



Constantly Varied Progressions: December

As we head into December, we will drop off some of the volume from the deadlifts as we prioritize intensity over volume. This month, we will intensify not just the squat load but also the squat's difficulty by increasing the center of mass by putting the barbell overhead. As for the skill, we will continue with some of last month's inverted skills and progress into a Handstand Push-up with an additional superset of some pulling. December is the last month of our current Training Phase and the end of the year. Starting in January, we will be all about Constantly Varied, Functional Movements executed at High Intensity in preparation for the Open Season.

Foundational Strength Volume

October:

TIME UNDER TENSION

Primary: Bench Press + RDLs

Secondary: Tempo Front Pause Squat

Skill: Mono Structural + Barbell Cycling

November:

PACE & CONSISTENCY

Primary: Front Squat EMOM

Secondary: Deadlift Speed pulls + Accessory

Skill: Hanging & Inverted Gymnastic EMOMs

December:

INTENSITY > VOLUME

Primary: Deadlift

Secondary: Overhead Squat

Skill: HSPU + Rope Climbs

Intensity > Volume

Primary Strength: Deadlift

- ▶ *After working on hinging and the Deadlift for the last 2 months, we want to build a 1RM. Starting December's 5x3, we will work with a tighter percentage and drop some of the reps. As we progress through the month, you will notice an overall drop in the reps and increase in sets to work with short reps.*
- ▶ *Focus on getting to your working sets with light to minimal reps while building to the working percentages for the day. Skipping the metcon and focusing on the deadlift during these days may be ideal for those looking to get the most out of these sessions.*
- ▶ *Prioritize the deadlift mechanics with a safe flat back if linking the reps. Stopping to rest between sets is fine, and prioritize the setup.*

Secondary Strength: Overhead Squats

- ▶ *As we are working up to some heavy percentages on the Deadlift, we will work more on a skilled squat than something that will continue to beat up our CNS.*
- ▶ *The Overhead Squat will start with larger sets to build and work with consistent ROM.*
- ▶ *Complete all sets working from a rack dropping the bar in front after each set to minimize the risk of catching it in a sketchy position.*

Skill: Handstand Push-ups & Rope Climbs + EMOMs

- ▶ *We will continue the momentum with the Handstands and work into Handstand Push-ups. This month we will add some Rope climbs as an added skill to make each session a Push/Pull.*
- ▶ *Alternating the first few weeks, we will focus on the Neurological Adaptation (Balance, Coordination) of the Kipping Handstand or the Rope Climbs.*
- ▶ *After spending a little time on the Gymnastic Skill, we will complete an EMOM alternating a strict aspect of both Rope Climb & HSPU with working on the Physiological Adaptation to get stronger in these patterns.*