B | 12)C |

**Workout A (P = Straight Sets/S = Eccentric Emphasis, Straight Sets/A = None/C = Density)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise Name | (1) | RPE | (4) | RPE | (7) | RPE | (10) | RPE |
| A1. Lower Power (pick one for month)* [Kettlebell Swing](https://www.youtube.com/watch?v=p9gJNNEo2YY)
* [Clean Grip Countermovement Jump](https://www.youtube.com/watch?v=vkP6nCaZuao)
* [Seated Vertical Jump](https://www.youtube.com/watch?v=XKFTR6T-gBE)
 | ~~3 x 5~~ | ~~6-7~~ | ~~3 x 5~~ | ~~6-7~~ | ~~2 x 5~~ | ~~7-8~~ | 4 x 5 | 6-7 |
| A2. [Strong First Plank Clusters](https://www.youtube.com/watch?v=dKVU5g7M4Xk) | ~~3 x (6 x :05)~~ | ~~-~~ | ~~3 x (6 x :05)~~ | ~~-~~ | ~~2 x (6 x :05)~~ | ~~-~~ | 4 x (6 x :05) | - |
| A3. Shoulder Mobility (pick one for month)* [Rib Grab T-Spine Rotation](https://www.youtube.com/watch?v=ldjACWrAIFo)
* [Lumbar Locked T-Spine Rotation](https://www.youtube.com/watch?v=lhku42RMhMo)
 | ~~3 x 8/~~ | ~~-~~ | ~~3 x 8/~~ | ~~-~~ | ~~2 x 3-5/~~ | ~~-~~ | 4 x 3-5/ | - |
| B1. Squat (pick one for month)* [Goblet](https://www.youtube.com/watch?v=p-tsXEhDp9s)
* [Double Kettlebell Front Squat](https://www.youtube.com/watch?v=hflBn1Q1B2Y)
* [Front Squat](https://www.youtube.com/watch?v=cVhkhIzbxyM)
* [Back Squat](https://www.youtube.com/watch?v=YeEVdQ818ww)
 | ~~4 x 6 (3XX2)~~ | ~~7-8~~ | ~~4 x 6 (3XX2)~~ | ~~7-8~~ | ~~3 x 6 (3XX2)~~ | ~~8-9~~ | 5 x 6 (3XX2) | 7-8 |
| B2. Barbell Row (pick one for month)* [Chest Supported](https://www.youtube.com/watch?v=lFuhqiqJvJo)
* [Head Supported](https://www.youtube.com/watch?v=ZL1s7W5Ffyo)
* [Bent Over Row](https://www.youtube.com/watch?v=B70d1ildP8M)
 | ~~4 x 6~~ | ~~7-8~~ | ~~4 x 6~~ | ~~7-8~~ | ~~3 x 6~~ | ~~8-9~~ | 5 x 6 | 7-8 |
| B3. Shoulder CARs* [Child’s Pose](https://www.youtube.com/watch?v=lhQY_gkALGo) or [Standing](https://www.youtube.com/watch?v=G1LmxIodM6w)
 | ~~4 x 5/~~ | ~~-~~ | ~~4 x 5/~~ | ~~-~~ | ~~3 x 5/~~ | ~~-~~ | 5 x 5/ | - |
| C1. 1:00 Density Conditioning (pick one for the month)* [Bodyweight Squat](https://www.youtube.com/watch?v=CKs-lkVBkb8)
* [Kettlebell Swing](https://www.youtube.com/watch?v=p9gJNNEo2YY)
* [Rower](https://www.youtube.com/watch?v=77Wzj01--So), 10 “reps” = 150m
* [Assault Bike](https://www.youtube.com/watch?v=gkspFj3nGUA), 10 “reps” = .1 Miles
 | ~~10 x 10~~ |  | ~~10 x 10~~ |  | ~~12 x 10~~ |  | 8 x 10 |  |

**Workout B (P = Straight Sets/S = Eccentric Emphasis, Straight Sets/A = None/C = Density)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise Name | (2) | RPE | (5) | RPE | (8) | RPE | (11) | RPE |
| A1. Upper Power (pick one for month)* [Overhead Medicine Ball Slam](https://www.youtube.com/watch?v=9wHY40-Lev8)
* [Chest Pass Medicine Ball Throw](https://www.youtube.com/watch?v=3TFb48xuyBg)
* [Clap Push-up](https://www.youtube.com/watch?v=6brG0yq6HBo)
 | ~~3 x 5~~ | ~~6-7~~ | ~~3 x 5~~ | ~~6-7~~ | ~~2 x 5~~ | ~~7-8~~ | 4 x 5 | 6-7 |
| A2. [¼ Turkish Get Up](https://www.youtube.com/watch?v=6Ccg7veY90c) | ~~3 x 6/~~ | ~~6-7~~ | ~~3 x 6/~~ | ~~6-7~~ | ~~2 x 6/~~ | ~~7-8~~ | 4 x 6/ | 6-7 |
| A3. Shoulder Mobility (pick one for month)* [Rib Grab T-Spine Rotation](https://www.youtube.com/watch?v=ldjACWrAIFo)
* [Lumbar Locked T-Spine Rotation](https://www.youtube.com/watch?v=lhku42RMhMo)
 | ~~3 x 8/~~ | ~~-~~ | ~~3 x 8/~~ | ~~-~~ | ~~2 x 3-5/~~ | ~~-~~ | 4 x 3-5/ | - |
| B1. Press (pick one for month)* [Dumbbell Floor Press](https://www.youtube.com/watch?v=6Y4pTew47WQ)
* [Barbell Floor Press](https://www.youtube.com/watch?v=9yLhK6myDnE)
* [Dumbbell Chest Press](https://www.youtube.com/watch?v=Mle_oaw3L0s)
* [Bench Press](https://www.youtube.com/watch?v=sQRk4n_PLWQ)
 | ~~4 x 6 (3XX2)~~ | ~~7-8~~ | ~~4 x 6 (3XX2)~~ | ~~7-8~~ | ~~3 x 6 (3XX2)~~ | ~~8-9~~ | 5 x 6 (3XX2) | 7-8 |
| B2. Deadlift (pick one for month)* [Hex Bar](https://www.youtube.com/watch?v=FyF2WxyJLWc)
* [Conventional Rack Pull](https://www.youtube.com/watch?v=cvHQ-nSbO8s)
* [Sumo Rack Pull](https://www.youtube.com/watch?v=VVqvXJdWdw4)
 | ~~4 x 6~~ | ~~7-8~~ | ~~4 x 6~~ | ~~7-8~~ | ~~3 x 6~~ | ~~8-9~~ | 5 x 6 | 7-8 |
| B3. Shoulder CARs* [Child’s Pose](https://www.youtube.com/watch?v=lhQY_gkALGo) or [Standing](https://www.youtube.com/watch?v=G1LmxIodM6w)
 | ~~4 x 5/~~ | ~~-~~ | ~~4 x 5/~~ | ~~-~~ | ~~3 x 5/~~ | ~~-~~ | 5 x 5/ | - |
| C1. 1:00 Density Conditioning* [Bodyweight Squat](https://www.youtube.com/watch?v=CKs-lkVBkb8)
* [Kettlebell Swing](https://www.youtube.com/watch?v=p9gJNNEo2YY)
* [Rower](https://www.youtube.com/watch?v=77Wzj01--So), 10 “reps” = 150m
* [Assault Bike](https://www.youtube.com/watch?v=gkspFj3nGUA), 10 “reps” = .1 Miles
 | ~~10 x 10~~ |  | ~~10 x 10~~ |  | ~~12 x 10~~ |  | 8 x 10 |  |

**Workout C (P = None/S = None/A = Straight Sets/C = Timed)**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Exercise Name | (3) | RPE | (6) | RPE | (9) | RPE | (12) | RPE |
| A1. [Barbell RDL](https://www.youtube.com/watch?v=qKZjmBtLoOg) | ~~3 x 10 (2121)~~ | ~~7~~ | ~~3 x 10 (2121)~~ | ~~7~~ | ~~2 x 10 (2121)~~ | ~~8~~ | 4 x 10 (2121) | 7 |
| A2. Press (pick one for month)* [Single Arm Dumbbell Chest Press](https://www.youtube.com/watch?v=qhNc2DaVPRo)
* [Standing Single Arm Landmine Press](https://www.youtube.com/watch?v=NJqUBV2dqEY)
 | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~2 x 10/ (2121)~~ | ~~8~~ | 4 x 10/ (2121) | 7 |
| A3. Shoulder Mobility (pick one for month)* [Rib Grab T-Spine Rotation](https://www.youtube.com/watch?v=ldjACWrAIFo)
* [Lumbar Locked T-Spine Rotation](https://www.youtube.com/watch?v=lhku42RMhMo)
 | ~~3 x 8/~~ | ~~-~~ | ~~3 x 8/~~ | ~~-~~ | ~~2 x 3-5/~~ | ~~-~~ | 4 x 3-5/ | - |
| B1. [Goblet Split Squat](https://www.youtube.com/watch?v=P1JT0Lk2ab0) | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~2 x 10/ (2121)~~ | ~~8~~ | 4 x 10/ (2121) | 7 |
| B2. [3-Point Dumbbell Row](https://www.youtube.com/watch?v=NZt-iDpcQMY) | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~3 x 10/ (2121)~~ | ~~7~~ | ~~2 x 10/ (2121)~~ | ~~8~~ | 4 x 10/ (2121) | 7 |
| B3. Shoulder CARs* [Child’s Pose](https://www.youtube.com/watch?v=lhQY_gkALGo) or [Standing](https://www.youtube.com/watch?v=G1LmxIodM6w)
 | ~~4 x 5/~~ | ~~-~~ | ~~4 x 5/~~ | ~~-~~ | ~~3 x 5/~~ | ~~-~~ | 5 x 5/ | - |
| C1. [Conditioning (Heart Rate 150-170)](https://www.youtube.com/watch?v=aSUxXAJFFH8)* Pick one thing (treadmill, elliptical, bike, etc…) and get after it
* May be done as a second session later in the day
 | ~~2 x 5:00/3:00~~ | ~~-~~ | ~~2 x 5:00/3:00~~ | ~~-~~ | ~~3 x 5:00/3:00~~ | ~~-~~ | 2 x 5:00/3:00 | - |

**Neural Charge (15:00-25:00)**

|  |  |
| --- | --- |
| Exercise Name | All Sessions |
| A1. [Short Response Plyo Push-up](https://www.youtube.com/watch?v=kG4AIhJQqtg) | 3-5 |
| A2. [Box Jump](https://www.youtube.com/watch?v=6QX3nC5bdqY) | 3-5 |
| A3. [Strong First Plank Clusters](https://www.youtube.com/watch?v=dKVU5g7M4Xk) | 3-5 x :05 |
| A4. [Lunge Jump Switches (max height)](https://www.youtube.com/watch?v=9_R7QJYNSVA) | 2-3/ |
| A5. [½ Floor Batwing Clusters](https://www.youtube.com/watch?v=ycMZs2z6ayQ) | 3-5 x :05 |

**Recovery Cardio (45:00-60:00)**

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| --- |
| Exercise Name |
| A1. [Recovery Cardio (Heart Rate 120-150)](https://www.youtube.com/watch?v=F920z1clD1c)* Pick one thing (treadmill, elliptical, bike, etc…) and get after it
 |

**Ideal schedule:**

* **Monday** – A
* **Tuesday** – Neural or Recovery Cardio (we will make a post to help you know what to choose here)
* **Wednesay** – B
* **Thursday** – Neural or Recovery Cardio
* **Friday** – C
* **Saturday** – Off, Neural, or Recovery Cardio
* **Sunday** - Off, Neural, or Recovery Cardio

You can play around with the days, but try and keep a day between the main workout days (a 🡪 B; B 🡪 C)