EXAMPLE TRAINING WEEK: MONDAY

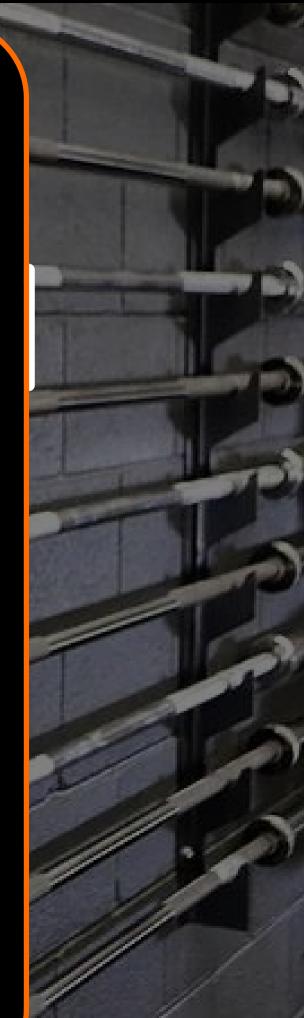2:34   4G

APR '22 ⌄
Nathan Yannakopoulos

💬   TODAY

| 10 | **11** | 12 | 13 | 14 | 15 | 16 |

STRENGTH

A1   **Back Squat**
5 x 4 @ 75%

A2   **Standing Fire Hydrant**
4 x 10

ACCESSORY STRENGTH

B1   **Romanian Deadlift**
3 x 6

B2   **1-Arm DB Row**
3 x 11

ACCESSORY STRENGTH

C1   **Eccentric Chin Up**
3 x 4

C2   **Goblet Cyclist Squat**
3 x 11

C3   **Cyclist Squat Hold**
3 x 00:20

C4   **Pigeon Stretch**
3 x 00:40

⊕   **Add Exercise**

+

2:40

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TODAY

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STRENGTH + CORE

A1 **BB Overhead Press**
4 x 7

A2 **Hollow Rock**
4 x 00:30

ANAEROBIC INTERVALS (CHOOSE 1 PIECE OF EQUIPMENT)

B1 **Rowing**
10 sets

B2 **SkiErg**
10 sets

B3 **BikeErg**
10 sets

PARTNER YGIG X 15 MINUTES
🏆 **For Reps**

C **Partner YGIG X 15 Minutes**
90 Seconds on 90 Second off
DU/SU Skips x 25/60
Alternating SA DB Snatch x 10
Body Drops x Max
M=17.5kg F= 12.5kg

IF YOU REGRESS ANY MOVEMENTS OR
LOWER WEIGHTS PLEASE LOG YOUR
SCORE AS "SCALED"

⊕ **Add Exercise**

+

2:35   .ıll 4G 🔋

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💬   TODAY

10	11	12	**13**	14	15	16
•	•	•	•	•	•	•

STRENGTH

A1   **Bench Press**
5 x 4 @ 75%

A2   **Banded Bentover Row Hold**
4 x 00:30

ACCESSORY STRENGTH

B1   **Incline DB Row**
3 x 11

B2   **DB Lateral Raise**
3 x 13

OPTION 1: ACCESSORY STRENGTH

C1   **Push-Up**
3 x 11

C2   **Push Up Hold**
3 x 00:30

C3   **Spider Bicep Curl**
3 x 13

C4   **Banded Lat Stretch**
3 x 00:40

OPTION 2: AMRAP X 12 MINUTES
🏆 **For Rounds**

D   **Option 2: AMRAP X 12 Minutes**
Row or Ski x 400/350 meters
Double KB Swing x 10
Double KB Front Squat x 10

➕

2:35   .ıll 4G 🔋

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💬   TODAY

10	11	12	13	**14**	15	16

STRENGTH + SKILL

A1   **Overhead Squat**
4 x 7

A2   **Half Superman Hold**
4 x 00:30

EMOM X 30 MINUTES

B1   **Rowing**
5 sets

B2   **DB Thruster + DB Push Press**
5 x 16

B3   **SkiErg**
5 sets

B4   **Box Step Over + Burpee Box Jump**
5 x 10

B5   **BikeErg**
5 sets

B6   **Rest**
5 x 1:00

⊕   **Add Exercise**

⊕

2:35

APR '22 ⌄
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TODAY

10	11	12	13	14	15	16

STRENGTH

A1 **Deadlift**
5 x 4 @ 70%

A2 **Standing Psoas March**
4 x 10

ACCESSORY STRENGTH

B1 **Barbell Split Squat**
3 x 6

B2 **Tall-Kneeling DB Shoulder Press**
3 x 11

ACCESSORY STRENGTH

C1 **Pull-Up**
3 x 9

C2 **Double Leg Feet Elevated Hamstring Bridge**
3 x 11

C3 **Feet Elevated Hamstring Bridge Hold**
3 x 00:30

C4 **Pancake Stretch**
3 x 1:00

⊕ **Add Exercise**

+

2:35

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TODAY

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Comment on Session

ⓘ **Coach Instructions**
Team Conditioning!

Teams of 3 battling it out with some challenging 7-minute rounds; complete the reps before moving on to some team calorie efforts which will count for your total score after your team completes the 6 rounds!

TEAM CONDITIONING
🏆 **For Calories**

Ⓐ **Team Conditioning**
Every 7 Minutes x 42 Minutes

Skips x 100 or 60 Seconds
Wall Balls x 16
Single Arm Devils Press x 8

Remaining Time in 7 Minutes = Max team Row, Ski, or Bike Calories

⊕ **Add Exercise**