

(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
<b>A1. Lower Power (pick one*)</b> <ul style="list-style-type: none"> <li>▪ <a href="#">Double Kettlebell Clean &amp; Countermovement Jump</a></li> <li>▪ <a href="#">Hang Power Clean</a></li> <li>▪ Depth Drop Jump                             <ul style="list-style-type: none"> <li>○ <a href="#">Regular</a></li> <li>○ <a href="#">Broad Jump</a></li> </ul> </li> </ul>	4x1	7-8	4x1	7-8	3x1	8	5 x 1	7-8
<b>A2. <a href="#">Standing Band Assisted Ab Wheel Rollout</a></b>	4x2-5	-	4x2-5	-	3x2-5	-	5 x 2-5	-
<b>A3. <a href="#">Bench T-Spine Extension</a></b>	4x8	-	4x8	-	3x8	-	5 x 8	-
<b>B1. Squat (pick one*)</b> <ul style="list-style-type: none"> <li>▪ <a href="#">Goblet</a></li> <li>▪ <a href="#">Double Kettlebell Front Squat</a></li> <li>▪ <a href="#">Front Squat</a></li> <li>▪ <a href="#">Back Squat</a></li> </ul>	5x2	8	5x2	8	4x2	9	6 x 2	8
<b>B2. Weighted Vertical Pull (pick one*)</b> <ul style="list-style-type: none"> <li>▪ <a href="#">Pull-up</a></li> <li>▪ <a href="#">Chin-up</a></li> <li>▪ <a href="#">Neutral Grip</a></li> </ul>	5x2	8	5x2	8	4x2	9	6x 2	8
<b>B3. <a href="#">Suitcase Shoulder CARs</a></b>	5x3/	-	5x3/	-	4x3/	-	6 x 3/	-
<b>C1. Ladders (pick one*)</b> <ul style="list-style-type: none"> <li>▪ <a href="#">Kettlebell Swing, High Pull, Clean</a></li> <li>▪ <a href="#">Barbell Hang Power Clean, Front Squat, Bent Over Row</a></li> <li>▪ <a href="#">Dumbbell Countermovement Jump, Bent Over Row, RDL</a></li> </ul>	3x1-5/ :60-:90 between rounds	6-7	3x1-5/ :60-:90 between rounds	6-7	4x1-5/ :60-:90 between rounds	6-7	2 x 1-5/ :60-:90 between rounds	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
<b>A1. Upper Power (pick one*)</b> ▪ <a href="#">Double Kettlebell Clean &amp; Countermovement Jump</a> ▪ <a href="#">Speed Bench Press</a>	4 x 1	7-8	4 x 1	7-8	3 x 1	8	5 x 1	7-8
<b>A2. <a href="#">Turkish Get Up</a></b>	4 x 2/	6	4 x 2/	6	3 x 2/	6	5 x 2	6
<b>A3. <a href="#">Bench T-Spine Extension</a></b>	4 x 8	-	4 x 8	-	3 x 8	-	5 x 8	-
<b>B1. Press (pick one*)</b> ▪ <a href="#">Dumbbell Chest Press</a> ▪ <a href="#">Bench Press</a>	5 x 2	8	5 x 2	8	4 x 2	9	6 x 2	8
<b>B2. Deadlift (pick one*)</b> ▪ <a href="#">Hex Bar</a> ▪ <a href="#">Conventional</a> ▪ <a href="#">Sumo</a>	5 x 2	8	5 x 2	8	4 x 2	9	6 x 2	8
<b>B3. <a href="#">Suitcase Shoulder CARs</a></b>	5 x 3/	-	5 x 3/	-	4 x 3/	-	6 x 3/	-
<b>C1. <a href="#">Countdown Conditioning</a></b> ▪ 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	4 x 1 round :60 between rounds	7	2 x 1 round :60 between rounds	7

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

Exercise Name	(3)	RPE	(7)	RPE	(11)	RPE	(15)	RPE
<b>A1. Crossover Box Step Up (pick one*)</b> ▪ <a href="#">Goblet</a> ▪ <a href="#">Offset Kettlebell (suitcase-rack)</a> ▪ <a href="#">Front Rack w/ Kettlebells</a>	4 x 5/	7	4 x 5/	7	3 x 5/	8	5 x 5/	7
<b>A2. Press (pick one*)</b> ▪ <a href="#">Alternating Single Arm Dumbbell Chest Press w/ Still Arm Up</a> ▪ <a href="#">½ Kneeling Landmine Press</a>	4 x 5/	7	4 x 5/	7	3 x 5/	8	5 x 5/	7
<b>A3. <a href="#">Bench T-Spine Extension</a></b>	4 x 8	-	4 x 8	-	3 x 8	-	5 x 8	-
<b>B1. Contralateral Single Leg RDL (pick one*)</b> ▪ <a href="#">Landmine</a> ▪ <a href="#">Dumbbell</a> ▪ <a href="#">Kettlebell</a>	4 x 5/	7	4 x 5/	7	3 x 5/	8	5 x 5/	7
<b>B2. <a href="#">3-Point Dumbbell Row</a></b>	4 x 5/	7	4 x 5/	7	3 x 5/	8	5 x 5/	7
<b>B3. <a href="#">Suitcase Shoulder CARs</a></b>	5 x 3/	-	5 x 3/	-	4 x 3/	-	6 x 3/	-
<b>C1. <a href="#">Biceps Curl w/ Dumbbells</a></b>	3-4 x 5	7	3-4 x 5	7	2-3 x 5	8	4-5 x 5	7
<b>C2. <a href="#">Band Triceps Pressdown</a></b>	3-4 x 5	7	3-4 x 5	7	2-3 x 5	8	4-5 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. <a href="#">Kettlebell Swing</a>	x5	7	x5	7	x5	7	x 5	7
A2. <a href="#">Inchworms</a>	x5	-	x5	-	x5	-	x 5	-
A3. <a href="#">Inverted Row</a>	x5	-	x5	-	x5	-	x 5	-
A4. <a href="#">Suitcase Carry</a>	x20yds/	7	x20yds/	7	x20yds/	7	x 20yds/	7
A5. <a href="#">Leopard Crawl (forward)</a>	x10yds	-	x10yds	-	x10yds	-	x 10yds	-
A6. <a href="#">90/90 IsoMP</a>	5/	-	5/	-	5/	-	5/	-

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

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

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

Exercise Name
A1. <a href="#">Recovery Cardio (Heart Rate 120-150)</a> ▪ Pick one thing (treadmill, elliptical, bike, etc...) and get after it