



Constantly Varied Progressions: August

August is the second month of our Complex Development Phase with the theme of "Applied Strength". This month, we will use the strengths we built in the Foundation Phase, and combine them with last month's Strengthen Skills, for the first round of Applied Strength. Throughout the month, we will work on the most complex movement patterns between Olympic Weight lifting & the Kipping Ring Muscle-up. The goal is to either get exposure to these movements or to master them.

TRAINING PHASE: "Complex Development"

July:
Strengthen Skills

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

Applied Strength 1

Primary Strength: Clean & Jerk

- ▶ *This month's primary goal is to apply the strength we developed with last month's Primary and Secondary strengths and combine them for the Clean & Jerk.*
- ▶ *This month, our lifts will focus on repetition with lighter weights in a small complex format and increase the intensity while dropping the bar to reset after each rep.*

Secondary Strength: Snatch Complex

- ▶ *During this month's Snatch progression, we will follow a similar approach to last month's Jerk focus. We will start with a grease-the-groove warm-up complex working to improve our body positions and bar path. Complete this GTG complex with an empty barbell or a lightweight.*
- ▶ *After priming the pattern with the GTG, we will move on to some working sets with recommended percentages.*
- ▶ *At the end of the month, we will complete an EMOM to establish a max as a reference going into next month's primary strength.*

Skill: Kipping Ring Muscle-ups

- ▶ *After last month's Strict RMU, we will work on a more dynamic and efficient way to get over the rings.*
- ▶ *This month, we will practice the foundations of kipping by working on body awareness under the rings with the body shapes.*
- ▶ *After practice, we will move into an EMOM, where we alternate with a set of Ring Muscle-ups, or modifications, while super setting with a Lunge variation.*