

RAT 6 STREN

Monday	Tuesday	Wednesday
<p>WEEK 1 SESSION 1</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to 1RM Power Clean</p> <p>(2) Work up to 1RM Bench Press</p> <p>(3) Work up to 1RM Front Squat</p>	<p>SESSION 2</p> <p>Total Rest</p>	<p>SESSION 3</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to</p> <p>(2) Work up to</p> <p>(3) Work up to Squat</p>

STRENGTH TRAINING PLAN

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<p>ex @ 45/65#</p> <p>tch</p> <p>1RM Squat Clean</p> <p>1RM Military Press</p> <p>1RM Hinge Lift or Box</p>	<p>SESSION 4</p> <p>Total Rest</p>	<p>SESSION 5</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds</p> <p>8x Box Jump @ 20"</p> <p>8x Push ups</p> <p>8x Situps</p> <p>Instep</p> <p>Training:</p> <p>(1) 6 Rounds</p> <p>8x 40-foot Shuttle sprints every 60 seconds</p> <p>(2) 4 Rounds</p> <p>10x Weighted Situps @ 35/45#</p> <p>10x EO's</p> <p>10x Face Down Back Extension</p> <p>5x Seated Russian Twist @ 25#</p> <p>(3) 4 Rounds</p> <p>5/10x Dips or 3/6x Ring Dips</p> <p>10x 2-Legged Poor Man's Leg Curl</p> <p>60 second Farmers Carry @ 35/55# dumbbells.</p>

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<p>WEEK 2</p> <p>SESSION 6</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Power Clean Hip Flexor Stretch</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>50</td></tr> <tr><td>2</td><td>3</td><td>60</td></tr> <tr><td>3</td><td>3</td><td>70</td></tr> <tr><td>4</td><td>3</td><td>80</td></tr> <tr><td>5</td><td>3</td><td>80</td></tr> <tr><td>6</td><td>3</td><td>80</td></tr> <tr><td>7</td><td>3</td><td>80</td></tr> <tr><td>8</td><td>3</td><td>80</td></tr> </tbody> </table> <p>(2) 8 Rounds 5x Bench Press 3/5x Mixed Grip Pull ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>5</td><td>50</td></tr> <tr><td>2</td><td>5</td><td>60</td></tr> <tr><td>3</td><td>5</td><td>70</td></tr> <tr><td>4</td><td>5</td><td>80</td></tr> <tr><td>5</td><td>5</td><td>80</td></tr> <tr><td>6</td><td>5</td><td>80</td></tr> <tr><td>7</td><td>5</td><td>80</td></tr> <tr><td>8</td><td>5</td><td>80</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Broad Jump 3rd World Stretch 3x Shoulder Sweep</p>	Round	Reps	%1RM	1	3	50	2	3	60	3	3	70	4	3	80	5	3	80	6	3	80	7	3	80	8	3	80	Round	Reps	%1RM	1	5	50	2	5	60	3	5	70	4	5	80	5	5	80	6	5	80	7	5	80	8	5	80	<p>SESSION 7</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Squat Clean 3rd World Stretch</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>50</td></tr> <tr><td>2</td><td>3</td><td>60</td></tr> <tr><td>3</td><td>3</td><td>70</td></tr> <tr><td>4</td><td>3</td><td>80</td></tr> <tr><td>5</td><td>3</td><td>80</td></tr> <tr><td>6</td><td>3</td><td>80</td></tr> <tr><td>7</td><td>3</td><td>80</td></tr> <tr><td>8</td><td>3</td><td>80</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press 4/6x Chin ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>50</td></tr> <tr><td>2</td><td>4</td><td>60</td></tr> <tr><td>3</td><td>4</td><td>70</td></tr> <tr><td>4</td><td>4</td><td>80</td></tr> <tr><td>5</td><td>4</td><td>80</td></tr> <tr><td>6</td><td>4</td><td>80</td></tr> <tr><td>7</td><td>4</td><td>80</td></tr> <tr><td>8</td><td>4</td><td>80</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Box Jump - increase height each round until it's hard, but doable Pigeon Stretch</p>	Round	Reps	%1RM	1	3	50	2	3	60	3	3	70	4	3	80	5	3	80	6	3	80	7	3	80	8	3	80	Round	Reps	%1RM	1	4	50	2	4	60	3	4	70	4	4	80	5	4	80	6	4	80	7	4	80	8	4	80	<p>SESSION</p> <p>Obj: Work</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jur 8x Push up 8x Situps Instep</p> <p>Training:</p> <p>(1) 8 Roun 8x 40-foot seconds</p> <p>(2) 4 Roun 10x Weigh 10x EO's 10x Face I 5x Seated</p> <p>(3) 4 Roun 5/10x Dips 10x 2-Leg 60 second dumbbells</p>
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STRENGTH TRAINING PLAN

Wednesday	Thursday	Friday	
8	SESSION 9	SESSION 10	
Cap/Core	Warm up:	Obj: Work Capacity, Core	
	3 Rounds	Warm up:	
	Barbell Complex @ 45/65	4 Rounds	
mp @ 20"	Instep Stretch	5x Burpees	
ps	Training:	3/5x Mixed Grip Pull ups	
	(1) 8 Rounds	10x Situps	
	5x Front Squat	Hip Flexor + Instep+ Pigeon Stretch	
	3rd World Stretch	Training:	
nds	Use the below chart for loading	(1) 5 Rounds	
: Shuttle sprints every 60		20 Second Swings @ 25/35#	
	Round	Reps	%1RM
	1	5	50
nds	2	5	60
ted Situps @ 35/45#	3	5	70
	4	5	80
Down Back Extension	5	5	80
l Russian Twist @ 25#	6	5	80
	7	5	80
nds	8	5	80
s or 3/6x Ring Dips	(2) 8 Rounds		
ged Poor Man's Leg Curl	5x Hinge Lift or Box Squat	(2) 4 Rounds	
l Farmers Carry @ 35/55#	Hip Flexor Stretch	10x Ankles To Bar	
	Use the below chart for loading	60 Second Farmer Carry @ 35/55#	
		dumbbells	
	Round	Reps	%1RM
	1	5	50
	2	5	60
	3	5	70
	4	5	80
	5	5	80
	6	5	80
	7	5	80
	8	5	80
	(3) 4 Rounds		
	1/2x Plyo Push up Lap		
	2/4x Tarzan Pullups		
	Foam Roll low back	5x Kneeling Plate Halfmoons @ 25/35#	
		20/20 Standing Founder	

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<p>WEEK 3 SESSION 11</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 2x Power Clean 4x Push hips</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>55</td></tr> <tr><td>2</td><td>2</td><td>65</td></tr> <tr><td>3</td><td>2</td><td>75</td></tr> <tr><td>4</td><td>2</td><td>85</td></tr> <tr><td>5</td><td>2</td><td>85</td></tr> <tr><td>6</td><td>2</td><td>85</td></tr> <tr><td>7</td><td>2</td><td>85</td></tr> <tr><td>8</td><td>2</td><td>85</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Bench Press 3/5x Mixed Grip Pull ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>55</td></tr> <tr><td>2</td><td>4</td><td>65</td></tr> <tr><td>3</td><td>4</td><td>75</td></tr> <tr><td>4</td><td>4</td><td>85</td></tr> <tr><td>5</td><td>4</td><td>85</td></tr> <tr><td>6</td><td>4</td><td>85</td></tr> <tr><td>7</td><td>4</td><td>85</td></tr> <tr><td>8</td><td>4</td><td>85</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Broad Jump 3rd World Stretch</p>	Round	Reps	%1RM	1	2	55	2	2	65	3	2	75	4	2	85	5	2	85	6	2	85	7	2	85	8	2	85	Round	Reps	%1RM	1	4	55	2	4	65	3	4	75	4	4	85	5	4	85	6	4	85	7	4	85	8	4	85	<p>SESSION 12</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 2x Squat Clean 3rd World Stretch</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>55</td></tr> <tr><td>2</td><td>2</td><td>65</td></tr> <tr><td>3</td><td>2</td><td>75</td></tr> <tr><td>4</td><td>2</td><td>85</td></tr> <tr><td>5</td><td>2</td><td>85</td></tr> <tr><td>6</td><td>2</td><td>85</td></tr> <tr><td>7</td><td>2</td><td>85</td></tr> <tr><td>8</td><td>2</td><td>85</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press 3x Chin ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>55</td></tr> <tr><td>2</td><td>3</td><td>65</td></tr> <tr><td>3</td><td>3</td><td>75</td></tr> <tr><td>4</td><td>3</td><td>85</td></tr> <tr><td>5</td><td>3</td><td>85</td></tr> <tr><td>6</td><td>3</td><td>85</td></tr> <tr><td>7</td><td>3</td><td>85</td></tr> <tr><td>8</td><td>3</td><td>85</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Box Jump - increase height each round until 2x is hard, but doable 2/2/2 Toe Touch Complex</p>	Round	Reps	%1RM	1	2	55	2	2	65	3	2	75	4	2	85	5	2	85	6	2	85	7	2	85	8	2	85	Round	Reps	%1RM	1	3	55	2	3	65	3	3	75	4	3	85	5	3	85	6	3	85	7	3	85	8	3	85	<p>SESSION 13</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jumps @ 20" 8x Push ups 8x Situps Instep</p> <p>Training:</p> <p>(1) 9 Rounds 8x 40-Foot Shuttle Sprints every seconds</p> <p>(2) 4 Rounds 15x Weighted Situps @ 35/45# 10x EO's 10x Seated Russian Twist @ 25 10x Face Down Back Extension</p> <p>(3) 4 Rounds 7/15x Dips or 5/10x Ring Dips 10x 1-Legged Poor Man's Leg C 75 second Farmers Carry @ 35 dumbbells</p>
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<p>WEEK 4 - SESSION 16</p> <p>Warm up: 3 Rounds Bronc Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds Power Clean Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>2</td><td>80</td></tr> <tr><td>4</td><td>1</td><td>90</td></tr> <tr><td>5</td><td>1</td><td>90</td></tr> <tr><td>6</td><td>1</td><td>90</td></tr> <tr><td>7</td><td>1</td><td>90</td></tr> <tr><td>8</td><td>1</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 3x Bench Press Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(3) 3 Rounds 2x Broad Jump 3rd World Stretch</p> <p>Comments: Don't be afraid to bump up the load on today's "working rounds" - Rounds 4-8. If your 90% of 1RM load feels light in round 4, add 5-10 pounds, and see how it feels on Round 5. Do the same for Part (2)'s bench press.</p>	Round	Reps	%1RM	1	3	60	2	3	70	3	2	80	4	1	90	5	1	90	6	1	90	7	1	90	8	1	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	<p>SESSION 17</p> <p>Warm up: 3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds Squat Clean Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>60</td></tr> <tr><td>2</td><td>2</td><td>70</td></tr> <tr><td>3</td><td>2</td><td>80</td></tr> <tr><td>4</td><td>1</td><td>90</td></tr> <tr><td>5</td><td>1</td><td>90</td></tr> <tr><td>6</td><td>1</td><td>90</td></tr> <tr><td>7</td><td>1</td><td>90</td></tr> <tr><td>8</td><td>1</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>2</td><td>90</td></tr> <tr><td>5</td><td>2</td><td>90</td></tr> <tr><td>6</td><td>2</td><td>90</td></tr> <tr><td>7</td><td>2</td><td>90</td></tr> <tr><td>8</td><td>2</td><td>90</td></tr> </tbody> </table> <p>(3) 3 Rounds 2x Box Jump - increase height each round until 2x is hard, but doable 2/2/2 Toe Touch Complex</p> <p>Comments: Like yesterday, feel free to push the loading today beyond the prescribed 90% of 1RM for rounds 4-8 for both exercises.</p>	Round	Reps	%1RM	1	2	60	2	2	70	3	2	80	4	1	90	5	1	90	6	1	90	7	1	90	8	1	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	2	90	5	2	90	6	2	90	7	2	90	8	2	90	<p>SESSION 18</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jumps @ 20" 8x Push ups 8x Situps Instep</p> <p>Training:</p> <p>(1) 10 Rounds 8x 40-foot Shuttle sprints every 6 seconds</p> <p>(2) 4 Rounds 10x Weighted Situps @ 35/45# 10x EO's 15x GHD Back Ext 10x Standing Slashers @ 16/20kg</p> <p>(3) 4 Rounds 10/20x Dips or 6/12x Ring Dips 10x 2-Legged Poor Man's Leg Cu 90 second Farmers Carry @35/5!</p>
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NG PLAN

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	<p>SESSION 19</p> <p>Warm up: 3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Front Squat Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 3x Hinge Lift or Box Squat Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(3) 2 Rounds 1/2x Plyo Push up Lap 2/4x Tarzan Pull ups Foam Roll Low Back</p> <p>Comments: Feel free to add load to Rounds 4-8 if your 90% feels easy.</p>	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	<p>SESSION 20</p> <p>Obj: Work Capacity, Core</p> <p>Warm up:</p> <p>4 Rounds 5x Burpees 3/5x Mixed Grip Pull ups 10x Situps Hip Flexor + Instep+ Pigeon Stretch</p> <p>Training:</p> <p>(1) 10 Rounds 20 Second Swings @ 25/35# 20 Second Burpees 20 Second Rest</p> <p>(2) 4 Rounds 10x Ankles To Bar 90 Second Farmer Carry @ 35/55# 5x Kneeling Plate Halfmoons @ 25/35# 20/20 Standing Founder</p>
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RAT 6 STRENGTH TRAINING

Monday	Tuesday	Wednesday
<p>WEEK 5 SESSION 21</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to 1RM Power Clean</p> <p>(2) Work up to 1RM Bench Press</p> <p>(3) Work up to 1RM Front Squat</p> <p>Comments: Record results and use these numbers for week 6-8 loading.</p>	<p>SESSION 22</p> <p>Total Rest</p>	<p>SESSION 23</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to 1RM Squat Clean</p> <p>(2) Work up to 1RM Military Press</p> <p>(3) Work up to 1RM Hinge Lift or 1 Squat</p> <p>Comments: Record results and use these numbers for week 6-8 loading.</p>

NG PLAN

	Thursday	Friday
	SESSION 24	SESSION 25
	Total Rest	Obj: Work Capacity, Core
		Warm up:
		4 Rounds
		5x Burpees
		3/5x Mixed Grip Pull ups
		10x Situps
		Hip Flexor + Instep+ Pigeon Stretch
		Training:
s		(1) 12 Rounds
Box		20 Second Swings @ 25/35#
		20 Second Burpees
		20 Second Rest
nbars		(2) 4 Rounds
		10x Ankles To Bar
		90 Second Farmer Carry @ 35/55#
		5x Kneeling Plate Halfmoons @ 25/35#
		20/20 Standing Founder

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<p>WEEK 6 SESSION 26</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Power Clean Hip Flexor Stretch</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>50</td></tr> <tr><td>2</td><td>3</td><td>60</td></tr> <tr><td>3</td><td>3</td><td>70</td></tr> <tr><td>4</td><td>3</td><td>80</td></tr> <tr><td>5</td><td>3</td><td>80</td></tr> <tr><td>6</td><td>3</td><td>80</td></tr> <tr><td>7</td><td>3</td><td>80</td></tr> <tr><td>8</td><td>3</td><td>80</td></tr> </tbody> </table> <p>(2) 8 Rounds 5x Bench Press 3/5x Mixed Grip Pull ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>5</td><td>50</td></tr> <tr><td>2</td><td>5</td><td>60</td></tr> <tr><td>3</td><td>5</td><td>70</td></tr> <tr><td>4</td><td>5</td><td>80</td></tr> <tr><td>5</td><td>5</td><td>80</td></tr> <tr><td>6</td><td>5</td><td>80</td></tr> <tr><td>7</td><td>5</td><td>80</td></tr> <tr><td>8</td><td>5</td><td>80</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Loaded Squat Jump @ 45/65# Barbell 3rd World Stretch 3x Shoulder Sweep</p>	Round	Reps	%1RM	1	3	50	2	3	60	3	3	70	4	3	80	5	3	80	6	3	80	7	3	80	8	3	80	Round	Reps	%1RM	1	5	50	2	5	60	3	5	70	4	5	80	5	5	80	6	5	80	7	5	80	8	5	80	<p>SESSION 27</p> <p>Warm up: 3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Squat Clean 3rd World Stretch Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>50</td></tr> <tr><td>2</td><td>3</td><td>60</td></tr> <tr><td>3</td><td>3</td><td>70</td></tr> <tr><td>4</td><td>3</td><td>80</td></tr> <tr><td>5</td><td>3</td><td>80</td></tr> <tr><td>6</td><td>3</td><td>80</td></tr> <tr><td>7</td><td>3</td><td>80</td></tr> <tr><td>8</td><td>3</td><td>80</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press 4/6x Chin ups Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>50</td></tr> <tr><td>2</td><td>4</td><td>60</td></tr> <tr><td>3</td><td>4</td><td>70</td></tr> <tr><td>4</td><td>4</td><td>80</td></tr> <tr><td>5</td><td>4</td><td>80</td></tr> <tr><td>6</td><td>4</td><td>80</td></tr> <tr><td>7</td><td>4</td><td>80</td></tr> <tr><td>8</td><td>4</td><td>80</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Loaded Box Jump holding 15/25# Dumbbells - increase height each round until it's hard, but doable Pigeon Stretch</p>	Round	Reps	%1RM	1	3	50	2	3	60	3	3	70	4	3	80	5	3	80	6	3	80	7	3	80	8	3	80	Round	Reps	%1RM	1	4	50	2	4	60	3	4	70	4	4	80	5	4	80	6	4	80	7	4	80	8	4	80	<p>SESSION 28</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jump @ 20" 8x Push ups 8x Situps Instep</p> <p>Training:</p> <p>(1) 4 Rounds 300m Shuttle every 2:30</p> <p>(2) 4 Rounds 8x Russian Triangle @ 25# 10m Dumbbell Crawl @ 15/25# 20/20 Kneeling Founder 5x Standing Russian Twist @ en barbell/15#</p> <p>(3) 4 Rounds 60 Second Farmers Carry @ 45# 3rd World Stretch 5x Dislocate with PVC</p>
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RAT 6 STRENGTH TRAINING

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<p>WEEK 7 SESSION 31</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 2x Power Clean 4x Push hips</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>55</td></tr> <tr><td>2</td><td>2</td><td>65</td></tr> <tr><td>3</td><td>2</td><td>75</td></tr> <tr><td>4</td><td>2</td><td>85</td></tr> <tr><td>5</td><td>2</td><td>85</td></tr> <tr><td>6</td><td>2</td><td>85</td></tr> <tr><td>7</td><td>2</td><td>85</td></tr> <tr><td>8</td><td>2</td><td>85</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Bench Press 3/5x Mixed Grip Pull ups</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>55</td></tr> <tr><td>2</td><td>4</td><td>65</td></tr> <tr><td>3</td><td>4</td><td>75</td></tr> <tr><td>4</td><td>4</td><td>85</td></tr> <tr><td>5</td><td>4</td><td>85</td></tr> <tr><td>6</td><td>4</td><td>85</td></tr> <tr><td>7</td><td>4</td><td>85</td></tr> <tr><td>8</td><td>4</td><td>85</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Loaded Squat Jump @ 45/55# (explosive) 3rd World Stretch 3x Shoulder Sweep</p>	Round	Reps	%1RM	1	2	55	2	2	65	3	2	75	4	2	85	5	2	85	6	2	85	7	2	85	8	2	85	Round	Reps	%1RM	1	4	55	2	4	65	3	4	75	4	4	85	5	4	85	6	4	85	7	4	85	8	4	85	<p>SESSION 32</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 2x Squat Clean 3rd World Stretch Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>55</td></tr> <tr><td>2</td><td>2</td><td>65</td></tr> <tr><td>3</td><td>2</td><td>75</td></tr> <tr><td>4</td><td>2</td><td>85</td></tr> <tr><td>5</td><td>2</td><td>85</td></tr> <tr><td>6</td><td>2</td><td>85</td></tr> <tr><td>7</td><td>2</td><td>85</td></tr> <tr><td>8</td><td>2</td><td>85</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press 3x Chin ups Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>55</td></tr> <tr><td>2</td><td>3</td><td>65</td></tr> <tr><td>3</td><td>3</td><td>75</td></tr> <tr><td>4</td><td>3</td><td>85</td></tr> <tr><td>5</td><td>3</td><td>85</td></tr> <tr><td>6</td><td>3</td><td>85</td></tr> <tr><td>7</td><td>3</td><td>85</td></tr> <tr><td>8</td><td>3</td><td>85</td></tr> </tbody> </table> <p>(3) 5 Rounds 2x Loaded Box Jump holding 15/25# Dumbbells - increase height each round until it's hard, but doable Pigeon Stretch</p>	Round	Reps	%1RM	1	2	55	2	2	65	3	2	75	4	2	85	5	2	85	6	2	85	7	2	85	8	2	85	Round	Reps	%1RM	1	3	55	2	3	65	3	3	75	4	3	85	5	3	85	6	3	85	7	3	85	8	3	85	<p>SESSION 33</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jump @ 20" 8x Push ups 8x Situps Instep</p> <p>Training:</p> <p>(1) 4 Rounds 300m Shuttle every 2:20</p> <p>(2) 4 Rounds 8x Russian Triangle @ 25# 10m Dumbbell Crawl @ 15/25# 20/20 Kneeling Founder 5x Standing Russian Twist @ er barbell/15#</p> <p>(3) 4 Rounds 75 Second Farmers Carry @ 45 3rd World Stretch 5x Dislocate with PVC</p>
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	<p>SESSION 34</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 4x Front Squat Hip Flexor Stretch</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>55</td></tr> <tr><td>2</td><td>4</td><td>65</td></tr> <tr><td>3</td><td>4</td><td>75</td></tr> <tr><td>4</td><td>4</td><td>85</td></tr> <tr><td>5</td><td>4</td><td>85</td></tr> <tr><td>6</td><td>4</td><td>85</td></tr> <tr><td>7</td><td>4</td><td>85</td></tr> <tr><td>8</td><td>4</td><td>85</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Hinge Lift or Box Squat</p> <p>Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>4</td><td>55</td></tr> <tr><td>2</td><td>4</td><td>65</td></tr> <tr><td>3</td><td>4</td><td>75</td></tr> <tr><td>4</td><td>4</td><td>85</td></tr> <tr><td>5</td><td>4</td><td>85</td></tr> <tr><td>6</td><td>4</td><td>85</td></tr> <tr><td>7</td><td>4</td><td>85</td></tr> <tr><td>8</td><td>4</td><td>85</td></tr> </tbody> </table> <p>(3) 5 Rounds 3/5x Clapping Push ups 5/8x Mixed Grip Pullups Foam Roll low back.</p>	Round	Reps	%1RM	1	4	55	2	4	65	3	4	75	4	4	85	5	4	85	6	4	85	7	4	85	8	4	85	Round	Reps	%1RM	1	4	55	2	4	65	3	4	75	4	4	85	5	4	85	6	4	85	7	4	85	8	4	85	<p>SESSION 35</p> <p>Obj: Work Capacity</p> <p>Warm up:</p> <p>3 Rounds 5x Burpees 5x Air Squats Run 200m Instep Stretch</p> <p>Training:</p> <p>(1) 6 Rounds Sprint 400m Rest 1:45</p> <p>(2) 4 Rounds 20/20 Low Back Lunge 30/30 Side Bridge 10x Standing Slasher @ 25/35# 20x Sit ups</p> <p>(3) 4 Rounds 75 Second Farmers Carry @ 45/65# 3rd World Stretch 5x Dislocate with PVC</p>
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<p>WEEK 8 SESSION 36</p> <p>Warm up:</p> <p>3 Rounds Bronc Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds Power Clean Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>2</td><td>80</td></tr> <tr><td>4</td><td>1</td><td>90</td></tr> <tr><td>5</td><td>1</td><td>90</td></tr> <tr><td>6</td><td>1</td><td>90</td></tr> <tr><td>7</td><td>1</td><td>90</td></tr> <tr><td>8</td><td>1</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 3x Bench Press Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(3) 3 Rounds 2x Loaded Squat Jump @ 65# (explode!) 3rd World Stretch 3x Shoulder Sweep</p> <p>Comments: Don't be afraid to bump up the load on today's "working rounds" - Rounds 4-8. If your 90% of 1RM load feels light in round 4, add 5-10 pounds, and see how it feels on Round 5.</p>	Round	Reps	%1RM	1	3	60	2	3	70	3	2	80	4	1	90	5	1	90	6	1	90	7	1	90	8	1	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	<p>SESSION 37</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds Squat Clean Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>2</td><td>60</td></tr> <tr><td>2</td><td>2</td><td>70</td></tr> <tr><td>3</td><td>2</td><td>80</td></tr> <tr><td>4</td><td>1</td><td>90</td></tr> <tr><td>5</td><td>1</td><td>90</td></tr> <tr><td>6</td><td>1</td><td>90</td></tr> <tr><td>7</td><td>1</td><td>90</td></tr> <tr><td>8</td><td>1</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 4x Military Press Press Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>2</td><td>90</td></tr> <tr><td>5</td><td>2</td><td>90</td></tr> <tr><td>6</td><td>2</td><td>90</td></tr> <tr><td>7</td><td>2</td><td>90</td></tr> <tr><td>8</td><td>2</td><td>90</td></tr> </tbody> </table> <p>(3) 3 Rounds 2x Loaded Box Jump holding 15/25# Dumbbells - increase height each round until it's hard, but doable Pigeon Stretch</p> <p>Comments: Like yesterday, feel free to push the loading today beyond the prescribed 90% of 1RM for rounds 4-8 for both exercises.</p>	Round	Reps	%1RM	1	2	60	2	2	70	3	2	80	4	1	90	5	1	90	6	1	90	7	1	90	8	1	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	2	90	5	2	90	6	2	90	7	2	90	8	2	90	<p>SESSION 38</p> <p>Obj: Work Cap/Core</p> <p>Warm up:</p> <p>5 Rounds 8x Box Jump @ 20" 8x Push ups 8x Situps Instep</p> <p>Training:</p> <p>(1) 4 Rounds 300m Shuttle every 2:10</p> <p>(2) 4 Rounds 8x Russian Triangle @ 25# 10m Dumbbell Crawl @ 15/2# 20/20 Kneeling Founder 5x Standing Russian Twist @ barbell/15#</p> <p>(3) 4 Rounds 90 Second Farmers Carry @ 3rd World Stretch 5x Dislocate with PVC</p>
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	<p>SESSION 39</p> <p>Warm up:</p> <p>3 Rounds Barbell Complex @ 45/65 Instep Stretch</p> <p>Training:</p> <p>(1) 8 Rounds 3x Front Squat Rest Between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(2) 8 Rounds 3x Hinge Lift or Box Squat Rest between Rounds Use the below chart for loading</p> <table border="1"> <thead> <tr> <th>Round</th> <th>Reps</th> <th>%1RM</th> </tr> </thead> <tbody> <tr><td>1</td><td>3</td><td>60</td></tr> <tr><td>2</td><td>3</td><td>70</td></tr> <tr><td>3</td><td>3</td><td>80</td></tr> <tr><td>4</td><td>3</td><td>90</td></tr> <tr><td>5</td><td>3</td><td>90</td></tr> <tr><td>6</td><td>3</td><td>90</td></tr> <tr><td>7</td><td>3</td><td>90</td></tr> <tr><td>8</td><td>3</td><td>90</td></tr> </tbody> </table> <p>(3) 3 Rounds 3/5x Clapping Push ups 5/8x Mixed Grip Pullups Foam Roll low back</p> <p>Comments: Feel free to add load to Rounds 4-8 if your 90% feels easy.</p>	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	Round	Reps	%1RM	1	3	60	2	3	70	3	3	80	4	3	90	5	3	90	6	3	90	7	3	90	8	3	90	<p>SESSION 40</p> <p>Obj: Work Capacity</p> <p>Warm up:</p> <p>3 Rounds 5x Burpees 5x Air Squats Run 200m Instep Stretch</p> <p>Training:</p> <p>(1) 6 Rounds Sprint 400m Rest 1:30</p> <p>(2) 4 Rounds 20/20 Low Back Lunge 30/30 Side Bridge 10x Standing Slasher @ 25/35# 20x Sit ups</p> <p>(3) 4 Rounds 90 Second Farmers Carry @ 45/65# 3rd World Stretch 5x Dislocate with PVC</p>
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RAT 6 STRENGTH TRAINING

Monday	Tuesday	Wednesday
<p>WEEK 9 SESSION 41</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to 1RM Power Clean</p> <p>(2) Work up to 1RM Bench Press</p> <p>(3) Work up to 1RM Front Squat</p>	<p>SESSION 42</p> <p>Total Rest</p>	<p>SESSION 43</p> <p>Warm Up:</p> <p>3 Rounds Barbell Complex @ 45/65# Instep Stretch Lat + Pec Stretch</p> <p>Training:</p> <p>(1) Work up to 1RM Squat Clean</p> <p>(2) Work up to 1RM Military Press</p> <p>(3) Work up to 1RM Hinge Lift or 1RM Squat</p>

NG PLAN

	Thursday	Friday
	SESSION 44	SESSION 45
	Total Rest	Obj: Work Capacity
		Warm up:
		3 Rounds
		5x Burpees
		5x Air Squats
		Run 200m
		Instep Stretch
		Training:
		(1) 6 Rounds
		Sprint 400m
		Rest 1:20
		(2) 4 Rounds
		20/20 Low Back Lunge
		30/30 Side Bridge
		10x Standing Slasher @ 25/35#
		20x Sit ups
		(3) 4 Rounds
		105 Second Farmers Carry @ 45/65#
		3rd World Stretch
		5x Dislocate with PVC
s		
Box		