

Q 2 - Cycle 2 - 5 x 5 - 1 longer workout a week - KettleBell Centric

Cycle		M	T	W	T	F	Notes
2	Wk 41	12	13	14	15	16	October
	Strength	Back Squat	Sn Gr DL/PSn	Incline/Press	Back Squat	8 - 9 -10	
	Time Domain	6 Min	15 Min	8 Min	10 Min GID	ABDomination	
Neutral Spine	Conditioning	Buy-in and Cash-out 20 x RKBS (Med) 4 RFT: 8 x Pull-up Prog. 10 M x Crawl	5 Rounds: 10 x 2 KB or DB FS* 50 M x Rack Carry 50 x RIP Jump Rope *15% of 1 RM FS	Down Ladder from 8: Goblet Squat 20 M 1-arm Farmer Walk	4 rounds: Flying 30 M Run 4 x KB Combo 5 x J. rope combo	5 rds: 3 x Windmills 3 x TGU to elbow 3 x KB Halo	
	Mobility	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 42	19	20	21	22	23	
	Strength	Sn Gr DL/PSn	Incline/Press	Back Squat	Sn Gr DL/PSn	Fabulous 40	
	Time Domain	4 x 2 Min	3 x 5 min	ABDomination	15 Min	12 x 1 Min	
Hip Ext	Conditioning	40 M Rack Carry 4 x Box Jump	2 x SA KB Combo 10 x fwd/back crawl 5 x Pull-up prog.	5 rds: 4 x Windmills 4 x TGU to elbow 4 x KB Halo	Pyramid to 5 KB Combo Side crawl (steps) Death by 10 M	50 x RIP Jump Rope Flying 10 M	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	
2	Wk 43	26	27	28	29	30	
	Strength	Incline/Press	Back Squat	Sn Gr DL/PSn	Incline/Press	Filthy Fifty	
	Time Domain	ABDomination	8 Min AMRAP	7 x 5 Min	10 Min GID	15 Min	
Ext Rot	Conditioning	5 rds 5 x Windmills 5 x TGU to elbow 5 x KB Halo	7 x 2 KB or DB FS * Pivot Crawl Flying 10 M	5 x Box Jump 15 x RKBS 25 x RIP Jump Rope	3 rds: 2 x Side Crawl 3 x KB Combo 4 x J Rope Combo	Big Loop then 4 rds: 6 x SA RKBS 60 M Rack Carry 6 x Pull-up Prog.	
	Mobility	T-Spine	Wrist	T-Spine	Wrist	T-Spine	
2	Wk 44	2	3	4	5	6	November
	April	Sn Gr DL/PSn	Incline/Press	MD Total	Back Squat	Leftovers	
	Time Domain	4 x 4 Min	15 Min	N/A	7 Min AMRAP	3 x 5 min	
Ext Rot	Conditioning	6 x DB/KB FS 6 x Pull-up Prog. 60 M Rack Carry	4 rds: 4 x SA KB Combo 4 x J. Rope Combo 5, 10, 15, 20, 25 M Ladder	N/A	10 M Fwd/Bk Crawl 15 x RKBS 20 x RIP Jump Rope	5 x Box Jump 5 x Pull-up Prog. Flying 20 M	
	Mobility	Wrist	T-Spine	Wrist	T-Spine	Wrist	

			Conditioning Exercise Pool		Week			
Notes:			Type	Movement	1	2	3	4
			Endur	Flying 10/20/30	1	1	0	1
			Endur	Death by 10 M or 5 M ladder	0	1	1	1
			Endur	Big Loop	0	0	1	0
			Endur	RIP Jump Rope	1	1	1	1
Warm-up			Endur	Jump Rope Combo	1	0	1	1
Lower	Full	Upper	Endur	Row	0	0	0	0
Chose 1 - Run 400 M, Row 500M, 100 DUs, 200 M tire drag			Push	Crawling	1	2	2	1
Roll Back and shoulders			Pull	Pull-Up Progression	1	1	1	1
Test exercises			Squat	KB/DB Front Squat	1	0	1	1
Squat: (Side) Ape	Hinge: Toe Touch	Push: Hindu Push-up	Plyo	Box Jump	0	1	1	1
Mobility			Hinge	RKBS	2	0	2	1
Banded Figure 4	Lower Seg. Roll	Upper Seg. Roll	Combo	KB Combo	1	2	1	1
Warm-up exercises			Carry	Farmer Walk or Rack Carry	2	1	1	1
Rot.: TGU Leg Pass	Rot.: TGU Leg Pass	Rot.: TGU Leg Pass			0	0	0	0
Push: Hindu Push-up	Push: Hindu Push-up	Squat: (Side) Ape			0	0	0	0
Pull: Pull-ups	Pull: Pull-ups	Pull: Pull-ups			0	0	0	0
Hinge: Toe Touch	Squat: (Side) Ape	Hinge: Toe Touch			0	0	0	0
Uni: Prisoner side lurn	Uni: Prisoner side lurn	Uni: Prisoner side lurn	ABDomination					
Strength			Rotate	Windmill	1	1	1	0
Lower	Upper	Full	Rotate	1/2 Get-up	1	1	1	0
Back Squat	Press	Sn Gr DL/PSn	Rotate	KB Halo	1	1	1	0
Post-Workout Stretch								
T-Spine	Wrist							