

<b>Block I Cardinal Cycle 1</b>	<b>Monday Session T Traditional</b>	<b>Wednesday Session U Traditional</b>	<b>Friday Session L Traditional</b>
<b>Tier 1</b>	Deadlift	G2 Overhead Press w/Chin Up	Front Squat
<b>Tier 2</b>	Back Squat	Deck Clean	G2 Bench Press
<b>Tier 3</b>	Sumo Supinated Barbell Row	Front Squat to Box	Hang Clean to Push Press
<b>Tier 4</b>	CG Power Pull Deck	DB SA Row w/ DB Incline Press	Standard Lateral Lunge
<b>Tier 5</b>	Standard Lateral Step Up	DB SA Snatch	Inverted Row
Post Chain Post Shldr	RDL "T" Raise	Back Ext to Glute Ham Raise "Y" Raise	Partner Leg Curl "A" Raise

<b>Block I Cardinal Cycle 2</b>	<b>Monday Session T Traditional</b>	<b>Wednesday Session U Traditional</b>	<b>Friday Session L Traditional</b>
<b>Tier 1</b>	Deck Clean	G2 Overhead Press w/Chin Up	Front Squat
<b>Tier 2</b>	Back Squat	Hang Clean	G2 Bench Press
<b>Tier 3</b>	Sumo Supinated Row	Front Squat to Box	CG Power Pull Deck
<b>Tier 4</b>	Push Press	DB SA Row w/ DB Incline Press	Standard Lateral Lunge
<b>Tier 5</b>	Standard Lateral Step Up	DB SA Snatch	Inverted Row
Post Chain Post Shldr	RDL "T" Raise	Back Ext to Glute Ham Raise "Y" Raise	Partner Leg Curl "A" Raise

<b>BLOCK IV</b> Outside the Box Cycle 1	<b>Monday</b> <b>Session T</b> <i>Weekly Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Weekly Concurrent</i>	<b>Friday</b> <b>Session T</b> <i>Weekly Concurrent</i>
<b>Tier 1</b>	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press	Block Clean Rotation
<b>Tier 2</b>	Front Squat to Box	Power Curl	Reverse Lunge to Step Up Progression
<b>Tier 3</b>	Plyo Push Up w/ Pull Up [alt catch and release/to press]	Lower Body Metabolic Medley	Chin Up Regime w/ SA DB Bench Press
<b>Tier 4</b>	Box Jump Progression	Upper Body Metabolic Medley	Single Leg Progression
<b>Tier 5</b>	Long Jump Progression		
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK IV</b> Outside the Box Cycle 4	<b>Monday</b> <b>Session T</b> <i>Weekly Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Weekly Concurrent</i>	<b>Friday</b> <b>Session T</b> <i>Weekly Concurrent</i>
<b>Tier 1</b>	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press	Block Clean Rotation
<b>Tier 2</b>	Front Squat to Box	Power Curl	Reverse Lunge to Step Up Progression
<b>Tier 3</b>	Plyo Push Up w/ Pull Up [alt catch and release/to press]	Lower Body Metabolic Medley	Chin Up Regime w/ SA DB Bench Press w/Dips
<b>Tier 4</b>	Box Jump Progression	Upper Body Metabolic Medley	Single Leg Progression w/Hip Flexion
<b>Tier 5</b>	Long Jump Progression		
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK IV</b> <b>Front 7</b> <b>Cycle 1</b>	<b>Monday</b> <b>Session T</b> <i>Weekly Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Weekly Concurrent</i>	<b>Friday</b> <b>Session T</b> <i>Weekly Concurrent</i>
<b>Tier 1</b>	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press 4 wk ACC RES Variation	Block Clean Rotation
<b>Tier 2</b>	Speed Strength Speed Complex Long Jump - SSB Box Squat - Box Jump	Combo Total Body/Lower Body Metabolic Medley	Front Squat to Box 4 wk ACC RES Variation
<b>Tier 3</b>	Speed Strength Complex OH Med Ball Throw - Axle Floor Press		Chin Ups w/Dead Stop Rows w/SA Bench Press
<b>Tier 4</b>	DB Triceps Extension	Upper Body Metabolic Circuit	Single Leg Progression
<b>Tier 5</b>			
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK IV</b> <b>Front 7</b> <b>Cycle 2</b>	<b>Monday</b> <b>Session T</b> <i>Weekly Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Weekly Concurrent</i>	<b>Friday</b> <b>Session T</b> <i>Weekly Concurrent</i>
<b>Tier 1</b>	Strength Speed Complex Hang Clean - Vertical Jump	G2 Incline Press 4 wk ACC RES Variation	Block Clean Rotation
<b>Tier 2</b>	Speed Strength Speed Complex Long Jump - Box Squat - Box Jump	Combo Total Body/Lower Body Metabolic Medley	Front Squat to Box 4 wk ACC RES Variation
<b>Tier 3</b>	Speed Strength Complex OH Med Ball Throw - Axle Floor Press		Chin Ups w/Dead Stop Rows w/SA Bench Press
<b>Tier 4</b>	DB Triceps Extension	Upper Body Metabolic Circuit	Single Leg Progression
<b>Tier 5</b>			
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK III</b> Outside the Box Cycle 1	<b>Monday</b> <b>Session T</b> <i>Daily Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Daily Concurrent</i>	<b>Friday</b> <b>Session L</b> <i>Daily Concurrent</i>
<b>Tier 1</b>	Block 12 Clean	G2 Incline Press	Front Squat
<b>Tier 2</b>	Front Squat to Box	Hang Clean	Inverted Row w/ DB Bench Press
<b>Tier 3</b>	Chin Ups w/ Seated Row w/ WTD Push Up	Reverse Lunge to Step Up	Box Jump Progression
<b>Tier 4</b>	Vertical Jump Progression	Pull Ups w/ Supine Puldown w/ DB Shoulder Press	Single Leg Squat Progression w/ Hip Flexion
<b>Tier 5</b>	Slide Board/Versa Slide	Long Jump Progression	Barbell Extension w/ Fat Bar Curl
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK III</b> Outside the Box Cycle 2	<b>Monday</b> <b>Session T</b> <i>Daily Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Daily Concurrent</i>	<b>Friday</b> <b>Session L</b> <i>Daily Concurrent</i>
<b>Tier 1</b>	Block 12 Clean	G2 Bench Press	Front Squat
<b>Tier 2</b>	Front Squat to Box	Hang Clean	Inverted Row w/ DB Incline Press w/Dips
<b>Tier 3</b>	Chin Ups w/ Seated Row w/ WTD Push Up	Reverse Lunge to Step Up	Box Jump Progression
<b>Tier 4</b>	Vertical Jump Progression	Pull Ups w/ Supine Pulldown w/ DB Shoulder	Single Leg Squat Progression w/ Hip Flexion
<b>Tier 5</b>	Slide Board/Versa Slide	Long Jump Progression	Barbell Extension w/ Fat Bar Curl
Post Chain Post Shldr	SL DB RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK III</b> Front 7 Cycle 1	<b>Monday</b> <b>Session T</b> <i>Daily Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Daily Concurrent</i>	<b>Friday</b> <b>Session L</b> <i>Daily Concurrent</i>
<b>Tier 1</b>	Deck Clean	G2 Incline Press 4 wk ACC RES Variation	Front Squat to Box 4 wk ACC RES Variation
<b>Tier 2</b>	Back Squat to Box	Hang Clean	G4 Bench Press 2a-DB Extension
<b>Tier 3</b>	Inverted Row w/ DB SA Row w/ DB SA Bench Press	Single Leg Squat Progression	Hex Bar Deadlift
<b>Tier 4</b>	Jump Medley	Dead Stop Rows	Versa Slide Combo Lunge
<b>Tier 5</b>	Versa Slide Lateral Lunge	Landmine Kettlebell Medley	Chin Ups w/Supine Pulldowns w/ DB Press
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>BLOCK III</b> Front 7 Cycle 2	<b>Monday</b> <b>Session T</b> <i>Daily Concurrent</i>	<b>Wednesday</b> <b>Session U</b> <i>Daily Concurrent</i>	<b>Friday</b> <b>Session L</b> <i>Daily Concurrent</i>
<b>Tier 1</b>	Deck Clean	G2 Bench Press 4 wk ACC RES Variation	Back Squat
<b>Tier 2</b>	Back Squat to Box	Hang Clean	G4 Bench Press 2a-DB Extension
<b>Tier 3</b>	Inverted Row w/ DB SA Row w/ DB SA Incline Press	Single Leg Squat Progression	Box Jump
<b>Tier 4</b>	Long/Vertical Jump	Dead Stop Rows	Versa Slide Combo Lunge
<b>Tier 5</b>	Versa Slide Lateral Lunge	Landmine Kettlebell Medley	Chin Ups w/Supine Pulldowns w/ DB Press
Post Chain Post Shldr	RDL Prone "T" "Y" "A" Raise	Glute Ham Raise Vertical Horizontal Goal Post Pull Apart	Single Leg Hip Lift Blast Strap "W" "T" Row

<b>Block II</b> <b>Black</b> <b>Cycle 1</b>	<b>Monday</b> <b>Session T</b> <b>Concurrent</b>	<b>Wednesday</b> <b>Session U</b> <b>Concurrent</b>	<b>Friday</b> <b>Session L</b> <b>Concurrent</b>
<b>Tier 1</b>	Deck Clean	G2 Bench Press	Back Squat
<b>Tier 2</b>	Back Squat to Box	Hang Clean	G4 Bench Press 2a-Barbell Ext
<b>Tier 3</b>	Chin Ups w/Pronated Barbell Row	Front Squat w/Pause	Block 7 Clean to Push Press
<b>Tier 4</b>	Hex Bar Deadlit	DB SA Row w/ DB Alt Arm Incline Press	Standard Lateral Lunge
<b>Tier 5</b>	Standard Lateral Step Up	DB SA Snatch	Inverted Row w/G2 OH Press
Post Chain Post Shldr	RDL "T" "Y" "A" Raise	Glute Ham Raise "L" "W" "M" Raise	Single Leg Back Extension Vertical Horizontal Goal Post Pull Aparts

<b>Block II</b> <b>Black</b> <b>Cycle 2</b>	<b>Monday</b> <b>Session T</b> <b>Traditional</b>	<b>Wednesday</b> <b>Session U</b> <b>Traditional</b>	<b>Friday</b> <b>Session L</b> <b>Traditional</b>
<b>Tier 1</b>	Deck Clean	G2 Bench Press	Back Squat
<b>Tier 2</b>	Back Squat to Box	Hang Clean	G4 Bench Press 2a-Barbell Ext
<b>Tier 3</b>	Chin Ups w/Pronated Barbell Row	Front Squat w/Pause	Block 7 Clean to Push Press
<b>Tier 4</b>	Block 7 Snatch Grip Power Pull	DB SA Row w/ DB Alt Arm Incline Press	Standard Lateral Lunge
<b>Tier 5</b>	Standard Lateral Step Up	DB SA Snatch	Inverted Row w/G2 OH Press
Post Chain Post Shldr	RDL "T" "Y" "A" Raise	Glute Ham Raise "L" "W" "M" Raise	Single Leg Back Extension Vertical Horizontal Goal Post Pull Aparts