

STRENGTH CYCLES

Implementing strength cycles into a 60 minute class.

WEEK	SETS REPS	BRIEF	GENERAL WU	SPECIFIC WU	BUILDING	REST	LIFT TIME	WOD PREP	WOD TIME	CLASS TIME
1	5x5	3:00	4:00	12:00	6:00	OT3M	15:00	6:00	<10:00	56:00
2	5x3	3:00	4:00	12:00	6:00	OT3M	15:00	6:00	<10:00	56:00
3	5x2	3:00	4:00	15:00	10:00	OT2M	10:00	6:00	<10:00	58:00
4	5x1	3:00	4:00	15:00	10:00	OT2M	10:00	6:00	<10:00	58:00

*When WOD movement varies from lift the WOD will be 8:00 or less

- The OTM (on the minute) format allows for controlled rest time and creates the opportunity for up to 3 athletes to work at the same station within a class setting.
- The 15:00 attributed to the specific warm up is intended to cover all components of the day's programming. This allows classes to transition quickly and seamlessly from the strength portion of the day into the practice round and workout.
- Some gyms may prefer to split this 15:00 specific warm up allotment and prepare for the strength portion and do a secondary specific warm up between the two portions of the workout.