

STRENGTH CYCLE | #2

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 | 3x5 | 78% | 3:00 | 6:00 | 15:00 | 6:00 | OT3M | 9:00 | 6:00 | <10:00 | 55:00 |
| 2 | 3x3 | 80% | 3:00 | 6:00 | 15:00 | 6:00 | OT3M | 9:00 | 6:00 | <10:00 | 55:00 |
| 3 | 3x2 | 82% | 3:00 | 6:00 | 15:00 | 10:00 | OT3M | 9:00 | 6:00 | <10:00 | 55:00 |
| 4 | 3x1 | 85% | 3:00 | 6:00 | 15:00 | 10:00 | OT3M | 9:00 | 6:00 | <10:00 | 55:00 |

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

- Sets are **building sets**. Marked percentages are the target for the first set.
- The OT3M (on the 3 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 time 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 specific warm up allotment and prepare for the strength portion and do a secondary specific warm up between the two portions of the workout.