

COMPETITIVE FEMALE TRAINING

LEVEL ONE	LEVEL TWO	LEVEL THREE
WARM UP		
<p>3 Rounds 10 Banded Plank Walk Steps each direction 3 Turkish Get Ups :30 Side Plank e/s</p> <p>5 Min Cardio</p> <p>2 Rounds 10 Sprawls 20 Mountain Climbers 10 Air Squats 20 Double Unders</p>	<p>3 Rounds 10 Banded Plank Walk Steps each direction 3 Turkish Get Ups :30 Side Plank e/s</p> <p>7 Min Cardio</p> <p>2 Rounds 10 Sprawls 20 Mountain Climbers 10 Air Squats 20 Double Unders</p>	<p>3 Rounds 10 Banded Plank Walk Steps each direction 3 Turkish Get Ups :30 Side Plank e/s</p> <p>10 Min Cardio</p> <p>2 Rounds 10 Sprawls 20 Mountain Climbers 10 Air Squats 20 Double Unders</p>
TRAIN		
<p>STRENGTH 4 Inch Deficit Deadlift 5x8 at Challenging Load Rest 2 minutes between rounds Add 5-10lbs from last week</p> <p>CONDITIONING 3 Rounds x 3 Min AMRAP Climb the Ladder: 3,6,9,12 Hang Power Clean 65# Shoulder to Overhead 65# Overhead Squat 65# Cals on Bike *Walk 200m between rounds* Reset each round starting back at 3 This should be a hard effort.</p>	<p>SKILLS 10 Min EMOM Min 1: 1 Wall Walk + 3 Kick Ups Min 2: 2-4 Muscle Up Transitions <i>If you aren't kicking up yet reach out so we can get a plan to get you upside down!</i> <i>For the transitions, choose the most challenging one. If you have bar MU, practice rings, if you don't have either then choose one to work on.</i></p> <p>STRENGTH 4 Inch Deficit Deadlift 5x8 at Challenging Load Rest 2 minutes between rounds Add 5-10lbs from last week</p> <p>CONDITIONING 3 Rounds x 3 Min AMRAP Climb the Ladder: 3,6,9,12 Hang Power Clean 85# Shoulder to Overhead 85# Overhead Squat 85# Cals on Bike *Walk 200m between rounds* Reset each round starting back at 3 This should be a hard effort.</p>	<p>SKILLS 10 Min EMOM Min 1: 15ft Handstand Walk Min 2: 3 Muscle Ups <i>If you don't have HSW yet, practice kicking up and seeing how far you can make it.</i> <i>For the mups, if you don't have 3 connected scale to what you can do.</i></p> <p>STRENGTH 4 Inch Deficit Deadlift 5x8 at Challenging Load Rest 2 minutes between rounds Add 5-10lbs from last week</p> <p>STRENGTH + GYMNASTICS Landmine Single Leg RDL + GHD Situp 6 Sets: 12 RDL + 12 GHD Rest :30 between RDL and Situp Rest 2 Minutes between sets <i>Perform RDL's barefoot. If you don't have a landmine, perform KB or DB RDL's. If you don't have a GHD, perform weighted situps.</i></p> <p>CONDITIONING 3 Rounds x 3 Min AMRAP Climb the Ladder: 3,6,9,12 Hang Power Clean 95# Shoulder to Overhead 95# Overhead Squat 95# Cals on Bike *Walk 200m between rounds* Reset each round starting back at 3 This should be a hard effort.</p>
COOL DOWN		
<p>Foam Roll/Lacross Ball (2 Min e/s): glutes, quads, hamstrings Stretch (2 Min e/s): couch, pigeon, lats</p>	<p>Foam Roll/Lacross Ball (2 Min e/s): lats, glutes, upper back Stretch (2 Min e/s): couch, lunge</p>	<p>Foam Roll/Lacross Ball (2 Min e/s): lower back, lats, glutes, calves Stretch: follow video from Coach Rolo</p>
HORMONES		
<p>Follicular Phase- Period Week- Day 1-7 Okay- you're gonna need energy for this one. Can you see the workout the night before and do whatever it takes to get in the food and sleep a crap ton, so you're coming in ready? Can you chug some preworkout and eat an extra snack and go for it? And if it's towards the end of your period, you better be rested and get ready to send it- this is time to shine ladies!</p> <p>Follicular Phase- Week 2- Day 8-14 Read above- let us see how badass you are today. We aren't adding in extra this, because we want you to push with what you have.</p> <p>Luteal Phase- Week 1- Day 15-21 This week has a lot happening in some ways. You're coming off ovulation, so the first part of the week you might still feel invincible. If that falls on today- approach that barbell with a superwoman mentality. If you're closer to PMS week, just pay attention to where you are in space so you don't eat shit as you transition in your metcon.</p> <p>Luteal Phase- Week 2- Day 22-28 Pay attention to what you're doing. Pick your feet up when you're cycling the barbell, focus on how you're moving, and be grateful that fitness makes you feel good- no matter HOW you are feeling as you start training- you'll end in a better place.</p>		