



Constantly Varied Progressions: August

As we move into August, we are shifting the theme from July's Strength in Positions and transitioning to Applied Strength 1. Our Primary Strength progression will combine last month's Primary's Squat Clean & Secondary's Jerk for the Clean & Jerk. This month's secondary strength progression will introduce the Squat Snatch. Our skill progression is stepped up from the ring dip and strict chin-ups to ring muscle-up progressions paired with some lunge variations. We will always focus on proper form and technique to ensure safety and effectiveness.

Complex Development Phase

July:

Strength in Position

Primary: Squat Clean

Secondary: Jerk Drills +
Working sets

Skill: Ring Dip + Chin-up +
Double Under

August:

Applied Strength 1

Primary: Squat Clean & Jerk

Secondary: Snatch Drills +
Working Squat Snatch sets

Skill: Ring Muscle ups +
Lunge Accessory

September:

Applied Strength 2

Primary: Snatch

Secondary: Push Press
Superset w/Strict Gymnastic

Skill: Kipping T2B & Pull-
ups

Applied Strength 1

Primary Strength: Clean & Jerk

- ▶ *As we combine the Clean & Jerk this month, we will start with multiple reps of the Clean and Jerks in the lighter weeks while removing some volume later in the month.*
- ▶ *Focus on moving the bar well, and practice patients on the clean and the Jerk. Continue with the Squat Clean and the same Jerk skill (Power or Split) from last month's progressions.*
- ▶ *This month will finish with a 1RM of the Clean & Jerk.*

Secondary Strength: Snatch Drills + Working sets

- ▶ *Similar to last month's Jerk progression and starting with the lightweight drills, we will repeat just with the Snatch.*
- ▶ *With each session, spend the first 8 minutes working on a Light Barbell Complex focused on the timing and positions of the Snatch*
- ▶ *At the end of this progression, we will build to a 2 RM that will lead us into the Primary strength and 1RM test in September.*

Skill: Ring Muscle Ups Progressions

- ▶ *After building the strength and stamina in the ring dip and strict chin-ups, we will combine them with the Ring Muscle up.*
- ▶ *Begin the 6-8 minutes warm-up, practice the Ring Muscle up transition, and establish a progression for the EMOM if a Ring Muscle modification is needed.*
- ▶ *Then, work in the Progression while implementing various lunges sets alternating skills.*