

The CFRS (CrossFit Rising Sun) Squat Method

Welcome to the CFRS Squat Method everyone! If you are here then I will assume that you want to build a bigger better squat and you want to get STRONG! This is not a conditioning program. This has a lot of specificity by design and you should fully understand the goal and expected outcome. It is not for the faint of heart. It starts heavy and gets heavier! I designed CFRS Squat method as a back squat specific / posterior chain developing strength program. This method was developed based on 26 years of combined experience with strength training, powerlifting, powerbuilding, bodybuilding, CrossFit, Weightlifting, and sports specific training. The main goal of this program is to increase maximal strength in the back squat and front squat with a secondary goal of general strength gains for the active CrossFitter. It is highly likely to have carryover into the traditional deadlift and other posterior chain "pulling" movements as well.

I want to be very clear that I have used and borrowed concepts from numerous other strength programs and want to give credit where it is due. Many coaches much smarter than me have paved the way. There are similar aspects (as there are in all great strength programs) to Wender 5-3-1, Stronglifts 5x5, the Conjugate method, Smolov, and Catalyst weightlifting among other programs. Nobody has reinvented the wheel. Old exercises are old because they work! Heavy barbell lifts with appropriate waves of intensity and volume and intentional accessory work are the hallmarks of all good strength programs. This design is no different. This is simply a combination of things in my own format and design that have worked very well for me and my athletes throughout my years in the field. If you do not care about the details of this program then you can skip over these next parts and simply fill out the spreadsheet/calculator and get to work. For the spreadsheet/calculator understand that your fields for back squat, paused back squat, and barbell jump squat are all meant to be based off your 1 rep max of your traditional back squat. The front squat is obviously based off your 1 rep max for your front squat. Be sure to plug those fields in properly or your numbers will be way off. I HIGHLY suggest taking the time to read through this next part if you want to get the most out of this program. There are concepts you should understand so you attack every training day with a specific purpose.

Keys to Success

1: Establish an accurate 1 rep max (1RM) for your back squat and front squat prior to starting this cycle. Do NOT use an old and outdated number. As secondary lifts you could also check your deadlift, power clean, bench press, and push press if desired.

2: Follow the numbers and percentages for all squats as written. The sets, reps, and percentages used are carefully calculated based on Prilepin's chart for optimum volume at specific weights. Don't "play with it." The only exception being days that you are feeling a bit off and need to scale back the weight just a touch. Be intuitive with that, but do not use it as an

excuse to lighten the loads frequently. This is based on heavy squatting and you should try to stick to the numbers as often as possible.

3: Take the necessary rest days to recover between Wods. Optimum volume of this cycle is 4-5 days of training weekly. Adding in extra work or long Metcons will inhibit your ability to recover. This is a strength cycle. Simply maintaining your conditioning as best you can is fine.

4: Match proper nutrition to the goal. Simply put a calorie deficit will inhibit your ability to recover and make gains. A caloric surplus of 300-500 daily is optimal, Maintenance calories will suffice if body composition is a concern. The only exception to this might be an athlete with a body fat percentage of 30% or higher. These athletes could likely create a small deficit and still make great gains.

Side note: Keto is very popular right now. None of the athletes that ran this cycle with us used Keto. This is simply an opinion and not a topic for debate(you do you), but we do not believe that Keto is an optional way to eat for performance goals. We use HSN with our athletes and believe that Zone is the best way to optimize hormones and maintain or increase performance during tough training sessions. Again.... you do you. This is just how we suggest our athletes eat. (40/30/30 Carbs/Protein/Fat is our Macro breakdown.) We customize meal plans for our athletes using HSN and have had tremendous results for both weight/fat loss and/or strength and lean muscle gains. Get proper sleep of 7-9 hours nightly.

5: Don't change the accessory work or Metcons (movements or duration/volume) if you are not familiar with making proper substitutions for movements. None of the exercises were chose at random. They all serve a specific purpose as they relate to the desired goal. Go HEAVY on accessory work unless otherwise specified for the day. It is very critical to the success of this program. THIS is where you will bring up weak or lagging areas.

CFRS Squat method concepts to understand

We are assuming that any athlete choosing to use this cycle already has a firm grasp on the proper technique for back squats, front squats, paused squats, and barbell jump squats among the many other exercises utilized. This is NOT a program meant for beginners. We would highly suggest working with a coach to master basic form and range of motion first and then follow a program like strong lifts 5x5 for 8-12 weeks before advancing to other programs. This is an intermediate to advanced program and should be treated as such.

1: Heavy squat days. The first day of every week is your heaviest work day. This is programmed in 2 waves over the 8 weeks with appropriate deload weeks in between. Intensity is measured in weight, sets, and reps. There is an inverse relationship to these factors. As weight increases sets, reps, and overall volume will decrease. Take plenty of time to warm up to daily work weights and rest an appropriate amount of time between heavy work sets. 60 seconds of rest

between work sets is not enough. This is intended to be slow heavy work. 2-3 minutes between sets is necessary. If you prefer lifting shoes, belts, knee sleeves, or knee wraps then this is the day for those tools. We have NO OPINION on the use of these support tools. That is an individual choice and we will leave that up to you. We would suggest that you at least stay consistent with what support tools you do choose to use. (On my heavy work days I personally use lifting shoes, a powerlifting belt, wrist wraps, and tight knee wraps. That is my personal preference.) If you prefer beltless, no sleeves, and barefoot then you do that. We would suggest NOT squatting in running shoes, but again that is personal preference.

2: "Speed days" serve 2 main purposes. To learn to recruit more fast twitch muscle fibers and to train motor neurons to fire faster. (Motor neurons fire messages from the brain through the CNS to tell muscles what to do and how to react/move.) These 2 factors result in more explosive power which in turn increases maximal strength. You will lift submaximal loads on these day and try to do so with speed. Treat each lift as though you still needed to exert maximal force against a bar. For example if you are pause squatting with 45% of your 1RM you want to stand up out of that pause as though you are trying to stand up a 1 rep max. 100% effort should be exerted against the bar (or whatever external object we are implementing for the day) at all times. Be fast! The exercises used on your speed days were carefully chosen to accomplish these 2 goals. Don't make arbitrary substitutions for these movements. You will notice there is a lot of explosive jumping in this method. The vertical jump directly relates to the ability to stand a heavy squat up out of the hole. The vertical jump is frequently used as a measuring tool to determine the genetic potential of Olympic weightlifters. Explosive hips can translate to an explosive squat or hip extension in the clean and jerk and snatch. A fast squat is a strong squat! These are good days to lose some of the lifting gear. Lifters and wraps may not be necessary on these days.

The EMOM style Metcons used on the speed days are also carefully put together utilizing movements that will develop the squat either directly or indirectly. Sled pushes and pulls, max height box jumps, core work, mid and upper back work, and calf work (frequently double unders) are used to develop this. This is where we see some of the specificity to CrossFit in that there are conditioning, gymnastics, and skill elements to these EMOMs as well. If you don't have the training tools available to you then substitute as best you can. (Ie: 50-100m sprints or tire drags instead of sled pushes. Rower sprints instead of AAB or vice versa.)

3: Non squatting days have a specific percentage of 1RM maxes for each exercise used over waves as well. There is a definite pattern of Squatting, pressing, and pulling days with an intentional split being used to maximize recovery between movements.

4: In our box we of course program 7 days of Wods weekly. I am only including 4 programmed days as they pertain to this method weekly here. The optimal split is M/T/W/Fri with Saturday being an optional longer Metcon day. (I will include 1 optional weekly metcon that we programmed and used during this cycle. If you choose to use it I would suggest implementing it on Saturdays.) The breakdown will be repeating weekly. Mondays are your heavy squat day.

Tuesday is your heavy push/press day. (Shoulder press, bench press, push press etc.)
Wednesday is your speed squat day with a conditioning EMOM to build a more explosive squat.
Thursday should be an off day. Friday is your heavy pull day (Deadlifts and cleans are primary movements used frequently on your pull day) Saturday is an optional Metcon day. I would NOT recommend making that Saturday a taxing posterior chain day. Stay away from any high volume or heavy squatting or deadlifting on those days. Sunday is an off day or some active recovery is fine. (Think walks, light bike rides, easy swimming, or yoga.)

5: "Powerbuild" is work I program for athletes that thrive on more volume. It is *Optional* accessory work to be completed after the entire Wod has been finished. It is basically our version of "Comptrain" style accessory work or very similar to strength programming you might see out of Invictus. I would classify most of it as "Functional Bodybuilding." I have a bodybuilding background so in general you will see more isolation work than you may be accustomed to with typical CrossFit programming. There is GREAT benefit to this style of training. It is very simple in my eyes and powerlifters (especially Westside Conjugate athletes) would certainly agree. You are only as strong as your weakest link. You must find the weak links and isolate them to bring them up. We have a small circuit of Cybex machines we use in our box. They are factored into the Powerbuild work. You can find substitutions with some creative thinking and help from youtube!

As a side note: ALL METCONS are optional on this program. If you are an avid CrossFitter you will want to implement them frequently to maintain your conditioning. If you are a strength athlete or Powerlifter then the only Metcons I would consider critical are the Wednesday/Day 3 Dynamic circuits. Those are structured with a very specific format and purpose to build a faster more explosive squat. DO NOT skip those. Otherwise if you want the BIGGEST numbers possible at the end of this cycle skip the Metcons frequently and utilize the Powerbuild portion regularly.

Okay so now what you are really looking for. The meat and potatoes of it all.....

The Training

Warm ups: I will provide 2 basic warm ups here. One will be specific to your squat days and the other will just be a good general warm up. Feel free to warm up as you see fit. I would suggest that there always be some specificity to your movements of choice. Get loose where you are sore from previous Wods and get loose specific to your main strength components and muscle groups being used on each day. Warm ups serve a purpose. They do not need to be greatly varied for the sake of entertainment purposes or to battle boredom. They are intended to keep you healthy and avoid injury. ALWAYS do warm up sets of your big compound lifts. DO NOT immediately jump into work weights. Some of the language and terms used in our Wods and warm ups may be foreign to you. Utilize google and youtube if you are unsure of something or make a good substitution.

Warm up #1

Squat day warm up: choose one. A 300m run / 300m row / 30 cal on the AAB or 4x25 double unders

Empty barbell warm up: (45#/35# bar or whatever is appropriate for you. 15# technique bars are fine if needed.)

2 rounds: 10 reps of all first round and 5 reps 2nd round with an empty barbell

Back squat

Good mornings

Push press (Spend some time mobilizing the front rack position. Elbows rotating through and holds etc.)

High hang muscle clean

Front squat

Barbell row

Romanian deadlift

(This is an appropriate warm up on almost any given day)

Warm up #2 (general warm up)

2 mins of any steady state slow cardio

2 rounds: (work in 40-50' lengths/rows. We work down our 40' of artificial turf)

Walking lunge + Samson stretch

Frankenstein walks

Awkward march

High knees or butt kickers

10 squats

10 hanging lat activations or kips/C-swings

10 pvc passthroughs

**Quick note ALL work is programmed as sets/reps when reading. I.e: 5x3 is 5 sets of 3 reps.

The Wods

Week 1

Week 1 / Day 1 Heavy squat. (Monday)

Follow numbers on spreadsheet for Wods on days 1 and 3 weekly.

Warm up #1 or as needed

1: Back squat 5x4x80% E2MOM (every 2 minutes on the minute) (5 sets/4 reps.)

2: Front squat 3x10x55% E2MOM (every 2 minutes on the minute)

3: Good mornings 3x8 with good form AHAP (as heavy as possible) in a 6 minute cap

4: 3x8R/8L Bulgarian split squats with Dbells or Kbells held at sides AHAP. 8 minute cap

Metcon

7 Min Amrap

RX

10 Wall balls

(20#/10' 14#/9')

15 Sit ups

Scaled

10 wall balls w/ lighter ball / lower target

10 sit ups

Rx+

15 Wall balls

10 T2B

Powerbuild

****Optional**** assistance strength work:

As a tri-set

3 rounds

15 Cybex leg extensions Ahap

12 Cybex prone hamstring curls Ahap

10 GHD sit ups

Day 2 (Tuesday) Heavy Push day

Warm up #2

Shoulder press E2MOM

5x60%

5x65%

5x70%

Max reps x 75%

Accessory work

NOT as a superset (GO HEAVY)

15 min cap:

3x6R/6L x 1/2 Kneeling Dbell press Ahap

1x10/1x10/1 x max reps to failure Bar dips (Weighted if possible. banded w/least assistance needed)

3x8 Paused high banded rows

(Put a band with handles around the rig at eye level. With arms straight out at shoulder level and palms facing down complete 8 high rows with a 2 count pause in the fully contracted position. Palms STAY facing down. Try not to let the elbows drop below shoulder height. Think about squeezing a lemon between your shoulder blades.)

Metcon

21-15-9 for time:

Rx:

Alt Dbell snatch (50#/35#)

Pull ups

V-ups

Scaled:

30#/20# or as needed

Barbell assisted pull ups

V-ups

Rx+

75#/50#

C2B

V-ups

Powerbuild

Optional Assistance strength work:

Not as a circuit

3x10 Ahap Flat dbell bench press

2 triple drop sets 5/5/5/5 Cybex or dbell shoulder press (5 reps drop 1 plate/ 5 reps drop 1 plate/5-drop-5 done)

2x20 Banded face pulls with microband or light-medium bands

Day 3 Speed /Dynamic Squat day (Wednesday)

Being EXPLOSIVE in these movements is the key to success for the day. Fast and powerful activation of your quads, hams, glutes, hips, and calves is what will develop more speed out of the bottom of your heaviest squats. This entire day is meant to develop a better squat. These movements were NOT picked randomly and you will see them repeat frequently on Wednesdays. Think about all of these movements in relation to the type of force you want to exert against a barbell in heavy back squatting.

Warm up #1

Paused Back Squat

8x3x35%x1RM EMOM (8 sets/3 reps) (Based on 1RM of regular back squat)

(2 count pause below parallel. Do not bounce to the bottom or rebound after pause. Stand straight up as fast as possible.)

Barbell jump squats

6x3x25%1RM EMOM (Based on 1RM of regular back squat)

(A regular barbell back squat with an explosive jump at the top. Land on soft joints as you decelerate into another squat or land softly and reset your feet and go again. Jump as high as you can. Remember that a fast squat is a strong squat!)

Dynamic Conditioning

EMOM circuit

5 rounds EMOM per movement. Rest the remainder of each minute. Complete in order 1-4 and repeat the circuit 5 times. 20 mins total work/rest.

1: 40 secs max effort HEAVY sled push (3-5 plates per sled) stay low and drive with quads, glutes, hips, and hams.

2: 30 secs hollow body hold

3: 5 max height box jumps (Highest jump you can hit safely. Use a foam box if needed. Sub jumping knee tucks or broad jumps if necessary, but maximize the power output of the jump. Plates can be CAREFULLY stacked on a box if needed. This is NOT for cardio. Rest between jumps if needed.)

4: 10 Barbell hip thrusters. A fast powerful extension of the hips from the floor up is our focus here. Squeeze the glutes hard at the top of the movement. 135-185# range for men. 85-125# range for women.

Powerbuild

****OPTIONAL**** accessory strength work for our squat cycle

3x8-10 Chinese rows Ahap

3x10 Cybex prone hamstring curls Ahap

3x12 Barbell or E-z curl bar ab roll outs

Day 4 Heavy pull day (Friday)

Warm up#2

Deadlift (warm up to work weight)

5x65%

5x70%

Max reps x 75%

12 min cap

Accessory circuit:

3 rounds as a tri-set

10 Chin ups Ahap or with least assistance possible FULL EXTENSION of arms on bottom
(Barbell assisted or banded NO jumping)

15 V-ups

80' Farmer's walk HEAVY!!! 2 Kbells or 2 Dbells fine. Trap bar can be used as well.

12 min cap

Metcon

9 Min Amrap

RX

5 power cleans (135#/95#)

25 Double unders

10 Med ball or wall ball slams Ahap

Scaled:

(95#/65# or as needed)

25 power singles (Longer higher slower jump as needed to learn doubles) or any working progression of doubles

Rx+

185#/125#

Powerbuild

****OPTIONAL**** Accessory strength work

3x8R/8L bench dbell rows ahap

3x5/5/5 double drop sets dbell hammer curls (heavy Dbell x 5 lighter x 5 lighter still x 5 no rest between dbell changes)
3x15 Hanging knee raises

Day 5 optional weekly longer Metcon (Saturday)

Warm up as needed

Partner Wod. 20 Min Amrap:

Rx

Partner A collects max cal on AAB

Partner B completes 2 rounds of:

5 Hang power snatch (95#/65#)

7 T2b

9 sit ups

Can sub Rower or combine a rower and the AAB every other round. Track cal on a whiteboard.

Scaled:

75#/55# bar or as needed

7 Floor wipers, HKR, or dragon flags

9 sit ups

Score is all combined reps and cal for 1 big number. Use a whiteboard and keep track of the 5/7/9 portion as you and your partner transition.

**If being done as a single cut it to a 15 min Amrap

10 cal AAB or Rower

5 Hang power snatch (95#/65#)

7 T2B

9 Sit ups

Scale as above

Week 2

Week 2 / Day 1 (Monday) Heavy Squat

Warm up #1

Back squat every 2 1/2 - 3 minutes

5x3x85%1RM

Front Squat

3x8x60% E2MOM

Accessory work:

3 rounds in 8 Min cap

Superset:

10 Db or Kb Romanian deadlifts Ahap

(Hinge and load weight into heels as hams stretch)

8 Bent Db or Kb rows Ahap (Very tight core throughout all movements)

Metcon

2 Rounds x

4 min max effort first round

90 secs rest

3 min max effort second round

(Set clock from 0 up to 8:30 with a 90 sec break at the 4 min mark and back on it at the 5:30 mark.)

Rx

5 squat cleans (95#/65#)

5 Burpee over bar

Scaled

75#/55# or as needed

5 Burpees

Rx+

155#

115#

Powerbuild

Optional assistance strength work

NOT as a circuit:

2x20 Cybex prone ham curls

3x10 Alt dbell or Kb box step ups Ahap

Tabata x Swimmer's kicks + bicycle crunches

Week 2 / Day 2 Heavy Push/Press day

Warm up#2

Push Press

Every 90 secs

3x65%

3x70%

3x75%

(rest 2 mins after this set)

max reps x 80%

Core Tabata

alternating

Plate floor wipers (25#/15#)

Plate Zombies (25#/15#)

Metcon

RX:

10-9-8-7-6-5-4-3-2-1 for time:

Alt Kb clean and press

(24/16 Kg. Reps SPLIT between arms. NOT 10R/10L.)

Bar dips

Hrpu

Scaled:

18/10 Kg or as needed

Assisted bar dips/bench dips as needed

Hrpu from knees

Rx+

32/24 Kg

Ring dips

"Plate pop" push ups

(Hands start between 2x45 lb plates. At top of push ups use an explosive press/lockout to jump hands up to plates. At full extension walk hands back to floor and repeat.)

Powerbuild

Optional assistance work

As a circuit x 3 rounds

6-8 Dbell flat bench press Ahap

5 Dumbbell tempo shoulder press. 10 second lowering/eccentric phase each rep. Ahap

Tempo is 10-1-2 (10 seconds down - immediate return to top-2 second lockout hold at top)

12 Dbell rear flyes x medium weight

Week 2 / Day 3 Speed / Dynamic squat day

Warm up #1

Paused back squat EMOM

7x3x40% 1RM

Barbell jump squats

6x3x30% 1RM EMOM

Dynamic Conditioning

4 rounds EMOM circuit: (20 minutes work/rest)

1: 80' Broad jumps

2: 30 secs max effort bicycle crunches

3: 10 jumping/plyo lunges

4: 30 dubs/power singles or 40 secs progression work on dubs.

5: 3 x Curtis Ps 95#/65# barbell

Powerbuild

Core work only for ****Optional**** Powerbuild today.

3x10 T2B, K2E, or HKR (hanging knee raises)

3x10/10 Alt V-ups + superman pulses

3x10 Plank walk ups (Aka plank to push up)

Week 2 / Day 4 Heavy Pull day

Warm up #2

Power snatch (warm up to work weight)

Every 90 secs. 2 mins rest between sets at 75% (9 sets total)

3x3x65%

3x3x70%

3x3x75%

*Speed through the middle

* keep the bar close (Elbows high and outside)

*Strong turn over with aggressive footwork from under hips to under shoulders

Halting snatch grip deadlift

5x3x45-50% of your 1RM of traditional deadlift.

Metcon

"Get a grip!"

This is a bicep and forearm buster!!!!

21-15-9 for time:

RX

Barbell shrugs (same weight used for Snatch grip deads)

Pull ups

Hammer curls (35#/20#)

Scaled:

115#/75# barbell or as needed

25#/15# hammers or as needed

Jumping or banded pull ups.

Powerbuild

3x8 Ahap bent dbell rows

3x12 Zottman curls (medium weight with controlled tempo)

Week 2 / Day 5 Optional longer Metcon day (Saturday)

Warm up #2 or as needed. Warm up barbell movements to work weights.

Metcon

Partner Wod for time: (as a single cut buy in and cash out and all reps in 1/2 and complete as written)

Split all movements. 1 athlete working at a time

RX

Buy in: 1000m row

2 rounds

50 sit ups

50 hang power cleans (95#/65#)

50 barbell rows (95#/65#)

50 Db slams (50#/35#)

Cash out: Combined 60/40 M/F AAB cals

75#/55# or as needed

Lighter slam ball as needed

Power singles

Rx+

1500 buy in meters 100 cals cash out AAB

T2B

135#/95

Week 3

Week 3 / Day 1 Heavy squat day

Warm up #1

Warm up to back squat work weight

Back squat

6x2x90% E3MOM (every 3 minutes)

Front squat

3x6x65% E2MOM

Accessory work

3 supersets AHAP (Get heavy!)

10 Kb or Db Romanian deads. REALLY stretch the hams at the bottom.

12 Russian Kbs (32/24 Kg suggested)

No metcon today. Bye. Go home and eat!

Powerbuild

Optional accessory work

3x10 Cybex prone hamstring curls Ahap

Superset 3x8R/8L paused Bulgarian split squats (bodyweight 2 count pause below or at parallel at bottom of each rep)

3x15 seated or 3x25 standing calf raises.

Week 3 / Day 2 Heavy push/press day

Warm up#2 or as needed

Bench press

12 min cap

5x75%

3x80%

3x85%

max reps x90% (use a spotter)

Accessory work:

12 min cap

3 rounds as superset:

8 Flat Dbell bench press Ahap

10 tricep push ups on dbells (palms in neutral grip facing in towards one another on dumbbells)
10 standing dbell tricep overhead extensions Ahap

Metcon

11 Min Amrap
(rounds and reps)

RX

10 Alt (5R/5L must alt) unilateral dbell hang clean and press (power jerk allowed) 50#/35#

30 touches mountain climber

20 plank jacks

30 touches Russian twist

(20#/15# Dbell)

Scaled:

30#/20# or as needed

20/10 climbers/plankjacks

(12.5/10# Russ twist)

Powerbuild

3 rounds as a giant set

5/5/5 double drop incline dbell chest press Ahap

8-10 strict ring dips

15 Band face pulls

12 HKR

Week 3 / Day 3 Speed/Dynamic squat day

Warm up #1 or as needed

Paused back squat Every 90 secs

6x3x45% 1RM

Barbell jump squats EMOM

6x3x35%

Dynamic conditioning

5 rounds EMOM circuit:

1: 40 secs Heavy sled push OR pulls (backwards with straps. Stay low and use quads on pulls)

2: 12 slam balls. Choose weight.

3: 4 Max height box jumps (try to improve height over week 1 slightly. Be safe)

4: 12 Stiff legged Kb sumo deadlift. (24/16 Kg)

Week 3 / Day 4 Heavy pull day

Warm up #2 or as needed/ work up movements for Wod

“Zimmerman”

25 min Amrap of

11 chest to bar pull ups

2 deadlifts (315#/225#)

10 hand stand push ups

Scaled: regular kip/strict/butterfly pull ups or jumping if needed.

75-80% 1RM deadlift if under prescribed weight.

Box pike push ups or L-sit dbell press as needed with weight. (Heavy for 10)

Week 3 / Day 5 optional longer Metcon day

Warm up #2 or as needed

Metcon

For time:

RX

400m run

50 cal any way (rower or AAB)

40 wall balls

(20#/14# 10'/9')

30 burpees

20 pull ups

10 TGU (5R/5L 16/12 Kg)

400m run

Scaled

200m run

50 cal

40 wall balls (14#/8-10# Lower targets if needed)

30 burpees or squat thrusts

20 Barbell assisted, jumping, or banded pull ups

10 TGU 10/8 Kg (1/2 get ups if needed)

Rx+

50/40 cal AAB

40 wall balls

(20#/14# 11'/10' for M/F)

30 burpee to target (12"above outstretched arms)

strict pull ups

24/16 Kg TGU

Week 4

Week 4 / Day 1 Deload week

Warm up #1 or as needed

Back squat
Deload week.
40%x5
50%x5
60%x5
10 min cap

Front Squat
3x8x50% E2MOM

Metcon
RX:
12-10-8-6-4-2 For time
Cals any way (Rower or AAB)
T2B
Alt pistol squats

Scaled:
Cals
K2E or HKR
Alt pistols banded or to a box/bench

Powerbuild
Optional accessory work
3 rounds as a tri-set:
15 paused Cybex leg extensions (Light weight pause for a 2 count with hard lockout at top of the movement)
10R/10L Kb Overhead reverse lunge (light with Kb overhead on side that steps back)
12 slingshot air squats (hip slingshot or short medium/light band worn just above knees. Work on driving knees out throughout the entire squat)

Week 4 / Day 2 Press/push day. Deload week

Warm up #2 or as needed

Pressing complex

Using 50-55% 1RM strict shoulder press. Complete the complex for 5 rounds E2MOM

2 Shoulder press

1 push press

1 power jerk

1 split jerk

Concentrate and speed, form, footwork, balance, and a perfect controlled lockout at these lighter weights. Ass and abs tighten up every time we put an object overhead!

Accessory work:

Use challenging , but relatively light weights and concentrate on feel and form with this accessory work. We are looking for isolated blood flow and recovery work this week.

As a circuit or giant set 3 rounds of:

12 Alt L-form Dbell lateral raises (thumbs up position with hands)

10 Bar or bench dips (no weight added)

20 Microband facepulls.

12 min cap

Metcon

15 Min Amrap:

Choose or alternate per round

250m row/12/8 cals AAB/ or 200m run

12 sit ups

20 sec hollow body hold

20 sec handstand hold

(Can sub 45#/35# plate hold locked out overhead if needed)

Score full rounds only, but work right to the end.

Rx+

200m run

10 sit ups

10 Hspu

10 T2B

Powerbuild

*Optional accessory work**

5x5 BTN Snatch grip push press Medium weight

3x10 Flat bench dbell nose breakers med-heavy

3x10 Plank to push up

Week 4 / day 3 Speed / dynamic squat day

Warm up #1 or as needed

Paused Back squat

8x3x40% every minute - 90 secs as needed

Barbell jump squats

6x3x25% EMOM

Metcon (Do not push the pace today. about 70% effort)

RX

21-15-9 for time:

Kbs (24/16 Kg)

Box jumps (24"/20")

Double unders

Scaled

(18/10 Kg or as needed)

Lower box or step up option

Power singles (longer slower jump as needed to learn doubles)

Powerbuild

****Optional accessory work****

3x12 Barbell hip thrusters medium weight

3x20 Spider planks

2x20 Cybex prone hamstring curls (can rig a band around the rig or a rack/ankles and lie face down on a bench or the floor as a substitute)

Week 4 / Day 4 Deload week Pull day

Warm up#2 or as needed

Banded deadlifts (aka speed pulls. Find demo video on youtube if not familiar with this movement or the set up needed. Can substitute a paused deadlift with a 2 count just below the knee)

8x3 x EMOM 30-35% 1RM tradition deadlift + light shorty bands or light longer band draped over bar. (if subbing paused deads and no band then ramp it up to 45% 1RM)

Low hang power cleans

3 Low hang power cleans EMOM x 60-65% 1Rm Power clean.

Metcon

12 min Amrap

300m row

10 strict pull ups (band assisted if needed)

Powerbuild

3x10 Hammer curls Ahap

3x12 GHD hip extensions (Aka "Hypers")

3x12 V-ups

No day 5 Metcon this week. Deload and rest/recover before starting the 2nd phase / mesocycle of this program. Light active recovery is fine. Walk, swim, slow biking, yoga etc.

Week 5

Week 5 / Day 1 Heavy squat day

Warm up #1

Back squat

5x4x82.5% 1RM E3MOM

Front Squat

3x10x60% E2MOM

Accessory work

6 mins cap

3 rounds

10 Kb or DB Romanian deads + 80'Farmer's walk

HEAVY!!!!

Metcon

9 min cap

(Note reps if DNF)

33 Wall balls(20#/10' 14#/9")

33 alt reverse lunges

33 sit ups

33 cal's AAB

Scale wall ball and height as needed

Powerbuild

3x10 Alt barbell front rack front lunges Ahap

3x12 Alt Kb curtsey lunges Ahap

3x20 sec hollow holds

Week 5 / Day 2 Heavy push/press day

Warm up #2 or as needed

Shoulder press

E2MOM

5x65%

5x70%

5x75%

Rest 3 mins
Max reps x 80%

Accessory work:
As a superset/circuit
12 min cap
3 rounds
10 L-sit dbell press Ahap
10 Bent Dbell rows Ahap
15 sit ups

Metcon
9 Min Amrap
1 Power clean (95#/65#)
1 Pull up
1 Push up
2 Power cleans
2 Pull ups
2 Push ups
3-3-3
4-4-4
5-5-5
6-6 (12)
etc.

Add 1 rep per round to each movement. Count rounds + reps to score. As seen above would be 5+12

Powerbuild

****Optional**** Assistance strength work:

Not as a circuit

3x10 Ahap Flat dbell bench press

2 triple drop sets 5/5/5/5 Cybex shoulder press (5 reps drop 1 plate/ 5 reps drop 1 plate/5-drop-5 done)

2x20 Banded face pulls with microband or light-medium bands

Week 5 / Day 3 Speed/Dynamic squat day

Warm up #1 or as needed

Paused back squat

8x3x40% every 90 secs

Barbell jump squats

6x3x30% EMOM

Dynamic EMOM circuit

20 min circuit

5 rounds/4 movements. Each is EMOM. Rest remainder of each minute.

1: 6R/6L Bulgarian split squats. Bodyweight only. Good ROM. On bench or in rings.

2: 40 secs max effort Russian twist

(15#/10# plate)

3: 8R/8L Kb suitcase deadlifts. Mid-heavy weight that still moves quickly on the first pull from the floor.

4: 20 secs all out sprint on AAB/rest 40 secs

No powerbuild today.

Week 5 / day 4 Heavy pull day

Warm up #2 or as needed

DeadliftE2MOM

5x65%

5x70%

5 x75%

rest 3 mins

Max reps x 80%

Accessory work:

3 rounds as a tri-set / circuit

8 Barbell rows Ahap

15 V-ups

80' Farmer's walk HEAVY!!! 2 Kbells or 2 Dbells fine. Trap bar can be used as well.

Powerbuild

****OPTIONAL**** Accessory strength work

3x8R/8L bench dbell rows ahap

3x5/5/5 double drop sets supinating/pronating dumbbell curls

3x15 Hanging knee raises

Week 5 / Day 5 Optional longer Metcon day (Saturday)

This is an affiliate benchmark at CFRS and it is grueling!

"The 12 days of Spring"

For time in 12 days of Christmas format:

1 then 2-1 the 3-2-1- the 4-3-2-1 etc.

Same barbell is Rx for all movements. Scale weight as necessary.

75#/55# Rx 95#/65# Rx+

- 1: Clean and jerk (Full squat clean and split jerk)
- 2: Power clean
- 3: Push press
- 4: Burpee over bar
- 5: Power snatch
- 6: Kbs (24/16 Kg)
- 7: Air squats
- 8: Box jumps (24"/20")
- 9: Sit ups
- 10: Double unders (Scale 20 power singles)
- 11: Pull ups
- 12: Overhead barbell lunges (6R/6L Snatch grip is best) (Scale front rack lunges)

Week 6

Week 6 / Day 1 Heavy Squat day

Warm up #1 or as needed

Back squat

6x2x87.5% 1RM E3MOM

Front squat

3x8x65% E2MOM

Accessory work:

NOT as a circuit. No time cap. Complete in time needed.

3x10R/10L Bulgarian split squats (Kb or Db Ahap)

3x25 (Get a really good burn with reps in this range) Lying banded hamstring curl.

Look up demo vid if needed. This is set up lying face down on floor or can be face down on a bench. A medium-medium heavy band is anchored around the rig and that is what goes around the feet/ankles.

2x20 Stability ball hamstring curls (find demo vid if needed)

2x30 sit ups

This will be our last week of high volume accessory work. No metcon. Roll out and do some mobility work.

Powerbuild

3x8 AHAP Paused Cybex prone ham curls (2 count pause at top of movement in full flexion)

3x8R/8L dbell or Kb box step ups (20-24") Ahap

3x8 Bent dbell rows Ahap

Week 6 / day 2 Heavy push/press day

Warm up #2 or as needed

Push press

Every 90 secs

3x70%

3x75%

Rest 2 minutes

3x80%

Rest 2 mins

Max reps x 85%

Accessory work:

12 min set up and time cap

3 rounds as a superset

Close grip bench press (55-60% 1 Rm traditional bench press)

To FAILURE each set (use a spotter) A couple of "forced reps" are encouraged.

12 Plate front delt raise (medium weight with very strict controlled movement)

Metcon

20-15-10 for time:

T2B

V-ups

Plate G20H (45#/35#)

Scaled

HKR or Dragon flags

sit ups

25#/15# or as needed

Powerbuild

Optional assistance work

As a circuit x 3 rounds

6-8 Dbell flat bench press Ahap

5 tempo Dumbbell shoulder press. 10 second lowering/eccentric phase each rep. Tempo is

10-1-2 (10 seconds down - immediate return to top-2 second lockout hold at top)

5 tempo Dumbbell chest press Tempo is 10-1-2 (same)

Week 6 / Day 3 Speed / Dynamic squat day

Warm up #1 or as needed

Paused back squat

7x3x45% Every 90 secs

Barbell jump squats

6x3x35% EMOM

Dynamic circuit:

4 times through as an EMOM circuit

1: 50' Max weight sled push. AS HEAVY AS POSSIBLE. This should be a grind!

2: 10 Db slams (50#/35#)

3: 12 plyo lunges (max height jump as switch is made)

4: 25 secs AAB full sprint

5: 10R/10L Unilateral hip/glute bridge x bodyweight

Powerbuild

3x12 alt Kb curtsey lunge Med-heavy

2x15 Db Stiff legged deadlift (med-light with good ROM)

2x20 seated calf raises

Week 6 / Day 4 Heavy pull day

Warm up #2 or as needed

Power cleans

3-3-3-2-2-2-1-1-1 in a 20 min cap

3x3x65%

3x2x75%

3x1x85%

Athletes can choose to ramp these singles up higher if feeling good!

Paused clean pulls

This is a clean pull with a 2 count pause just below the knee.

Hook grip.

Normal clean/power clean start position.

Patient first pull with shoulders advanced in front of the bar.

A 2 count pause just below the knee.

Accelerate through the 2nd pull to a powerful and exaggerated triple extension.

Shrug hard and get the bar moving in space.

NO high pull.

4x5x40% 1RM of deadlift E2MOM

Metcon

12 Min Amrap

Rx

4 Unilateral manmakers

(50#/35#)(see comments for description)

6 Strict chin ups

8 Box jumps (24"/20")

Scaled

35#/20# dbell or as needed

Banded chin ups

Lower box or step up

The "Unilateral manmaker" is one dumbbell that starts on ground. The athlete with one hand stacked on the dumbbell and palm facing in towards body does one row with the dumbbell from plank position and one push up stacked unevenly on the dbell and floor. Jump feet in and power clean the dbell to front rack and then push press overhead. Change hands as you would in a dumbbell snatch and repeat on the opposite side. That's 2 reps, etc.

No power build today

Week 6 / Day 5 optional longer Metcon

Warm up #2 or as needed

This is an affiliate benchmark

"Regulator"

4 rounds for time:

400m run

50 Double unders

30/25 cals AAB

15 burpees

30/25 cals Row

Scaled

3 rounds

50 power singles

25/20 cals AAB/Row

10 Burpees per round

This is pure aerobic capacity benchmark Wod. Get as close to Rx as you think you can. You can compare performance somewhere later down the road when repeated. (Although you may never want to do this again mwahahaha!!!) Our CFRS box best time is 33 mins 13 secs from a female athlete.

Week 7

Week 7 / Day 1 Heavy squat day.

This is the heaviest work week of the cycle. As such the volume is down in reps and accessory work. Work slow and take plenty of rest between heavy reps.

Warm up #1 or as needed

Back squat

5x1x92.5% 1RM or option of 3x1x92.5% and 2x1x95% if feeling strong. PRACTICE BAILING OUT ON A FEW LIGHTER WARM UP SETS!!! This is our heaviest and last work week of our CFRS Squat Method. No clock today. There is such a large variance of weights used that athletes will need to work at a pace that works for them. 25-40 mins to warm up and hit your heavy singles is reasonable. You will have the option to either warm up to 92.5% and hit 5 singles or if you feel good and the weight is moving well hit 3x1x92.5% and 2x1x95% Minimum 3 mins rest between working singles.

Front squat

3x6x70% work at own pace.

No metcon and no accessory work required today.

Powerbuild (advanced athletes only this week)

Optional accessory work:

3 rounds as a circuit (superset)

12 alt barbell back rack front lunges (20-25% 1Rm back squat)

10-12 Dbell sumo stiff legged deadlift

*Choose one mid upper back exercise

10 V-bar strict pull ups

10 T-bar rows Ahap or

10 Bent Dbell rows Ahap

Week 7 / Day 2 heavy Push/press day

Warm up #2 or as needed

Bench press (use a spotter on 80%+ sets)

12 min cap

5x75%

3x80%

3x85%

max reps x90%

Accessory work:

15 min cap

3 rounds as superset:

10 Push press x 50-55% 1Rm

10 Flat bench dbell Tate's press Ahap (find youtube vid if unfamiliar with the movement)

12 Dbell rear flyes (Medium weight)

Metcon

7 Min Amrap

Add 2 reps per round

2 tricep push ups

2 slam balls (50#/35#)

4-4

6-6

8-8

Scale from knees and scale weight of slam ball

Powerbuild

3 rounds as a giant set

5/5/5 double drop Dbell chest press Ahap

8-10 strict ring dips

15 Band face pulls

12 HKR

Week 7 / Day 3 Speed/dynamic squat day

Warm up#1 or as needed

Paused back squat

6x3x50% every 90secs

Barbell jump squats

6x3x40% EMOM

Box jump

5 mins to establish a max height box jump. This is NOT for cardio or conditioning. This is to train explosive vertical movement/extension. Be safe.

3-3-2-2-1-1-1 ramping height until max is safely established. Can do 5x5 of jumping knee tucks if needed for equipment or for safety/fear purposes.

Metcon

Death by squat clean

95#/65#

Add 1 rep EMOM until reps can't be completed in the minute. Score is total reps. Scale weight if needed. Scale to power clean + front squat if needed. Scale 20# Med ball squat clean if needed.

15 Min cap

(Max score is 120)

No Powerbuild work today

Week 7 / Day 4 Heavy pull day

Warm up #2 or as needed

Sumo Deadlift

5-5-3-3-3-1-1-1 in a 15-20 min cap

Ramp up to heavy singles. Go by feel for the day. Athlete's choice. Record heaviest single/singles

Accessory work:

12-15 min cap

3 rounds as superset/circuit

10R/10L flat bench Dbell row Ahap

12 Barbell shrugs Ahap

12 Hammer curls Ahap

Metcon

12 Min EMOM

Alternating these 3 movements per minute.

RX

4 rounds (12 mins total)

Minute 1: 12/10 cal AAB

Minute 2: 10 Hang clean and press (95#/65#)

Minute 3: 15 T2B

Scaled 10/8 cal

HC&P 75#/45# or as needed

K2E/HKR/Dragon flags/or Sit ups as needed.

If you fall off pace rest as needed and pick back up on the next minute/next movement or cut reps as needed to get caught up.

No Powerbuild today

Week 7 / Day 5 optional longer Metcon

Warm up:

3 frames partner "Rowling" at 106 meters
(3 rows each and 3 x penalty burpees each)

2 rounds

10 front lunge

10 alt side lunge

10 spider planks

10 V-ups

10 Pvc windmills (5 each direction)

10 Pvc ham stretch

Metcon

4 RFT:

250m row

2 rope climbs (15')

10 TGU (5R/5L)

(24/16Kg)

10 Kb snatch

(5R/5L 24/16 Kg)

10 Atomic sit ups

(15#/10# plate)

Scaled

10 ring rows for rope climbs

16/8 Kg TGU or 1/2 get ups (20 reps 10R/10L)

16/8 Kg Kb snatch

20 Plate Zombies (15#/10# or as needed)

cut to 3 rounds if needed

Week 8

Week 8 / Day 1 Deload and max check week!

Warm up #1 or as needed

Back squat E2MOM

1x5x45%

1x5x55%

1x5x65%

Gymnastics and skills

1: Tabata x hollow rocks + superman pulse reps (alt movements)

2: Tabata x plank taps + dubs or power singles

Accessory work:

3 rounds (all bodyweight)

Move slowly and methodically. No hurry today.

12 mins clock

10 alt Cossack squats (move slowly and do your best with stretch and mobility)

10 Alt curtsy lunges

10 sumo air squats

Cool down and mobility

Take 10-15 mins to do some static stretching, banded mobility work, and/or foam roll or use some of our mobility and recovery tools.

Week 8 / Day 2 push/press

Warm up #2 or as needed

Press complex E2MOM

Using 65% of Push press 1RM every 2 mins x 6 rounds complete

1 push press

1 push jerk

2 split jerks

Accessory work:

3 rounds as a circuit

12 min clock

Medium weights on all

8R/8L "1 up" Kb shoulder press

(start w/ both Kb fully pressed out overhead. Leave 1 pressed out overhead while strict pressing the other for 8 reps. Change sides and repeat.)

10 Flat bench Db bench press

20 microband face pulls

Metcon

7 min Amrap

10 Hrupu

20 sit ups

40 dubs

Scale to knees for Hrupu and to power singles

No Powerbuild

Stretch, foam roll, banded mobility work.

Week 8 / Day 3 speed / dynamic squat day

Warm up #1 or as needed

Paused back squat

6x3x35% EMOM

No Barbell jump squats today

Metcon 25 min circuit.

5 rounds x 5 stations EMOM

This is meant to be active recovery work today.

1: 40 secs easy pace on AAB

2: 10 alt leg box step ups (20")

3: 20 skater hops

4: 12 alt V-ups

5: 30 secs work dubs

Foam roll, stretch, banded mobility work.

2-3 days of rest and active recovery. Walk, slow bike, yoga, slow easy swim etc. NOTHING heavy or taxing. Take in some extra carbs, but nothing crazy is necessary. Get very hydrated. Get good sleep each night before max checking.

Week 8 / Day 4 Max check day!!!

This is optimal between 3-5 pm with a 2 hour gap after last meal. Take as long as you need.

Warm up as you see fit. PRACTICE BAILING OUT ON SOME LIGHTER REPS. Below is a

suggested ramp up. DO NOT REPLICATE YOUR OPENING 1 REP MAX. That is wasted energy. Hit a rep below it and then go over it.

10 x empty barbell

8x30%

5x40%

3x60%

3x70%

1x80%

1x90%

1x92.5-95% if desired or could max check here.

PR TIME!

1x102.5 - 105%

If successful make jumps as appropriate and try again. (2.5%-5% increases are logical, but go by feel.) If you want to max check a 2nd lift I would suggest ONE of the options below. Use a similar rep scheme to build up.

Bench press

Shoulder press

Push press

Split Jerk.

After 1 more day of rest you could also max check your Front squat and deadlift and/or power clean. Use a similar warm up and ramp up scheme. The carryover to pressing movements may not be there, but carryover to deadlift or any posterior chain pulling movement could definitely be there. This is a strength cycle, but it was very specific to the Back and front squat. Let us know your results. We would love to see how this cycle worked for you! Go forth and lift ALL the heavy things! Coach Kyle Hopkins CFRS.

**The CFRS Squat method is an original program designed by coach Kyle Hopkins. Kyle is the co-owner and head CrossFit coach at CrossFit Rising Sun LLP in East Nashville. All rights are reserved. All CrossFit programming and training design for CFRS is done by coach Kyle Hopkins unless otherwise stated during a specific training cycle. Athletes choosing to use this program are doing so at their own risk. CrossFit Rising Sun will assume no responsibility for athletes choosing to use this program. 3/01/2019*