

(Block 1, Phase 2: P5/S6/A10, P2/S3/A6, P3/S4/A8, P1/S2/A5)



Phase 2 Goal: Time to put some weight on the bar! Aim to have a little more on the bar within the same “RPE” this month...

Mobility Focus Shoulders

Workout Dates

1)A	2)B	3)C	4)D	5)A	6)B	7)C	8)D
9)A	10)B	11)C	12)D	13)A	14)B	15)C	16)D

Recommended layout for the week:

- Monday – A
- Tuesday – Neural Charge or Recovery Cardio (C.O.)
- Wednesday – B
- Thursday – Neural Charge or Recovery Cardio (C.O.)
- Friday – C
- Saturday or Sunday – D

This is merely a recommendation, and ultimately you will need to do what makes sense for your schedule...

Workout A (P = Straight Sets/S = Isometric Emphasis, Straight Sets/A = None/C = Fixed-Fixed)

Exercise Name	(1)	RPE	(5)	RPE	(9)	RPE	(13)	RPE
A1. Lower Power (pick one for month) <ul style="list-style-type: none"> ▪ Double Kettlebell Clean ▪ Hang Power Clean ▪ Seated Dumbbell Jump 	3x2	7	3x2	7	2 x 2	7-8		
A2. Plank Walkback	3x6	-	3x6	-	2 x 6	-		
A3. Shoulder Mobility (pick one for month) <ul style="list-style-type: none"> ▪ Rib Grab T-Spine Rotation ▪ Lumbar Locked T-Spine Rotation 	3x8/	-	3x8/	-	2 x 8/	-		
B1. Squat (pick one for month) <ul style="list-style-type: none"> ▪ Goblet ▪ Double Kettlebell Front Squat ▪ Front Squat ▪ Back Squat 	5x3 (12x2)	7-8	5x3 (12x2)	7-8	4 x 3 (12X2)	8-9		
B2. Vertical Pull (pick one for month) <ul style="list-style-type: none"> ▪ Chin-up ▪ Neutral Grip 	5x3	7-8	5x3	7-8	4 x 3	8-9		
B3. Shoulder CARs <ul style="list-style-type: none"> ▪ Child's Pose or Standing 	5x5/	-	5x5/	-	4 x 5/	-		
C1. Fixed-Fixed Conditioning (pick one, but may switch throughout month) <ul style="list-style-type: none"> ▪ Kettlebell Swing ▪ Run (no video...) ▪ Rower ▪ Assault Bike 	10x :30/:30	7	10x :30/:30	7	12 x :30/:30	7		

Workout B (P = Straight Sets/S = Isometric Emphasis, Straight Sets/A = None/C = Fixed-Fixed)

Exercise Name	(2)	RPE	(6)	RPE	(10)	RPE	(14)	RPE
A1. Upper Power (pick one for month) <ul style="list-style-type: none"> Lateral Overhead Medicine Ball Slam Lateral MB Throw Plyo Push-up to Plates 	3 x 2 (per side on lateral work)	6	3 x 2 (per side on lateral work)	6	2 x 2 (per side on lateral work)	7		
A2. ½ Turkish Get Up	3 x 3/	6	3 x 3/	6	2 x 3/	6		
A3. Shoulder Mobility (pick one for month) <ul style="list-style-type: none"> Rib Grab T-Spine Rotation Lumbar Locked T-Spine Rotation 	3 x 8/	-	3 x 8/	-	2 x 8/	-		
B1. Press (pick one for month) <ul style="list-style-type: none"> Dumbbell Chest Press Bench Press 	5 x 3 (12X2)	7-8	5 x 3 (12X2)	7-8	4 x 3 (12X2)	8-9		
B2. Deadlift (pick one for month) <ul style="list-style-type: none"> Hex Bar Conventional Sumo 	5 x 3	7-8	5 x 3	7-8	4 x 3	8-9		
B3. Shoulder CARs <ul style="list-style-type: none"> Child's Pose or Standing 	5 x 5/	-	5 x 5/	-	4 x 5/	-		
C1. Fixed-Fixed Conditioning (pick one, but may switch throughout month) <ul style="list-style-type: none"> Kettlebell Swing Run (no video...) Rower Assault Bike 	10 x :30/:30	7 - - -	10 x :30/:30	7 - - -	12 x :30/:30	7 - - -		

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

Exercise Name	(3)	RPE	(7)	RPE	(11)	RPE	(15)	RPE
A1. Single Leg RDL (pick one for month) <ul style="list-style-type: none"> w/ Landmine w/ Dumbbells w/ Kettlebells (from floor) 	3 x 6/ (2121)	7	3 x 6/ (2121)	7	2 x 6/ (2121)	8		
A2. Neutral Grip Dumbbell Chest Press	3 x 6 (2121)	7	3 x 6 (2121)	7	2 x 6 (2121)	8		
A3. Shoulder Mobility (pick one for month) <ul style="list-style-type: none"> Rib Grab T-Spine Rotation Lumbar Locked T-Spine Rotation 	3 x 8/	-	3 x 8/	-	2 x 8/	-		
B1. Rear Foot Elevated Split Squat (pick one for month) <ul style="list-style-type: none"> Bodyweight w/ Dumbbells w/ Barbell 	3 x 6/ (2121)	7	3 x 6/ (2121)	7	2 x 6/ (2121)	8		
B2. Alternating Head Supported Dumbbell Row	3 x 6/ (2121)	7	3 x 6/ (2121)	7	2 x 6/ (2121)	8		
B3. Shoulder CARs <ul style="list-style-type: none"> Child's Pose or Standing 	3 x 5/	-	3 x 5/	-	2 x 5/	-		
C1. Barbell Biceps Curl	2-3 x 6	7	2-3 x 6	7	1-2 x 6	8		
C2. French Press w/ Dumbbells	2-3 x 6	7	2-3 x 6	7	1-2 x 6	8		

Workout D (P = None/S = None/A = None/C = Timed)

Exercise Name	(4)	RPE	(8)	RPE	(12)	RPE	(16)	RPE
A1. Conditioning (Heart Rate 150-170) - Implement of your choice - Heart Rate 120-130 during 3:00 break	2 x 10:00/3:00		2 x 10:00/3:00		3 x 10:00/3:00			

Neural Charge (15:00-25:00)

Exercise Name	All Sessions
A1. Clean Grip Countermovement Jump	3
A2. Feet Elevated Isometric Inverted Row Clusters	2 x :05
A3. Pop Up w/ Countermovement	3
A4. Strong First Plank	2 x :05
A5. Skater Jump	3/

Recovery Cardio (45:00-60:00)

Exercise Name
A1. Recovery Cardio (Heart Rate 120-150) ■ Pick one thing (treadmill, elliptical, bike, etc...) and get after it