

FIGHT PLAN

WEEK

1

DAY

01



Power Development, muscle building and low rep counts

Order

1. Power
2. Active movement
 - a. Lower body
3. Bodyweight/Mobility

X 3-5 SETS

TuT

- 25-45s at max intensity
- 2:30 - 3:30 Total

1.01

1. BAR CLEAN 80-90% INTENSITY
1RM
2. ACTIVE RECOVER
 - A. RENEGADE KB ROW X 12-30
REP TOTALS
3. TRIPLE CONES
4. PASSIVE RECOVER 30-60S

REP TOTALS



Total 4 - 9 reps per round.

Set 1

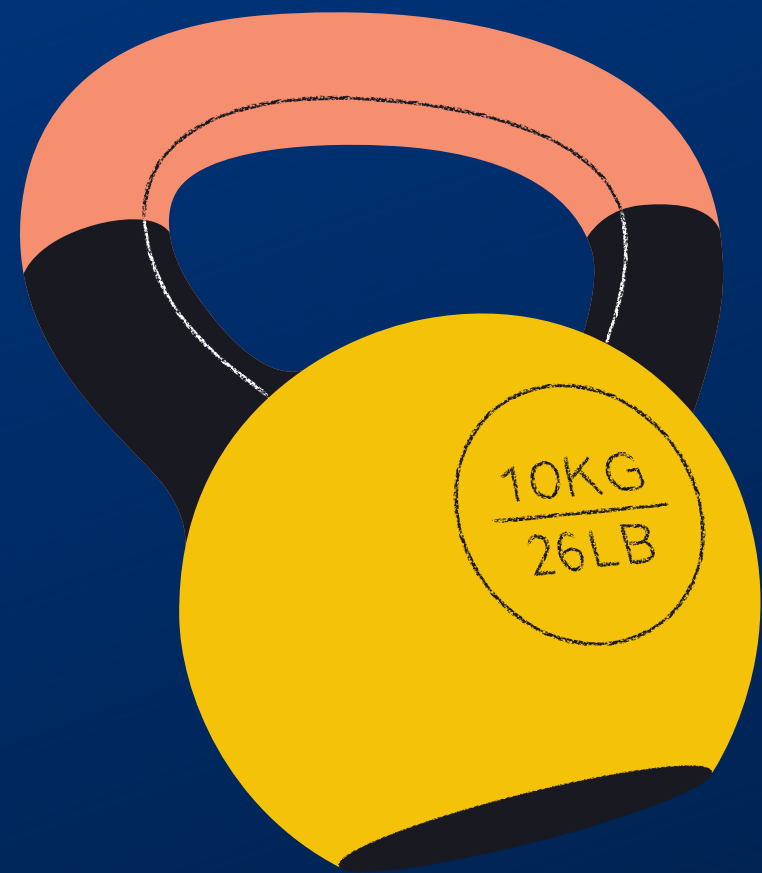
-Load around 7 reps worth of weight (80%)

Set 2

- 90%

Set 3+

-85-75%



Renegade Row

Total 8 - 15 reps per SIDE

TuT: should be at least 60s per round.

1.01



Agility centric with bodyweight and movement emphases.

TuT: at least 60 seconds.

1.51