



Constantly Varied Progressions:

May

During the 2nd month of our Foundation Training Phase, we will progress from Base & Balance to Strength & Foundation. Last month's theme was targeted to practice controlling the fundamentals, where this month we are working to test some of them. We will be using some of the data from the last month's secondary strength (Back Squat) as a starting point for May's primary strength. We will also shift from April's Deadlift focus to a more skilled and explosive movement, the Power Clean. Our month's skill work will focus on using the strength developed from the Dumbbell Press.

Foundation Training Phase

April:
Base & Balance

Primary: Deadlift
Secondary: Back Squat +
Dumbbell Floor / Bench
Press
Skill: Balance

May:
Strength & Foundation

Primary: Back Squat
Secondary: Hang Power
Clean
Skill: Ring Dips & Core

June:
Speed & Skill

Primary: Front Squat
Secondary: Push Press
Skill: Pull-ups

Strength and Foundation Progressions

Primary Strength: Back Squat

- ▶ *Starting our 3rd month of back squats, but the first time as our Primary Strength. Previous months have focused on building consistency in the squat mechanics working with moderate loading and higher volume. We will drop the overall volume down quickly while we work multiple reps at some heavy percentages.*
- ▶ *Use the last month's finish weight as a current 1RM to use as a reference for this month's working percentages. We will work up to a 1RM Test at the end of the month.*

Secondary Strength: Power Clean (starting with Clean Pulls)

- ▶ *Moving from last week's Primary Strength, the deadlift, to this month's hinge, we are focusing on the Power Clean, emphasizing the pulling portion.*
- ▶ *This month, we will focus on the differences between the Deadlift and the Clean Pull and how that transfers to the Clean.*
- ▶ *While working with the Clean Pull as a rehearsal to a full Clean, we will drill the Hang Power Clean to focus on consistency from where we finish at the 1st or Power Position.*

Skill: Strict Straight Body Ring Dips

- ▶ *After last month's dumbbell Bench/Floor Press, we're taking that unstable pressing pattern to a bodyweight movement.*
- ▶ *The straight body strict Ring Dip intent is to find a balancing position while moving into more of a levering position with bent elbows focusing on keeping the hips extended.*
- ▶ *Athletes should focus on consistency by working at a lighter progression earlier in the month. The goal is to make this pattern HARD, focus on keeping a perfect body position with good balance in the shoulders.*