



Constantly Varied Progressions: September

September is the last month of this cycle, the Complex Development Training Phase. This month, we will continue working on the Technical Barbell skills while returning to some Squats. We will also work on developing our Skilled Gymnastics. As we head into the next training phase, Functional Training Volume, we can expect to see all the Skills and lifts to help build capacity.

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: Snatch
Secondary: Back Squat
Skill: Bar Muscle-up

Applied Strength 2

Primary Strength: Snatch

- ▶ *Last month, the Snatch was the secondary focus and began with some light grease the groove skill/warm-up to prime for the Snatch.*
- ▶ *This month, we will D-load from the percentages we worked up to last month and rebuild with more oversized working sets to allow more time under a progressive heavier bar.*

Secondary Strength: Back Squat

- ▶ *We are taking it back to some basic back squats for our secondary strength, starting with some larger sets.*
- ▶ *This month, we will continue to drop the volume while the intensity increases.*

Skill: Bar Muscle-up

- ▶ *We will continue our theme of the Muscle-up as part of the technical development but from a fixed structure vs. the rings.*
- ▶ *Begin each session with some practice and work through the progressions.*
- ▶ *Then, we will continue the skill in an EMOM format, working with some Core work designed to build a stronger position in the backswing of the kip.*