

# 4 Week Strength Block (wk4 DeLoad)

Day 1		Day 2		Day 3		Day 4	
Date - Wk1	Date - Wk2	Date - Wk1	Date - Wk2	Date - Wk1	Date - Wk2	Date - Wk1	Date - Wk2
Back Extensions + Jackknives 3x10		6 Min EMOM 4 Power Cleans/Min Rest of minute is rest		Pallof Press 3x8/side + Side Plank 3x25sec/side		6 Min EMOM 4 Hang Power Snatch/Min Rest of minute is rest	
3 sets	3 sets	Weight:	Weight:	3 sets	3 sets	Weight:	Weight:
Bench Press DB/BB + Quadruped T Spine Stretch		Back Squat + Sumo Squat Stretch		Pullups *Weighted + Arm Sweep Stretch		RDL + Bretzel	
3x5RM	3/2/1	3x5RM	3/2/1	3x5RM	3/2/1	3x5RM	3/2/1
3x4RM	3/2/1	3x4RM	3/2/1	3x4RM	3/2/1	3x4RM	3/2/1
DB/BB Row + Arm Sweep Stretch		SLDL + ASLR		1A DB Strict Press + Lacrosse Ball Shoulders		Step Up *Weighted + Quad Tugs	
3x5RM	3/2/1	3x5RM	3/2/1	3x5RM	3/2/1	3x5RM	3/2/1
3x4RM	3/2/1	3x4RM	3/2/1	3x4RM	3/2/1	3x4RM	3/2/1
<b>Superset Pullups &amp; L Raise then Superset Arms</b>		<b>Secondary Circuit</b>		<b>Secondary Circuit</b>		<b>Superset Goblet Squat &amp; Glute Bridge then go to KB Deadbug</b>	
Max BW Pullups + Max w/ Partner or Band Help		Side Lunge 8/leg		Incline DB/Bench Press 3x8 3 Sec Ecc		Goblet Squat 3x8	
Reps	Reps	3 sets	3 sets	3 sets	3 sets	3 sets	3 sets
DB L Raise (10reps 15# max)		Plank 3x30sec		Res Band Row 3x8 5 Sec Iso Hold @ Back		Weighted Glute Bridge 3x8 3 Sec Ecc	
3 sets	3 sets	3 sets	3 sets	3 sets	3 sets		
Pronated Curl 3 Sec Ecc 3x10		DB RDL 3x8		Dips 3x10			
3 sets	3 sets	3 sets	3 sets	3 sets	3 sets		
Tricep Band Pressdown 3xfail		Rotational RB/MB/Cable Lift 8/side		BB/DB Curl 3x10		KB/DB Deadbug 3x10/side	
3 sets	3 sets			3 sets	3 sets	3 sets	3 sets
3 Tempo Runs Sprint 100yd > Jog to 25 > Walk Back to Goal Line		6 40yd Sprint 1:4 Work Rest Ratio		15 10yd Burst 1:3 Work Rest Ratio		1 Mile Sprint Corners > Walk/Jog Straights	
3 reps	3 reps						