



Constantly Varied Progressions: September

September is the final month of our complex development training phase. Picking up from last month's Applied Strength 1, we are transitioning last month's Secondary Strength and testing a 1RM Snatch. In Applied Strength 2, we will step up the volume in squats in preparation for the upcoming training phase, "Functional Strength Volume." This month, we will keep our gymnastics with the Muscle-up, but on the pull-up bar instead of rings.

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 2

Primary Strength: Squat Snatch (w/ optional Accessory Strength)

- ▶ *Picking up from last month's secondary strength, we are dropping the intensity and working with more volume of actual "working sets" building to a 1RM at the end of the month.*
- ▶ *Continue to focus on a patient pull during the Snatch and keep the body moving smoothly from the ground and aggressively under the bar with complete control in the recovery.*
- ▶ *The optional Accessory is for those that may tap out early with light weights. Use the Accessory to build more strength in the positions we need.*

Secondary Strength: Snatch Drills + Working sets

- ▶ *The back squats will start with some volume early in the month to condition our system to work under heavier loads with higher reps in preparation for the upcoming capacity building in our training phase.*
- ▶ *Focus on keeping the ROM as the top priority. Focus on keeping the core tight and bracing through each rep.*
- ▶ *If ROM suffers, work with a box squat at a moderate to challenging effort to increase the ROM before increasing the weight.*

Skill: Bar Muscle Ups Progressions

- ▶ *This month, we will take the Muscle-up skill from last month's unstable environment on the rings and move to the Bar to build up to larger sets.*
- ▶ *Begin each session with light activation drills followed by skill work before doing any EMOMs.*