



Constantly Varied Progressions: July

Welcome to July, the first month of the new training phase. We're excited to announce we have completed the Foundation Phase, and now it's time to begin the next training phase. The Complex Development Phase will pick up where we left off on some of the patterns and shapes what we have been focusing on. This phase will involve more complex movement starting with July's theme "Strength in Position." During this month we will focus on the Squat Clean emphasizing the positions and the initial pull in a form of a barbell complex. The secondary strength will focus on putting the bar overhead. The skill will focus on building a stronger capacity with the Ring-dip and Chin-up together as a building block for the skill in August, the Ring Muscle-up.

Complex Development Phase

July:
Base & Balance

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

August:
Strength & Foundation

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

September:
Speed & Skill

Primary: Front Squat
Secondary: Push Press
Superset w/Strict Gymnastic
Skill: Kipping T2B & Pull-
ups

Strength in Positions

Primary Strength: Squat Clean

- ▶ *This month we will work on refining some positions for the Squat Clean by emphasizing the Clean Pull and some positional work early in the month.*
- ▶ *Focus on moving the bar well, if not perfect, while we work the complex with the light percentages to prepare for the entire lift later in the month.*
- ▶ *This month will finish with a 2RM for the day in preparation for the 1RM in the final week.*

Secondary Strength: Jerk Drills + Working sets

- ▶ *Picking up from last month's overhead strength with the Push Press, we will start each session with various Jerk drills with either the Split or the Power Jerk.*
- ▶ *With each session, spend the first 8 minutes working on a drill. Then, follow up with the working sets based on the previous 1RM Jerk, adjusting the load as needed.*

Skill: Ring Dips + Strict Chin-ups + Double Unders

- ▶ *This skill is about building strength in position by increasing our work capacity and decreasing our rest throughout the progression.*
- ▶ *We will adjust the volume each week by working each movement on the minute to both movements in the same 90-seconds, etc.*
- ▶ *Focus on holding the standards on the ROM consistent from rep to rep and week-to-week. This month is building the strength in positions so we can transition into Ring Muscle-ups next month.*