

Q4 - 5x5 - One 15+ min workout every week							
Cycle		M	T	W	T	F	Notes
1	Wk 37	14	15	16	17	18	September
	Strength	Front Squat	Push/Pull-up	Mad Dawg Total	DL/PCL	8-9-10	
	Time Domain	6 Min	15 Min	N/A	10 Min GID	ABDomination	BW workouts
	Mobility	Splits	Chest	Splits	Chest	Splits	
1	Wk 38	21	22	23	24	25	
	Strength	Push/Pull-up	Front Squat	DL/PCL	Push/Pull-up	Closed	
	Time Domain	4 x 2 Min	3 x 5 Min	ABDomination	15 Min	Closed	BW workouts
	Mobility	Chest	Splits	Chest	Splits	Closed	
1	Wk 39	28	29	30	1	2	October
	Strength	Front Squat	DL/PCL	Push/Pull-up	Front Squat	Filthy Fifty	
	Time Domain	ABDomination	8 Min AMRAP	7 x 5 Min	10 Min GID	15 Min	BW workouts
	Mobility	Splits	Chest	Splits	Chest	Splits	
1	Wk 40	5	6	7	8	9	
	Strength	DL/PCL	Push/Pull-up	Mad Dawg Total	Front Squat	Leftovers	
	Time Domain	4 x 4 Min	15 Min	N/A	7 Min AMRAP	3 x 5 Min	KB Workouts
	Mobility	Chest	Splits	Chest	Splits	Chest	
2	Wk 41	12	13	14	15	16	
	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	KB Workouts
	Mobility	T-Spine	Wrists	T-Spine	Wrists	T-Spine	
2	Wk 42	19	20	21	22	23	
	Strength	Sn Gr DL/PSn	Incline/Press	Back Squat	Sn Gr DL/PSn	Fabulous Forty	
	Time Domain	4 x 2 Min	3 x 5 Min	ABDomination	15 Min	12 x 1 Min	KB Workouts
	Mobility	Wrists	T-Spine	Wrists	T-Spine	Wrists	
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	MM Workouts
	Mobility	T-Spine	Wrists	T-Spine	Wrists	T-Spine	
2	Wk 44	2	3	4	5	6	November
	Strength	Sn Gr DL/PSn	Incline/Press	Mad Dawg Total	BackSquat	Leftovers	
	Time Domain	4 x 4 Min	15 Min	N/A	7 Min AMRAP	3 x 5 Min	MM Workouts
	Mobility	Wrists	T-Spine	Wrists	T-Spine	Wrists	
3	Wk 45	9	10	11	12	13	
	Strength	Box Squat	Sumo DL	Bench Press	Box Squat	Leftovers	
	Time Domain	6 Min	15 Min	8 Min	10 Min GID	ABDomination	MM Workouts
	Mobility	Bottom of Squat	Lower Leg	Lower Leg	Lower Leg	Bottom of Squat	
3	Wk 46	16	17	18	19	20	
	Strength	Sumo DL	Bench Press	Box Squat	Sumo DL	Fabulous Forty	
	Time Domain	4 x 2 Min	3 x 5 Min	ABDomination	15 Min	12 x 1 Min	Strong (Wo)Man
	Mobility	Lower Leg	Bottom of Squat	Lower Leg	Bottom of Squat	Lower Leg	
3	Wk 47	23	24	25	26	27	
	Strength	Bench Press	Box Squat	Sumo DL	Closed	Closed	
	Time Domain	ABDomination	8 Min AMRAP	7 x 5 Min	Closed	Closed	Strong (Wo)Man
	Mobility	Bottom of Squat	Lower Leg	Bottom of Squat	Closed	Closed	
3	Wk 48	30	1	2	3	4	December
	Strength	Sumo DL	Bench Press	Mad Dawg Total	Box Squat	Leftovers	
	Time Domain	4 x 4 Min	15 Min	N/A	7 Min AMRAP	3 x 5 Min	Strong (Wo)Man
	Mobility	Lower Leg	Bottom of Squat	Lower Leg	Bottom of Squat	Lower Leg	