

Offseason Cycle 2: 2018.07.30 - 2018.10.20

Strength focuses

- Tempo back squats
- Tempo frankenstein front squats transitioning to tempo front squats
- Behind the neck press
- Snatch and clean progressions

Tempo Back Squats

- We want to develop a strong, athletic squat. This means we should be working toward the ideal squat:
 - Balance throughout the foot
 - Toes forward
 - Longest range of motion possible

Tempo frankenstein front squats transitioning to tempo front squats

- Frankenstein squat will allow us to feel a more upright torso in the front squat because we are no longer limited by front rack mobility. Developing those positions will carry over when we transition to normal front squats.
- Tempo front squats are meant to develop comfort in positions experienced during a clean. We are working toward the ideal front squat:
 - Balance throughout the foot
 - Toes forward
 - Longest range of motion possible
 - Keep full grip on the bar

Behind the neck strict press

- We want to develop some overhead pressing strength
- There are great mobility benefits to pressing from behind the neck that will help open up those shoulders after a lot of bench press work
 - Belly tight, don't arch back
 - Make sure the bar ends up directly overhead and don't push head through window, keep it neutral
 - Work on building a solid lockout overhead

Snatch/clean progression

- We will be working from the top, down. Pos.1 to Pos.3 over the 12 weeks. This is meant to gradually layer on complexity, which will allow for the refinement of movement patterns.
- Weightlifting is about efficiency; which means rhythm and balance.

Conditioning Tester

We will have a conditioning workout that we will retest at the end of the 12 weeks. The focus for this test will be repeatability of efforts.

The workout is:

4 Rounds, each for time:

- 250m Row
- 12 Burpees over the erg
- 12 Box Jumps with step down (24/20)
- 12 Kettlebell Swings (70/53)
- 20/15 Calorie Assault Bike

Rest 3:00 (or alternate with a partner in a big class)

You will switch the order every round.

Rounds 1 and 3 will begin on the rower and move through in the order as written.

Rounds 2 and 4 will begin on the bike and move through in the reverse order.

The purpose of this is to learn how to pace by feel. The goal is to get every round to be the exact same time.

Other important details

- We recommend that you continue to work on your strict pulling and pressing strength. Please [click here](#) for a pulling/pressing strength program that can be completed before or after class.