



## Constantly Varied Progressions: September

As we wrap up the "Technical Development" phase, this month will focus on building strength and skill ahead of our next phase. We will alternate weekly between Clean & Jerk and Hang Snatch, progressing from heavy efforts to 1RM attempts. Back Squats will focus on volume with an emphasis on range of motion as accessory work. For Ring Muscle Ups, we'll use a mix of EMOMs and accessory supersets to improve transitions and upper body strength. This phase will prepare us to shift towards more Functional Strength work with foundational lifts in the upcoming training phase.

### TRAINING PHASE: "Technical Development"

#### July:

Strength in Position

**Primary:** Squat Clean & Jerk

**Secondary:** Snatch

**Skill:** Grease the Groove leading into T2B or Pistols

#### August:

Strength & Skill

**Primary:** Snatch

**Secondary:** Power Clean + FS + Jerk Complex.

**Skill:** Grease the Groove Skill into BMU / HSPU

#### September:

Applied Strength

**Primary:** C&J / Hang Snatch

**Secondary:** Back Squat

**Skill:** Kipping Muscle Ups

# Applied Strength

## **Primary Strength:** Clean & Jerk / Hang Snatch

- ▶ *We will continue working on the Snatch and the Clean & Jerk; this month, we will work on both lifts alternating weekly.*
- ▶ *Our primary focus during these lifts is building a heavy effort for multiples in the first couple of weeks and a 1RM for the last two weeks.*

## **Secondary Strength:** Back Squats

- ▶ *This month, we will return to the Back Squats with volume while decreasing our reps as we progress through the month.*
- ▶ *While working through these sessions, we need to emphasize the ROM and treat this as more of an accessory squat, as we are still working on the higher lifts.*

## **Skill:** Ring Muscle Ups

- ▶ *This month, we will focus on the muscle ups by working on a running clock to practice a few variations of the Ring Muscle up while working on the transitions.*
- ▶ *Each week, we will focus on the progressions on the running clock and then alternate with an EMOM of Ring muscle-ups (or Progression) and a superset of accessory movements working with DB Bench Press, Banded Strict Pull-ups, and Core movements.*