RAT 6 STREN

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

NGTH TRAINING PLAN

	Monda	ny		Tuesda	ıy	
WEEK 2			SESSION	7		SESSION
SESSION	16					
			Warm up	50		Obj: Work
Warm up	Ç					
						Warm up:
3 Rounds				omplex @ 4	5/65	
Barbell Co	arbell Complex @ 45/65		Instep Str	etch		5 Rounds
Instep Str	etch					8x Box Ju
			Training:			8x Push u
Training:						8x Situps
			(1) 8 Rour	nds		Instep
(1) 8 Roui			3x Squat (
3x Power Clean		3rd World	Stretch		Training:	
lip Flexor Stretch						
		Use the b	elow chart fo	or loading	(1) 8 Roui	
Use the b	elow chart for	loading				8x 40-foot
			Round	Reps	%1RM	seconds
Round	Reps	%1RM	1	3	50	
1	3	50	2	3	60	(2) 4 Rou
2	3	60	3	3	70	10x Weigl
3	3	70	4	3	80	10x EO's
4	3	80	5	3	80	10x Face
5	3	80	6	3	80	5x Seated
6	3	80	7	3	80	0.000 0.000 0.000
7	3	80	8	3	80	(3) 4 Rou
8	3	80	101 0 0	£3		5/10x Dip
	100		(2) 8 Rour			10x 2-Leg
(2) 8 Roui			4x Military	60 second		
5x Bench	THE REST OF SHIP WAS ASSESSED.	F-82	4/6x Chin	dumbbells		
3/5x Mixe	d Grip Pull up	os	Line shee h			
lles the b	alam abant far	Landina	Use the b	elow chart is	or loading	
Use the b	elow chart for	loading	Round	Dono	%1RM	
Round	Reps	%1RM	1	Reps 4	50	
1	5	50	2	4	60	
2	5	60	3	4	70	
3	5	70	4	4	80	
4	5	80	5	4	80	
5	5	80	6	4	80	
6	5	80	7	4	80	
7	5	80	8	4	80	
8	5	80		1000		
	A		(3) 5 Rour	nds		
(3) 5 Roui	nds		Control of the Contro		se height each	
2x Broad				it's hard, b		
	4-4-28-13		Pigeon St			
53 THE TOWN			100			
3rd World	4-4-28-13				ut doable	

RENGTH TRAINING PLAN

Wednesday		Thurs	day	Friday
8	SESSION	9		SESSION 10
Cap/Core	Warm up:			Obj: Work Capacity, Core
	2 D			
	3 Rounds		EICE	Warm up:
		omplex @ 4	3/63	4 Rounds
@ 00!!	Instep Str	etch		0.6862646
mp @ 20"	Training:			5x Burpees 3/5x Mixed Grip Pull ups
ps	manning.			10x Situps
	(1) 8 Roui	nde		
	5x Front S			Hip Flexor + Instep+ Pigeon Stretch
	3rd World			Training:
nds	Use the b	elow chart f	or loading	(1) 5 Rounds
Shuttle sprints every 60				20 Second Swings @ 25/35#
and the control of the second	Round	Reps	%1RM	20 Second Burpees
	1	5	50	20 Second Rest
nds	2	5	60	NEW THOUSAND AND AND AND AND AND AND AND AND AND
nted Situps @ 35/45#	3	5	70	(2) 4 Rounds
33 33	4	5	80	10x Ankles To Bar
Down Back Extension	5	5	80	60 Second Farmer Carry @ 35/55#
Russion Twist @ 25#	6	5	80	dumbbells
	7	5	80	5x Kneeling Plate Halfmoons @
nds	8	5	80	25/35#
or 3/6x Ring Dips	100.000			20/20 Standing Founder
ged Poor Man's Leg Curl	(2) 8 Roui	nds		89
Farmers Carry @ 35/55#	5x Hinge	Lift or Box S	quat	
i.	Hip Flexo	Stretch		
	Use the b	elow chart f	or loading	
	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 Roui			
		Push up La	р	
	125-753335 527 5335	an Pullups		
	Foam Rol	l low back		

RAT 6 STRENGTH TRAIN

	Monda	ıy		Tuesd	ay	Wednesday
WEEK 3			SESSION	12		SESSION 13
SESSION	ION 11					CONTROL OF STREET
			Warm up:			Obj: Work Cap/Core
Warm up:	ırm up:		= 50			23 5//
			3 Rounds			Warm up:
3 Rounds			Barbell Co	mplex @ 4	15/65	
Barbell Co	mplex @ 45/	65	Instep Stre	etch		5 Rounds
Instep Stre	etch		V0.03464.00W340			8x Box Jumps @ 20"
			Training:			8x Push ups
Training:						8x Situps
			(1) 8 Rour	nds		Instep
(1) 8 Roun	nds		2x Squat (Clean		
2x Power	Clean		3rd World	Stretch		Training:
4x Push hi	ips					
			Use the be	elow chart	for loading	(1) 9 Rounds
Use the be	elow chart for	loading	200 54			8x 40-Foot Shuttle Sprints ever
			Round	Reps	%1RM	seconds
Round	Reps	%1RM	1	2	55	Tanana (1990) (1
1	2	55	2	2	65	(2) 4 Rounds
2	2	65	3	2	75	15x Weighted Situps @ 35/45#
3	2	75	4	2	85	10x EO's
4	2	85	5	2	85	10x Seated Russian Twist @ 2
5	2	85	6	2	85	10x Face Down Back Extension
6	2	85	7	2	85	Taken State States
7	2	85	8	2	85	(3) 4 Rounds
8	2	85	(O) O D			7/15x Dips or 5/10x Ring Dips
(O) O D	Salary)		(2) 8 Rounds			10x 1-Legged Poor Man's Leg
(2) 8 Roun			4x Military Press Press			75 second Farmers Carry @ 35
4x Bench			3x Chin ups			dumbbells
3/5X MIXE	d Grip Pull up	IS :	Lloo the b	alow abort	for loading	
Llaa tha ba	elow chart for	looding	Ose the be	elow chart	or loading	
Ose the be	elow chart for	loading	Round	Reps	%1RM	
Round	Reps	%1RM	1	3	55	
1	4	55	2	3	65	
2	4	65	3	3	75	
3	4	75	4	3	85	
4	4	85	5	3	85	
5	4	85	6	3	85	
6	4	85	7	3	85	
7	4	85	8	3	85	
В	4	85	188	3	833	
			(3) 5 Rour	nds		
(3) 5 Roun	nds				se height each	
2x Broad					, but doable	
	Stretch		11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Touch Com		

ING PLAN

		Thurs	day	Friday
	SESSION	114		SESSION 15
	Warm up	Ď.		Obj: Work Capacity, Core
	3 Rounds			Warm up:
	Barbell Co	omplex @ 45	5/65	
	Instep Str	etch		4 Rounds
				5x Burpees
	Training:			3/5x Mixed Grip Pull ups
				10x Situps
	(1) 8 Roui	nds		Hip Flexor + Instep+ Pigeon Stretch
	4x Front S			
	Hip Flexo	r Stretch		Training:
	Use the b	elow chart fo	or loading	(1) 7 Rounds
60	C1675 255			20 Second Swings @ 25/35#
	Round	Reps	%1RM	20 Second Burpees
	1	4	55	20 Second Rest
	2	4	65	
	3	4	75	(2) 4 Rounds
	4	4	85	10x Ankles To Bar
#	5	4	85	75 Second Farmer Carry @ 35/55#
E	6	4	85	5x Kneeling Plate Halfmoons @
	7	4	85	25/35#
	8	4	85	20/20 Standing Founder
Curl	(2) 8 Rour	nds		
/55#	4x Hinge	Lift or Box S	quat	
	Use the b	elow chart fo	or loading	
	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	
(3) 4 Rounds				
		Push up La	р	
		an Pull ups		
	Lat + Pec	Stretch		

RAT 6 STRENGTH TRAINII

	Monda	y		Tuesda	y	Wednesday
WEEK 4 -	EEK 4 - SESSION 16		SESSION 17			SESSION 18
			0-3732003250			- Print Charles
Varm up:		Warm up:			Ohi: Work Con/Core	
3 Rounds	×.		3 Rounds			Obj: Work Cap/Core
	nplex @ 45/65			mplex @ 45/	65	- Care C
Instep Stre	etch		Instep Stre	etch		Warm up:
Training:			Training:			
nderson and and	2011 30308 5435459		0.50000000000000	e leathairt vera word on the		5 Rounds
	ds Power Clea	an		nds Squat Cle	an	8x Box Jumps @ 20"
	een Rounds	and the second second	Rest between	een Rounds		8x Push ups
Use the be	low chart for le	oading	22 02002	27 E 10211	G 250	8x Situps
200-107-077-0	MANAYOF-4	10000250000	Use the be	elow chart for	loading	
Round	Reps	%1RM	25 36	223	502293	Instep
1	3	60	Round	Reps	961RM	
2	3	70	1	2	60	Training:
3	2	80	2	2	70	
4	1	90	3	2	80	(1) 10 0
5	1	90	4	1	90	(1) 10 Rounds
6	1	90	5	1	90	8x 40-foot Shuttle sprints every 6
7	1	90	6	1	90	seconds
8	1	90	7	1	90	1 (E525-1950)
			8	1	90	(D) 4 D4-
(2) 8 Roun						(2) 4 Rounds
3x Bench F	Control of the Contro		(2) 8 Rounds			10x Weighted Situps @ 35/45#
	een Rounds	Western V		Press Press		10x EO's
Use the be	low chart for le	oading		een Rounds		15x GHD Back Ext
			Use the be	elow chart for	loading	105 (A) THE STATE OF THE ACT OF THE
Round	Reps	%1RM				10x Standing Slashers @ 16/20k
1	3	60	Round	Reps	%1RM	
2	3	70	1	3	60	(3) 4 Rounds
3 4	3	80	2	3	70	10/20x Dips or 6/12x Ring Dips
4	3	90	3	3	80	나 사람들이 되었어요? 한 한 사람이 사람이 다 살아진 아이를 마음이 하네요
5	3	90	4	2	90	10x 2-Legged Poor Man's Leg Cu
6	3	90	5	2	90	90 second Farmers Carry @35/5
7	3	90	6	2	90	
В	3	90	7	2 2	90	
(3) 3 Roun	ds		0	- 4	30	
2x Broad J	ump		(3) 3 Roun	nds		
3rd World					height each	
				2x is hard, b		
Comments				Touch Comple		
Don't be at	fraid to bump u	ip the load on			1	
		- Rounds 4-8.	Comments	s:		
		feels light in round		rday, feel free	to push the	
		see how it feels			ne prescribed	
		e for Part (2)'s		RM for rounds		
bench pres		- 10. 1 dir (L) 0	exercises.		, which would	

NG PLAN

		Thurs	day	Friday
	SESSION	19		SESSION 20
	**************************************			Campana and Campana
	Warm up:			Obj: Work Capacity, Core
	3 Rounds	mplex @ 45/	85	Coj. Work Capacity, Corc
	Instep Stre		0.5	W
	motop out	J. Cort		Warm up:
	Training:			Updates reserve
	Charles and the same			4 Rounds
	(1) 8 Rour			5x Burpees
	3x Front S			3/5x Mixed Grip Pull ups
	PO 000000000000000000000000000000000000	een Rounds elow chart for	looding	10x Situps
	Ose the be	elow chart for	loading	Hip Flexor + Instep+ Pigeon Stretch
	Round	Reps	961 RM	200 M
	1	3	60	Training:
	2	3 3 3 3 3 3 3 3	70	Training.
	3	3	80	(1) 10 D1-
	4	3	90	(1) 10 Rounds
	5	3	90	20 Second Swings @ 25/35#
	7	3	90 90	20 Second Burpees
	8	3	90	20 Second Rest
				NAME OF THE PARTY
	(2) 8 Rour		2002.5	(2) 4 Rounds
		Lift or Box Squ een Rounds	Jat	10x Ankles To Bar
		elow chart for	loading	90 Second Farmer Carry @ 35/55#
	000 010 0	DIOW CHAIR IO	lociding	5x Kneeling Plate Halfmoons @
	Round	Reps	%1RM	25/35#
	1	3	60	20/20 Standing Founder
	2	3	70	Lordo Ottalianing i Carlact
	3	3 3 3 3 3 3	80	
	4 5	3	90	
ŧ	6	3	90 90	
	7	3	90	
	8	3	90	
	(3) 2 Rour	odo		
		Push up Lap		
	2/4x Tarza			
		Low Back		
	Comment	3.		
		The country of the co	Rounds 4-8 if your	
	90% feels		Accountage of the second	
		Province of		

RAT 6 STRENGTH TRAININ

Monday	Tuesday	Wednesday
WEEK 5	SESSION 22	SESSION 23
BESSION 21	SESSION 22	3L33ION 23
DESSION 21	Total Davis	Manus Hav
Marro Harr	Total Rest	Warm Up:
Varm Up:		2.5
		3 Rounds
Rounds		Barbell Complex @ 45/65#
Barbell Complex @ 45/65#		Instep Stretch
nstep Stretch		Lat + Pec Stretch
at + Pec Stretch		550,000
		Training:
Fraining:		TO A STATE OF THE
		(1) Work up to 1RM Squat Clear
1) Work up to 1RM Power Clean		
		(2) Work up to 1RM Military Pres
2) Work up to 1RM Bench Press		
		(3) Work up to 1RM Hinge Lift of
3) Work up to 1RM Front Squat		Squat
		32
Comments:		Comments:
Record results and use these		Record results and use these nu
numbers for week 6-8 loading.		for week 6-8 loading.
fulfibers for week o o loading.		for week 6-6 loading.

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:
		(1) 12 Rounds
ox		20 Second Swings @ 25/35#
		20 Second Burpees
		20 Second Rest
bers		(2) 4 Rounds
		10x Ankles To Bar
		90 Second Farmer Carry @ 35/55#
		5x Kneeling Plate Halfmoons @ 25/35#
		20/20 Standing Founder
		Control of the Contro

RAT 6 STRENGTH TRAINI

	Monda	iy		Tuesda	У	Wednesday
WEEK 6			SESSION	N 27		SESSION 28
SESSION	1 26					
			Warm up:			Obj: Work Cap/Core
Warm up:			3 Rounds			
444000000000000000000000000000000000000			Barbell C	omplex @ 45	5/65	Warm up:
3 Rounds	3		Instep Str			Constitution of the consti
Barbell C	omplex @ 45/	/65	2			5 Rounds
Instep Str			Training:			8x Box Jump @ 20"
						8x Push ups
Training:			(1) 8 Rou	nds		8x Situps
479130 XXX 776.			3x Squat	Clean		Instep
(1) 8 Rou	nds		3rd World	Stretch		
3x Power			Use the b	elow chart fo	or loading	Training:
Hip Flexo	r Stretch				2575	120
			Round	Reps	%1RM	(1) 4 Rounds
Use the b	elow chart for	loading	1	3	50	300m Shuttle every 2:30
			2	3	60	100 × 100 ×
Round	Reps	%1RM	3	3	70	(2) 4 Rounds
1	3	50	4	3	80	8x Russian Triangle @ 25#
2	3	60	5	3	80	10m Dumbbell Crawl @ 15/25#
3	3	70	6	3	80	20/20 Kneeling Founder
4	3	80	7	3	80	5x Standing Russian Twist @ er
5	3	80	8	3	80	barbell/15#
6	3	80	C.G.			Property of the Control of the Contr
7	3	80	(2) 8 Rou	nds		(3) 4 Rounds
8	3	80	4x Militar	y Press Pres	S	60 Second Farmers Carry @ 45
			4/6x Chin ups			3rd World Stretch
(2) 8 Rou	nds		Use the b	elow chart fo	r loading	5x Dislocate with PVC
5x Bench	Press					
3/5x Mixe	ed Grip Pull up	s	Round	Reps	%1RM	
			1	4	50	
Use the b	elow chart for	loading	2	4	60	
			3	4	70	
Round	Reps	%1RM	4	4	80	
1	5	50	5	4	80	
2	5	60	6	4	80	
3	5	70	7	4	80	
4	5	80	8	4	80	
5	5	80				
6	5	80	(3) 5 Rou	nds		
7	5	80	2x Loade	d Box Jump	holding 15/25#	
8	5	80	Dumbbell	ls - increase	height each	
			round unt	til it's hard, bi	ut doable	
(3) 5 Rou	nds		Pigeon S	tretch		
2x Loade	d Squat Jump	@ 45/65#				
Barbell						
3rd World						
3x Should	der Sweep					

ING PLAN

		Thurs	day	Friday
	SESSION	V 29		SESSION 30
	Warm up):		
				Obj: Work Capacity
	3 Rounds	3		
	Barbell C	omplex @ 4	5/65	Warm up:
	Instep Str	retch		
				3 Rounds
	Training:			5x Burpees
				5x Air Squats
	(1) 8 Rou	nds		Run 200m
	5x Front	Squat		Instep Stretch
	3rd World	Stretch		STORES OF THE STORES
	Use the b	elow chart for	or loading	Training:
	Round	Reps	%1RM	(1) 6 Rounds
	1	5	50	Sprint 400m
	2	5	60	Rest 2 minutes
	3	5	70	1990 BBB C 3 T 1990 C 50 T 60 T 60 A
	4	5	80	(2) 4 Rounds
	5	5	80	20/20 Low Back Lunge
	6	5	80	30/30 Side Bridge
pty	7	5	80	10x Standing Slasher @ 25/35#
	8	5	80	20x Sit ups
	(2) 8 Rou	nds		(3) 4 Rounds
65#	5x Hinge	Lift or Box S	quat	60 Second Farmers Carry @ 45/65#
	Hip Flexo			3rd World Stretch
			or loading	5x Dislocate with PVC
	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) 5 Rou	inds		
	3/5x Clap	ping Push u	ps	
		ed Grip Pullu		
	Foam Ro	Il low back		

RAT 6 STRENGTH TRAIN

Monday			Tuesday			Wednesday
WEEK 7			SESSION 32			SESSION 33
SESSION	31					
1			Warm up:			Obj: Work Cap/Core
Warm up			15-38-30-01-30-18-85-5			N. W. P. St. Control of the Control
			3 Rounds			Warm up:
3 Rounds			Barbell Co	omplex @ 45	5/65	
Barbell Co	mplex @ 45/	65	Instep Str	etch		5 Rounds
Instep Str	etch					8x Box Jump @ 20"
			Training:			8x Push ups
Training:						8x Situps
			(1) 8 Rour	nds		Instep
(1) 8 Rour	nds		2x Squat	Clean		Superior State
2x Power	Clean		3rd World	Stretch		Training:
4x Push h	ips		Use the b	elow chart fo	or loading	
						(1) 4 Rounds
Use the b	elow chart for	loading	Round	Reps	%1RM	300m Shuttle every 2:20
			1	2	55	
Round	Reps	%1RM	2	2	65	(2) 4 Rounds
1	2	55	3	2	75	8x Russian Triangle @ 25#
2	2	65	4	2	85	10m Dumbbell Crawl @ 15/25#
3	2	75	5	2	85	20/20 Kneeling Founder
4	2	85	6	2	85	5x Standing Russian Twist @ er
5	2	85	7	2	85	barbell/15#
6	2	85	8	2	85	
7	2	85				(3) 4 Rounds
8	2	85	(2) 8 Rounds			75 Second Farmers Carry @ 45
			4x Military Press Press			3rd World Stretch
(2) 8 Rounds			3x Chin ups			5x Dislocate with PVC
4x Bench			Use the b	elow chart fo	or loading	
3/5x Mixe	d Grip Pull up	s				
			Round	Reps	%1RM	
Use the below chart for loading		loading	1	3	55	
22030000000	920101-0,000	consumo	2	3	65	
Round	Reps	%1RM	3	3	75	
1	4	55	4	3	85	
2	4	65	5	3	85	
3	4	75	6	3	85	
4	4	85	7	3	85	
5 6	4	85	8	3	85	
70	11120	85	(2) E D	202		
7	4	85	(3) 5 Rour		15.05.	
8	4	85	2x Loaded Box Jump holding 15/25#			
(2) E Dd-			Dumbbells - increase height each round until it's hard, but doable			
(3) 5 Rour		@ ABIEE # /	1000	1335 (75)	it doable	
		@ 45/55# (explo	Pigeon St	retch		
3rd World Stretch 3x Shoulder Sweep						
ox onould	er Sweep					

ING PLAN

	SESSION	34		SESSION 35
				02001011100
	Warm up:			Obj: Work Capacity
	3 Rounds			Warm up:
	Barbell Complex @ 45/65			32
	Instep Stre			3 Rounds
				5x Burpees
	Training:			5x Air Squats
	300000000000000000000000000000000000000			Run 200m
	(1) 8 Rour	nds		Instep Stretch
	4x Front S			200 per 4 - 10 - 100
	Hip Flexor			Training:
	Use the be	elow chart fo	or loading	(1) 6 Rounds
				Sprint 400m
	Round	Reps	%1RM	Rest 1:45
	1	4	55	555 Sec. 350
	2	4	65	(2) 4 Rounds
	3	4	75	20/20 Low Back Lunge
	4	4	85	30/30 Side Bridge
oty	5	4	85	10x Standing Slasher @ 25/35#
	6	4	85	20x Sit ups
	7	4	85	
	8	4	85	(3) 4 Rounds
5#				75 Second Farmers Carry @ 45/65
	(2) 8 Rour	nds		3rd World Stretch
	4x Hinge I	Lift or Box S	quat	5x Dislocate with PVC
	Use the be	elow chart fo	or loading	
	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	
	(3) 5 Rour			
	20,25,000,000,000,000	oing Push up		
		d Grip Pullup	os	
	Foam Roll	low back.		

RAT 6 STRENGTH TRAI

Monday			Tuesday			Wednesday
WEEK 8		31	SESSION	37	4.0	SESSION 38
SESSION	36					(SEE 1808) 55 (5) 47 (SE
			Warm up:			Ohi: Work Con/Core
Warm up:		lease of			Obj: Work Cap/Core	
L-20 coper			3 Rounds			
3 Rounds			Barbell Complex @ 45/65			Warm up:
	nplex @ 45/65		Instep Stretch			
Instep Stre	etcn		Tesision			5 Rounds
Training			Training:			200 10 10 10 10 10 10 10 10 10 10 10 10 1
Training:			(1) 8 Pour	nds Squat Cle	on:	8x Box Jump @ 20"
(1) 8 Pour	ds Power Clea	an.		een Rounds	CKII	8x Push ups
	een Rounds		rical betw	CCITTIOUTIOS		8x Situps
	low chart for l	nading	Use the be	elow chart for	loading	Instep
OSC MIC DO	now Grant for h	January	OSC BIC D	JIOW CHAIR IOI	roduling	
Round	Reps	%1RM	Round	Reps	%1RM	Training:
1	3	60	1	2	60	maning.
2	3	70	2	2	70	
3	2	80	3	2	80	(1) 4 Rounds
4	1	90	4	1	90	300m Shuttle every 2:10
5	1	90	5	1	90	
6	1	90	6	1	90	(2) 4 Rounds
7	1	90	7	1	90	8x Russian Triangle @ 25#
8	1	90	8	1	90	
(0) 0 0	- France		(0) 0 0	and a		10m Dumbbell Crawl @ 15/2
(2) 8 Rounds			(2) 8 Rounds			20/20 Kneeling Founder
3x Bench Press Rest Between Rounds			4x Military Press Press Best between Bounds			5x Standing Russian Twist @
	low chart for l	nadina	nest between hourius			barbell/15#
OSE the De	NOW CHAIL FOIL	Jauling	I lee the he	elow chart for	loading	
Round	Reps	%1RM	OSC BIC D	SIOW CHAIT IOI	roduling	(3) 4 Daylada
1	3	60	Round	Reps	%1RM	(3) 4 Rounds
2	3	70	1	3	60	90 Second Farmers Carry @
3	3	80	2	3	70	3rd World Stretch
4	3	90	3	3	80	5x Dislocate with PVC
5	3	90	4	2	90	
6	3	90	5	2	90	
7	3	90	6		90	
8	3	90	7	2	90	
			8	2	90	
(3) 3 Roun		0.05% (1.1.0)	(C) C C	200		
		@ 65# (explode!)	(3) 3 Rour		Inc. remen	
3rd World 3x Should				ox Jump no	olding 15/25#	
JX SHOULD	oweep			it's hard, but		
Comments			Pigeon St		doable	
		up the load on t	. igoon ou	O.O.		
			Comments	8		
oday's "working rounds" - Rounds 4-8. I f your 90% of 1RM load feels light in			Like yesterday, feel free to push the			
round 4, add 5-10 pounds, and see			loading today beyond the prescribed			
round 4, a	how it feels on Round 5.			Section 1981 Section 1981	CONTRACTOR OF STREET	
round 4, a how it feel:	s on Round 5.		90% of 1F	M for rounds	4-8 for both	

NING PLAN

	Thursday			Friday	
	SESSION 39			SESSION 40	
	Warm up:			Obj: Work Capacity	
	3 Rounds Barbell Complex @ 45/65 Instep Stretch			Warm up:	
	Training:			3 Rounds	
	X-veruing.			5x Burpees	
	(1) 8 Roun			5x Air Squats	
	3x Front S			Bun 200m	
		een Rounds elow chart for	la salina a	Instep Stretch	
	Use the be	elow chart for	loading	motop otrotor	
	Round 1	Reps 3	%1RM 60	Training;	
	2	3 3 3 3 3 3 3	70	(1) C Dounds	
	3	3	80	(1) 6 Rounds	
	5	3	90 90	Sprint 400m	
	6	3	90	Rest 1:30	
	7	3	90		
	8	3	90	(2) 4 Rounds	
5#				20/20 Low Back Lunge	
	(2) 8 Roun	nds		30/30 Side Bridge	
empty		lift or Box Squ	uat	10x Standing Slasher @ 25/35#	
	Rest between Rounds Use the below chart for loading			20x Sit ups	
	Round	Reps	%1RM	(3) 4 Rounds	
45/65#	1		60	90 Second Farmers Carry @ 45/65#	
40/00#	2	3 3 3 3 3 3	70	TO SECURE AND ADDRESS OF THE PROPERTY OF THE P	
	3	3	80	3rd World Stretch	
	4	3	90	5x Dislocate with PVC	
	5	3	90		
	6	3	90 90		
	8	3	90		
	(3) 3 Rour 3/5x Clapp 5/8x Mixed Foam Roll	oing Push ups d Grip Pullups			
	Comments Feel free t 90% feels	o add load to	Rounds 4-8 if your		

RAT 6 STRENGTH TRAININ

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

NG PLAN

NG PL	Thursday	Friday
	SESSION 44	SESSION 45
	T	Chi. Wash Caracin
	Total Rest	Obj: Work Capacity
		Warm up:
		3 Rounds 5x Burpees
		5x Air Squats
		Run 200m
		Instep Stretch
s		Training:
3		(1) 6 Rounds
Box		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
		20x Sit ups
		(3) 4 Rounds
		105 Second Farmers Carry @ 45/65#
		3rd World Stretch 5x Dislocate with PVC
		3x Dislocate with PVC