

(Block 1, Phase 4: P5/S6/A10, P2/S3/A6, P3/S4/A8, P1/S2/A5)



Phase 4 Goal: Finish STRONG! Intensity is highest of the block!

Mobility Focus	Shoulders
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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 = Straight Sets/A = None/C = Ladders)

Exercise Name	(1)	RPE	(5)	RPE	(9)	RPE	(13)	RPE
A1. Lower Power (pick one*) <ul style="list-style-type: none"> ▪ Double Kettlebell Clean & Countermovement Jump ▪ Hang Power Clean ▪ Depth Drop Jump <ul style="list-style-type: none"> ○ Regular ○ Broad Jump 	4x1	7-8	4 x 1	7-8				
A2. Standing Band Assisted Ab Wheel Rollout	4x2-5	-	4 x 2-5	-				
A3. Bench T-Spine Extension	4x8	-	4 x 8	-				
B1. Squat (pick one*) <ul style="list-style-type: none"> ▪ Goblet ▪ Double Kettlebell Front Squat ▪ Front Squat ▪ Back Squat 	5x2	8	5 x 2	8				
B2. Weighted Vertical Pull (pick one*) <ul style="list-style-type: none"> ▪ Pull-up ▪ Chin-up ▪ Neutral Grip 	5x2	8	5 x 2	8				
B3. Suitcase Shoulder CARs	5x3/	-	5 x 3/	-				
C1. Ladders (pick one*) <ul style="list-style-type: none"> ▪ Kettlebell Swing, High Pull, Clean ▪ Barbell Hang Power Clean, Front Squat, Bent Over Row ▪ Dumbbell Countermovement Jump, Bent Over Row, RDL 	3x1-5/ :60-:90 between rounds	6-7	3 x 1-5/ :60-:90 between rounds	6-7				

*= Stick to the same one every week IF you would like a benchmark to try and beat...

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

Exercise Name	(2)	RPE	(6)	RPE	(10)	RPE	(14)	RPE
A1. Upper Power (pick one*) <ul style="list-style-type: none"> Double Kettlebell Clean & Countermovement Jump Speed Bench Press 	4 x 1	7-8	4 x 1	7-8				
A2. Turkish Get Up	4 x 2/	6	4 x 2/	6				
A3. Bench T-Spine Extension	4 x 8	-	4 x 8	-				
B1. Press (pick one*) <ul style="list-style-type: none"> Dumbbell Chest Press Bench Press 	5 x 2	8	5 x 2	8				
B2. Deadlift (pick one*) <ul style="list-style-type: none"> Hex Bar Conventional Sumo 	5 x 2	8	5 x 2	8				
B3. Suitcase Shoulder CARs	5 x 3/	-	5 x 3/	-				
C1. Countdown Conditioning <ul style="list-style-type: none"> Kettlebell Swing x 5 Suitcase Carry Left x 20yds Kettlebell Swing x 4 Suitcase Carry Right x 20yds Kettlebell Swing x 3 Suitcase Carry Left x 20yds Kettlebell Swing x 2 Suitcase Carry Right x 20yds Kettlebell Swing x 1 	3 x 1 round :60 between rounds	7	3 x 1 round :60 between rounds	7				

*= Stick to the same one every week IF you would like a benchmark to try and beat...

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

Exercise Name	(3)	RPE	(7)	RPE	(11)	RPE	(15)	RPE
A1. Crossover Box Step Up (pick one*) <ul style="list-style-type: none"> Goblet Offset Kettlebell (suitcase-rack) Front Rack w/ Kettlebells 	4 x 5/	7	4 x 5/	7				
A2. Press (pick one*) <ul style="list-style-type: none"> Alternating Single Arm Dumbbell Chest Press w/ Still Arm Up ½ Kneeling Landmine Press 	4 x 5/	7	4 x 5/	7				
A3. Bench T-Spine Extension	4 x 8	-	4 x 8	-				
B1. Contralateral Single Leg RDL (pick one*) <ul style="list-style-type: none"> Landmine Dumbbell Kettlebell 	4 x 5/	7	4 x 5/	7				
B2. 3-Point Dumbbell Row	4 x 5/	7	4 x 5/	7				
B3. Suitcase Shoulder CARs	5 x 3/	-	5 x 3/	-				
C1. Biceps Curl w/ Dumbbells	3-4 x 5	7	3-4 x 5	7				
C2. Band Triceps Pressdown	3-4 x 5	7	3-4 x 5	7				

*= Stick to the same one every week IF you would like a benchmark to try and beat...

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

Notice there are no "sets" listed on this workout. Simply perform the prescribed reps for the time listed (next to the workout number). If you are wearing a heart rate monitor, your heart rate should be between 50-70% max heart rate for the whole session. If you don't have a heart rate monitor, you should be able to breathe through your nose the whole time. If you either a) get above 70% max heart rate, or b) can no longer only breathe through your nose, simply rest until your heart rate drops back into the appropriate zone and continue.

Exercise Name	(4) – 30:00	RPE	(8) – 30:00	RPE	(12) – 35:00	RPE	(16) – 25:00	RPE
A1. Kettlebell Swing	x5	7	x 5	7				
A2. Inchworms	x5	-	x 5	-				
A3. Inverted Row	x5	-	x 5	-				
A4. Suitcase Carry	x20yds/	7	x 20yds/	7				
A5. Leopard Crawl (forward)	x10yds	-	x 10yds	-				
A6. 90/90 IsoMP	5/	-	5/	-				

Neural Charge – You may use any of the past neural charges as well! (15:00-25:00)

Exercise Name	All Sessions
A1. Suitcase Hold Clusters	3 x :05/
A2. Lateral Overhead MB Slam	3/
A3. Pop Up w/ Countermovement ▪ May add goblet	3
A4. Tall Kneeling Short Response Chest Pass MB Throw	5
A5. Skater Jump and Stick	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