



## Constantly Varied Progressions: June

June is the final month of the Foundation Training Phase. This month's theme is Speed and Stability, which will focus on the speed under the bar while working the stability during the pull and on the rings. This month will also be a building block for our next training phase, which will include a substantial amount of skill with Olympic lifting and higher-skilled Gymnastic Patterns. To get the most out of this month and to prepare for the next month, our goal is to focus on the quality of the positions early and to go big and heavy at the end of the month.

### TRAINING PHASE: “Foundation”

#### April:

Base & Balance

**Primary:** High/Low Bar Back Squat + DB Floor Press

**Secondary:** Lift + Loaded Carry

**Skill:** Balance & Stability

#### May:

Strength & Foundation

**Primary:** High Bar Back Squat

**Secondary:** Press + Bent Over Rows

**Skill:** Push-up & Pull-ups (“Murph” Prep)

#### June:

Speed & Skill

**Primary:** Front Squat

**Secondary:** Power Clean (With Clean Pulls)

**Skill:** Ring Dips & Strict Chin-ups

# Strength & Foundation

## **Primary Strength:** Front Squat

- ▶ *After the last two month's Back Squat, we want to transition the weight to the front of the body.*
- ▶ *This month will be more of a linear progression from week to week, maintaining consistency in squatting at the end of the week.*
- ▶ *We are also working on the front squat with the Secondary Strength to prepare for the Squat Clean at the start of our next training Phase.*

## **Secondary Strength:** Power Clean (With Tempo Clean Pulls)

- ▶ *This month's pull will be a more skilled focus with the Power Clean; somewhat of a complex.*
- ▶ *The overall goal is to work on the Power Clean, mainly from the hang. At the end of the month, we will put the whole lift together, working on the speed under the bar.*
- ▶ *Before we focus on the Clean, we will work with a tempo pull to practice balance in the feet and work on being patient through the initial part of the Clean.*

## **Skill:** Ring Dips / Strict Chin-ups

- ▶ *June is the last month where we focus on stability during the foundation phase so we can transition into more skill on Ring Muscle-ups in our upcoming progressions.*
- ▶ *At the beginning of every session, we will concentrate on activation drills that involve isolated patterns to engage the specific muscles we need for Ring Dips and Chin-ups.*