

**Q 4 - Cycle 1 - 5 x 5 - 1 longer workout a week - Bodyweight Centric**

Cycle		M	T	W	T	F	Notes
1	<b>Wk 37</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	September
	<b>Strength</b>	Front Squat	Push up/Pull up	MD Total	DL/PCI	8 - 9 -10	
	<b>Time Domain</b>	6 Min	15 Min	N/A	10 Min GID	ABDomination	
<b>Neutral Spine</b>	<b>Conditioning</b>	3 rds: 200 M run 3 x (wo)man-makers	Big Loop then... 4 rounds: 1 x Monkey Bar 4 x HSPU Prog.	N/A	Ice Cream Maker M-Up/Dip Prog. Pull-up Prog	Hollow R&R L-Sit Prog Reverse Plank	
	<b>Mobility</b>	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	<b>Wk 38</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	
	<b>Strength</b>	Push up/Pull up	Front Squat	DL/PCI	Push up/Pull up	Closed	
	<b>Time Domain</b>	4 x 2 Min	3 x 5 min	ABDomination	15 Min	Closed	
<b>Hip Ext</b>	<b>Conditioning</b>	Monkey Bar Prisoner Lunge	M-Up/Dip Prog. Ice Cream Maker (Wo)man-makers	Hollow R&R L-Sit Prog. Reverse Plank	400 M Run HSPU Prog Monkey Bar	Closed	
	<b>Mobility</b>	Chest	Straddle/Splits	Chest	Straddle/Splits	Closed	
1	<b>Wk 39</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	October
	<b>Strength</b>	Front Squat	DL/PCI	Push up/Pull up	Front Squat	Filthy 50	
	<b>Time Domain</b>	ABDomination	8 Min AMRAP	7 x 5 Min	10 Min GID	15 Min	
<b>Ext Rot</b>	<b>Conditioning</b>	Hollow R&R L-Sit Prog. Reverse Plank	10/20/40 DU Prisoner Lunge HSPU Prog	Ice Cream Maker Monkey Bar/Ring	M-Up/Dip Prog. 400 M Row/Run 10/30/60 DU	3 x 200 M Run BW (Wo)Man-maker HSPU Progression	
	<b>Mobility</b>	Straddle/Splits	Chest	Straddle/Splits	Chest	Straddle/Splits	
1	<b>Wk 40</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
	<b>Strength</b>	DL/PCI	Push up/Pull up	MD Total	Front Squat	Leftovers	
	<b>Time Domain</b>	4 x 4 Min	15 Min	N/A	7 Min AMRAP	3 x 5 min	
<b>Ext Rot</b>	<b>Conditioning</b>	HSPU Ice Cream Maker 10/20/30 DU	Big Loop Monkey Bar (Wo)man-makers	N/A	200 M Run Prisoner Lunges HSPU	400 M Run M-Up/Dip Prog. Ice Cream Maker	
	<b>Mobility</b>	Chest	Straddle/Splits	Chest	Straddle/Splits	Chest	

			Conditioning Exercise Pool		Week			
Notes:			Type	Movement	1	2	3	4
			Endur	200 Run	1	0	1	1
			Endur	400 Run	0	1	1	1
			Endur	Big Loop	1	0	0	1
			Endur	Double-Unders	0	1	1	1
<b>Warm-up</b>			Endur	Row	0	0	0	0
<b>Lower</b>	<b>Full</b>	<b>Upper</b>	Push	Push-up Prog.	0	0	0	0
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Pull	Pull-up Prog.	1	1	0	0
Roll Back and shoulders			Hold	Ice Cream Maker Prog.	1	1	1	2
<b>Test exercises</b>			Push	Hand Stand Push-Up Prog.	1	1	2	2
Squat: Prisoner Sqt	Hinge: D Dawg/Cobra	Push: Hand rows	Uni	Prisoner Lunges	0	1	1	1
<b>Mobility</b>			Push	Muscle-up/Dip Prog.	1	1	1	1
Banded ankle mob	Pain Peanut	Lying T Drill	Pull	Monkey Bar/Ring	1	1	1	1
<b>Warm-up exercises</b>			Combo	(Wo)Man-Makers	1	1	1	1
Rot.: Scorpion Plank	Rot.: Scorpion Plank	Rot.: Scorpion Plank			0	0	0	0
Push: Hand rows	Push: Hand rows	Squat: Prisoner Sqt			0	0	0	0
Pull: Ring Rows	Pull: Ring Rows	Pull: Ring Rows			0	0	0	0
Hinge: D Dawg/Cobra	Squat: Prisoner Sqt	Hinge: GM			0	0	0	0
Uni: Airplane Lunge	Uni: Airplane Lunge	Uni: Airplane Lunge	<b>ABDomination</b>					
<b>Strength</b>				Hollow R&R	1	1	1	0
<b>Lower</b>	<b>Upper</b>	<b>Full</b>		L-Sit Progression	1	1	1	0
Front Squat	Push-up/Pull-up	DL/Hang Pwr Cl		Reverse Plank	1	1	1	0
<b>Post-Workout Stretch</b>								
Chest	Straddle							