



Constantly Varied Progressions: July

July is the start of our new Training phase, where we will move from some basic movement patterns to more complex skills. Throughout this Training phase, we will prioritize building skills in our Olympic Lifting and more complex Gymnastics. Our focus will be working on “Strengthen Skills”. For our Primary Strength, we will progress from basic strength patterns to the Squat Clean in a complex, followed by the Jerk with some skill focus. Lastly, our Skill will progress from the Ring Dip and Strict Chin-up to the Strict Ring Muscle-up.

TRAINING PHASE: “Complex Development”

July:
Strengthen Skills

Primary: Squat Clean
Complex
Secondary: Jerk
Skill: Strict Ring Muscle-ups
+ Accessory

August:
Applied Strength 1

Primary: Clean & Jerk
Secondary: Snatch
Complex
Skill: Kipping Ring Muscle-
up + EMOM

September:
Applied Strength 2

Primary: Front Squat
Secondary: Power Clean
(With Clean Pulls)
Skill: Ring Dips & Strict
Chin-up

Strengthen Skills

Primary Strength: Squat Clean Complex

- ▶ *Last month we built up and tested our Front Squat; this month, we will continue the front squat as part of a complex.*
- ▶ *We will start with a higher volume in the Complex, working at a moderate intensity to allow more time to practice putting together the Power Clean & Front Squat to test a Squat Clean at the end of the month.*

Secondary Strength: Split or Power Jerk

- ▶ *For our Secondary Strength, we will work on both skill and strength progressions with the Jerk. The athlete can choose which variation of the Jerk is best based on the coach's suggestion.*
- ▶ *Every week, at the beginning of each session, we will prioritize "Practice" with an empty or light barbell working on a different component of the Jerk.*
- ▶ *After the practice, we will complete some "Working sets" with a prescribed percentage or effort as part of a linear progressive overload.*

Skill: Strict Ring Muscle-ups

- ▶ *Building off last month's Strict Chin-up and Ring Dip focus, we will combine both patterns for the Strict Ring Muscle-up.*
- ▶ *Working on the Strict Ring Muscle-up, with a range of progressions, will allow all abilities to practice the "Transition" from a pull to a press.*
- ▶ *Each session will start with a skill component and follow with accessory work designed to complement the muscle groups required for a Ring Muscle-up.*