

CALENDAR: functional fitness athlete (advanced)

EXERCISE RX: SEPTEMBER 13 - SEPTEMBER 18

MON Accumulation 1 (W1) AM Session

WARMUP: 2 Rounds of Squat Flow

Then

1-2 Rounds

3 snatch deadlifts

3 hang snatch high pulls

3 muscle snatch

3 overhead squats @ 32x1

3 snatch balances

3 power snatch to OHS (pause 2 seconds in the catch)

3 snatch pull unders

3 hang snatch

A. Drop Snatch

3-5 Sets x 3-5 Reps @ Build Up. Go every 90-sec

Hold 1-2" in the catch

Focus on speed and catching with a stable position

B. Snatch Complex

10-14 Sets of Power Snatch + Snatch (1+1) @ 65+%. Go every 90-sec

C. Back Squat

4 x (8-9) @ 68-72%, rest 3-4 minutes between rounds

D1. Front Rack Cossack Squat

3 x (8-12)/side, rest 1-2 minutes before D2

D2. Adduction Bias Side Plank

3 x (30-40)/side, rest 2 minutes before D1

COOLDOWN: Stretching

MON Accumulation 1 (W1) PM Session

WARMUP: 2-3 Rounds

20 Scapular Pull-Up

10/side Single Arm Cuban Press

10 Supinated Ring Row

5/side Kettlebell Arm Bar (hold for 1-2")

A. 8'AMRAP (Quality)

Turkish Get Up with Holds and Presses alternating arms each rep. Take a light weight, so that you can focus on shoulder position and keeping the elbows straight throughout the AMRAP

B. 8'AMRAP (Quality)

1 - 2 - 3 - 4 - 5 - 6 - etc Bar Muscle-ups

1 - 2 - 3 - 4 - 5 - 6 - etc Bar Facing Burpees

Keep pace that you can move seemingly and unbroken throughout (not too slow, not too fast)

C. 8'AMRAP (Quality)

1 - 2 - 3 - 4 - 5 - 6 - etc Rope Climbs

1 - 2 - 3 - 4 - 5 - 6 - etc Burpees Over The Bar (lateral)

Keep pace that you can move seemingly and unbroken throughout (not too slow, not too fast)

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D. Isometric Circuit

3-4 Rounds on your own pace

15-30" Pull-up Hold

15-30" Weighted Hollow Hold*

15-30" Chin-Up Hold

15-30" L-Sit on Parallettes

This Iso Circuit is focusing on elbow Flexion/Extension

*Choose a weight that you find challenging

COOLDOWN: Stretching

TUE Accumulation 1 (W1) AM Session

WARMUP: 2-3 Rounds

10 Jefferson Curl

10 Dumbbell High Pull

10/side Banded Standing Pallof Press

A. Deadlift

4 × 8 @70-74%, rest 3-4 minutes between sets

B1. Seated Press

10/8/6/AMAP (4 Sets) @68-70%, rest 2-minutes before B2

B2. Alternating Pronated Dumbbell Prone Row

4 × 16-24 @20x0, rest 2-minutes before B1

Choose a a challenging load or build up

C1. Alternating Kettlebell Press

3 × 20-24 @20x1, rest 2-minutes before C2

C2. Feet Elevated Ring Row

3 × 12, rest 2-minutes before C1

If you feel good and want more to that, do it @2020

COOLDOWN: Stretching

TUE Accumulation 1 (W1) PM Session

WARMUP: 2-4' Easy Row

2-4' Easy Sky

Then

2-3 Rounds

10 (in total) Prisoner Step-Up @24"

10 Pike Push-ups (feet on ground)

10 Banded Good Mornings

A1. 10'AMRAP

30 Cal. Row

20 Box Jump Overs @24"

10 SHSPU

Rest 5 to 10-minutes before A2

Move at a repetable and sustainable pace

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A2. 10'AMRAP

2000m Ski

Max Db. Box Step Overs (@ 2 x 22.5 kg/ 24") in the remaining time

Rest 5 to 10-minutes before A3

Move at a repeatable and sustainable pace

A3. 10'AMRAP

30 Cal. Row

20 Box Jump Overs @24"

10 SHSPU

Rest 5 to 10-minutes before A4

Aim to repeat the pace and results from A1

A4. 10'AMRAP

2000m Ski

Max Db. Box Step Overs (@ 2 x 22.5 kg/ 24") in the remaining time

Aim to repeat the pace and results from A2

COOLDOWN: Stretching

WED Accumulation 1 (W1) AM Session

WARMUP: 1-2 Rounds of Thoracic Flow, 3-5 reps/side each movement

Then

1-2 Rounds

3 clean deadlifts

3 hang clean high pulls

3 hang muscle cleans + 3 strict presses

3 tempo front squats, tempo 32X1 + 3 push presses

3 hang power cleans to front squat (pause 2 seconds in receiving position)

3 clean pull unders + 3 push jerks

3 hang cleans + 3 split jerks

A. C&J Complex (Primer)

Muscle Clean + Front Squat + Press

2-4'EMOM

B. Clean and Jerk

8-12 x 1.1 (drop the bar between reps) @70-80%, every 90-seconds

C. Back Squat

4 x (6-7) @70-74%, rest 3-4 minutes between sets

D. Clean Pull

3-4 x 3 @70+%, rest 2-3 minutes between sets

Build up every set

COOLDOWN: Stretching

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WED Accumulation 1 (W1) PM Session

WARMUP: Warmup of your choosing

A1. Anaerobic Alactic Endurance

4 sets x 12 second AB @ 95% RPE (VH)
Rest 1:30 to 2:30 between sets

-rest 7-minutes before A2

A2. Anaerobic Alactic Endurance

4 sets x 12 second AB @ 95% RPE (VH)
Rest 1:30 to 2:30 between sets

COOLDOWN: Stretching

THU Accumulation 1 (W1) AM Session

WARMUP: No warm-up needed, just jump into the main workout

A. 60'AMRAP (MAP 10)

-20'AMRAP Row. Every 5 minutes (including 0:00) perform 20 (total) Single Arm Kettlebell ASLR @40x0. Switch arms each round
Choose any weight for the Kb

Directly into

-20'AMRAP Run. Every 5 minutes (including 0:00) perform 3-5 Skin The Cat. Alternate rings/bar each round

Directly into

-20'AMRAP Ski. Every 5 minutes (including 0:00) perform 10/side Bird Dog Knee To Elbow @ controlled pace.

Notes

MAP 10 = 4 Hour Race Pace.

Work at a pace that you think you could've continued for another 3 hours

COOLDOWN: Stretching

FRI Accumulation 1 (W1) AM Session

WARMUP: 2-3 Rounds

5 Kneeling Jump

5 Banded YTW (Y+T+W=1 rep)

10 Jump Lunges (L+R=1 rep)

15m Bear Crawl

A. 8-12'EMOM

3 Power Snatches (TnG) @65+%

B. 6-10'EMOM

3 Power Cleans (TnG) @65+%

C1. Kettlebell Front Rack Rear Foot Elevated Split Squat

3x(8-12)/side @30x0, rest 1 to 2-minutes before C2

Start on the non-dominant side

C2. Dumbbell Single Leg Single Arm Romanian Deadlift

3x(8-12)/side @30x0, rest 2-minutes before C1

Start on the non-dominant side

D. GHD Sit-Up

3x20, rest 1-2 minutes between sets

COOLDOWN: Stretching

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FRI Accumulation 1 (W1) PM Session

WARMUP: Warmup of your choosing

A1. Anaerobic Alactic Endurance

4 sets x 12 second Row @ 95% RPE (VH)
Rest 1:30 to 2:30 between sets

-rest 7-minutes before A2

A2. Anaerobic Alactic Endurance

4 sets x 12 second Row @ 95% RPE (VH)
Rest 1:30 to 2:30 between sets

COOLDOWN: Stretching

SAT Accumulation 1 (W1) PM Session

WARMUP: 2-3 Rounds
10/side Banded Standing Pallof Press
10/side Single Arm Cuban Press
5-7/side Single Arm Ring Row

A. Close Grip Bench Press

46 @75-77%, rest 3-4 minutes between sets

B. Weighted Supinated Pull-Up

46, rest 2-3 minutes between sets

C1. Weighted Dip

3-4 x (8-12), rest 1-minutes before C2

C2. Banded Pendlay Row

3-4 x (6-10) @20x1, rest 2-minutes before C1

D. 10'EMOM (45"work :15"rest)

Front Rack Contralateral Carry

E. 8'EMOM (30"work :30"rest)

Max Unbroken HSW, focus AMAP on quality