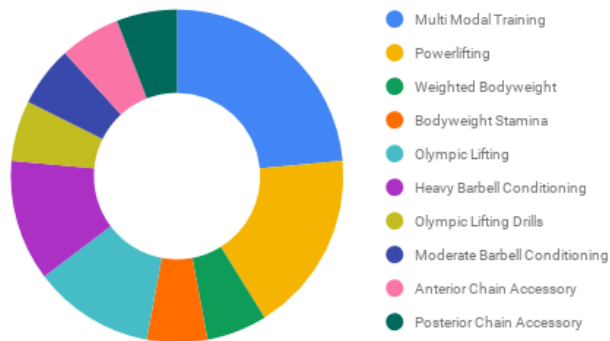


Choose the stream that best matches your goals. For best results, bias towards your greatest areas of weakness, and remain with one stream for a minimum of 12 weeks. Even though the program biases towards your weaknesses, all elements of fitness will be trained.

MONDAY 5 / 11 / 2018

## STRENGTH & POWER BIAS

Choose this stream if you would like to improve your ability to move external loads as expressed through absolute strength (powerlifting) and power (Olympic weight lifting). The session type breakdown is:



### PART A:

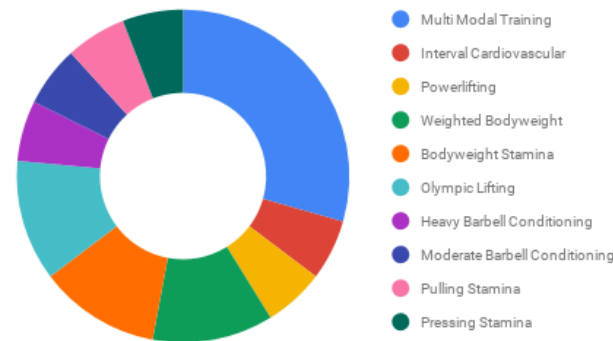
- A) Every 30 seconds for five minutes: 2x speed box squats at 65% max (or 40% max bar weight + 25% band tension at the top).  
 B) One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set.  
 - Odd rounds: 2x deadlift (sumo) (pause and reset each rep).  
 - Even rounds: 4x push press (pause and reset each rep).

### PART B:

- Complete eight rounds of the following for time:  
 8 Ring dips  
 8 Hang squat snatch (40% max)

## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



### PART A:

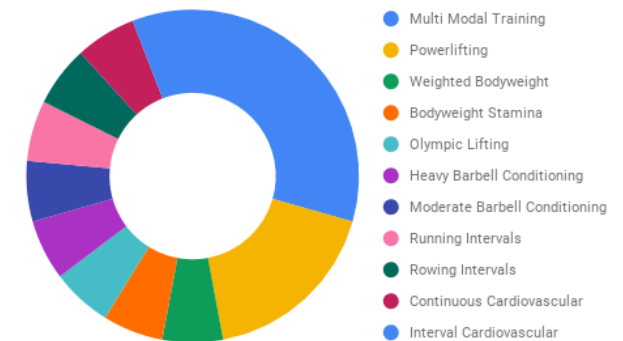
- Complete 20 muscle-ups (5 minute cap, if you can't do them skip the muscle-ups), then: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps of:  
 Push-ups  
 Ring rows

### PART B:

- In 20 minutes, take five attempts to build to a heavy six rep max of the following complex. Aim to start at 45% of your max squat clean and jerk and increase weight each set. Rest anywhere except the ground. Power clean, jerk, lunge from behind the neck (x2).

## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

- Complete eight rounds for time of the following. Record split for each round and ensure all rounds are within 20 secs. Final two rounds can be faster.  
 13 KB push-press (50% max)  
 13 TTB  
 200m run

### PART B:

- Complete as many rounds as possible of the following. Resume each interval where you finished the previous. Complete the following work to rest intervals: 5x(20:80), 5x(60:120), 1x(180). 6 Burpees, 4/6 Cal Ski Erg, 8 Kettlebell Swings.

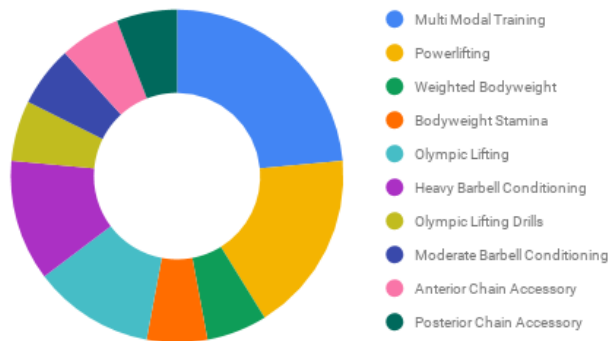
Post Results in the 'ROMIP Lite' Facebook Group.

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TUESDAY 6 / 11 / 2018

## STRENGTH & POWER BIAS

Choose this stream if you would like to improve your ability to move external loads as expressed through absolute strength (powerlifting) and power (Olympic weight lifting). The session type breakdown is:



### PART A:

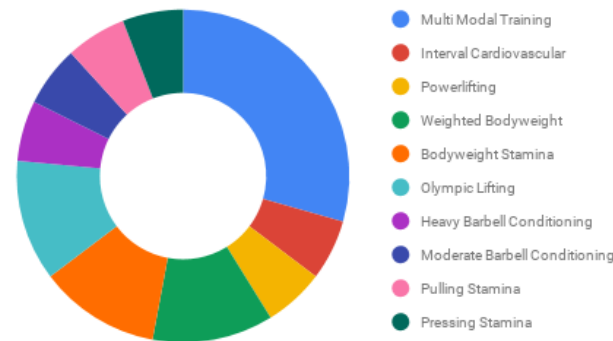
- Tall clean: 1x3x50%+ max clean.
- Tall clean + clean from power position: 2x3x50%+ max clean.
- Behind the neck jerk: 3x3x80%+ of max jerk.
- Four position snatch (power, high hang, top of knee, ground): 3x1x60%+ of max. First set pause 2 second pause each position, second set 1 second pause, third set no pause.

### PART B:

Take three attempts each to find an unbroken ten rep max of the following. Alternate exercises, rest 180 seconds after each attempt. Increase weight each set. First set at 65% max. Front rack alternating lunge, power clean and jerk.

## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



### PART A:

- 10 minutes to find a max strict weighted bar dip.
- 10 minutes to find a max strict weighted chest to bar pull-up.

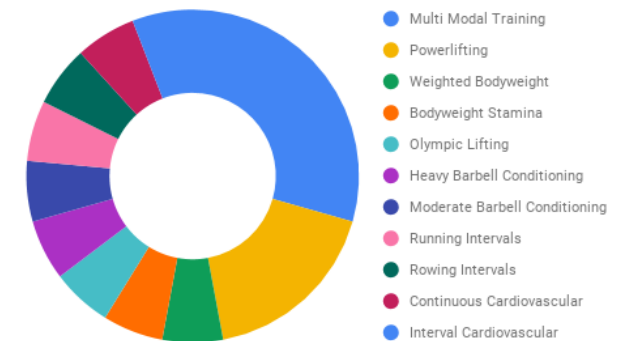
### PART B:

Seven rounds for time of the following. Record split for each round and ensure all rounds are within 20 secs. Final two rounds can be faster.

- 7 Double dumbbell front squat (60% max)
- 14 Push-ups
- 14 Ring rows

## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

Complete four rounds of the following. Complete max unbroken reps of each exercise in 60 seconds, resting 60 seconds between exercises.

Max unbroken	Ring dips
Max unbroken	Toes to bar

### PART B:

Complete as many total meters as possible over the following rowing intervals. As fast as possible on each interval while still maintaining pace: 4x 15s work, 180s passive rest. 3x 30s work, 120s active rowing recovery. 2x 180s work, 360s active rowing recovery. 1x 600s work.

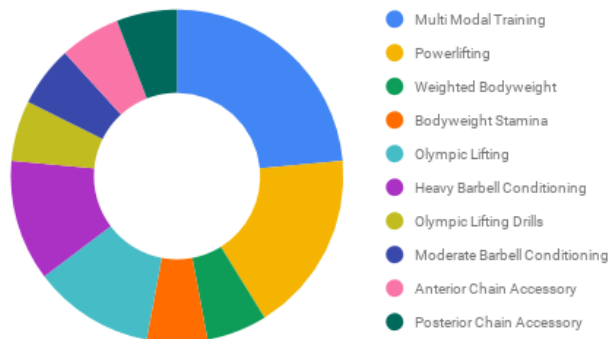
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WEDNESDAY 7 / 11 / 2018

## STRENGTH & POWER BIAS

Choose this stream if you would like to improve your ability to move external loads as expressed through absolute strength (powerlifting) and power (Olympic weight lifting). The session type breakdown is:



### PART A:

Complete three rounds of the following not for time. Rest 45 seconds after each exercise.

- 6x Hamstring lower/raise (hip angle fixed).
- 60 second heavy walking prowler push.
- 10x Stiff leg deadlift, >50% max deadlift.
- 10x Reverse hyper (or hip extension).

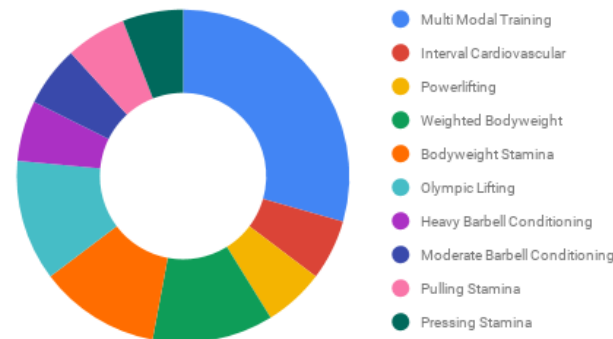
### PART B:

Complete four rounds of the following. Complete max unbroken reps of each exercise in 60 seconds, resting 60 seconds between exercises.

Max unbroken	Ring rows
Max unbroken	Push-ups

## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



### PART A:

A) Warm up with: 3x 3 posn snatch pull, 3x 3 posn power snatch, 4x 3 posn snatch. 3x 3 posn clean pull, 3x 3 posn power clean, 4x 3 posn clean. 3x jerk dip-jerk-tall jerk-jerk. Increase weight each set.

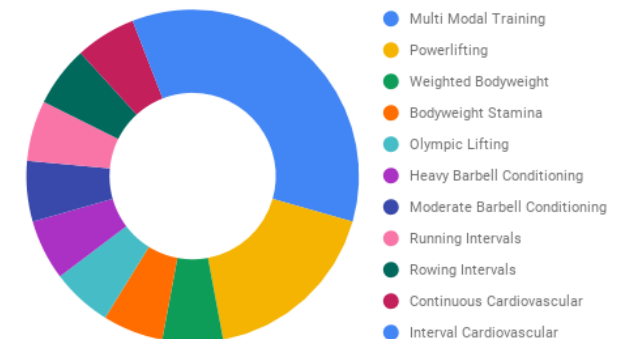
B) Every 90 seconds for eight rounds complete three power snatch. Every 90 seconds for eight rounds complete three clean (full) and jerk. Begin at 70% of your max, and add 5% of your max every time you complete two consecutive sets with no misses. Maximum five breaths between lifts.

### PART B:

Complete as many rounds as possible of the following. Resume each interval where you finished the previous. Complete the following work to rest intervals: 4x(25:100), 4x(90:180), 1x(240). 6 Burpees, 10 Hammer Strikes, 4x 5m Shuttle Run.

## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

With a partner, take three attempts to find an unbroken 20 rep max of each of the following (alternate reps one each until 20). Alternate exercises, rest 180 seconds after each attempt. Increase weight each set. First set at 65% max. Thruster, power clean.

### PART B:

Complete as many rounds as possible in nine minutes. Then rest 2 mins and take five mins to find a max overhead squat.

9 Log viper press (40% max)  
10x5m shuttle run

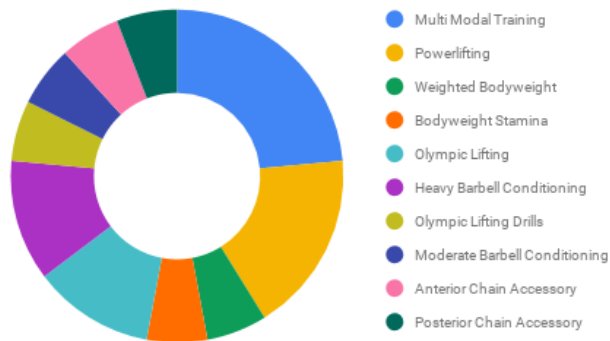
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THURSDAY 8 / 11 / 2018

## STRENGTH & POWER BIAS

Choose this stream if you would like to improve your ability to move external loads as expressed through absolute strength (powerlifting) and power (Olympic weight lifting). The session type breakdown is:



### PART A:

- A) Every 30 seconds for five minutes: 2x speed deadlifts at 65% max (or 40% max bar weight + 25% band tension at the top).  
 B) One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set.  
 - Odd rounds: 4x overhead squat.  
 - Even rounds: 2x bench press.

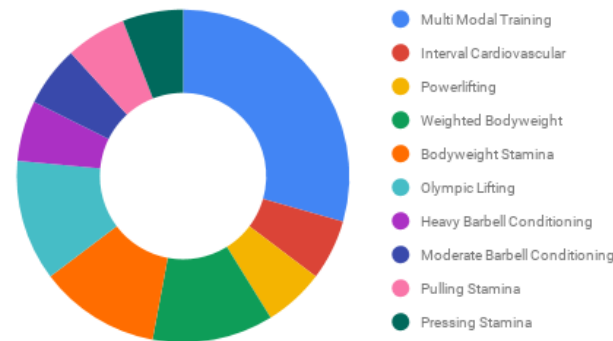
### PART B:

Synchronised with a partner, complete as many unbroken reps as possible of each exercise in 60 seconds. After each minute, move on to the next exercise. If you break a set or pause during an exercise, rest the remainder of the minute. Complete two rounds (total 6 minutes).

Wall ball  
 Pull-ups  
 Ball slams

## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



### PART A:

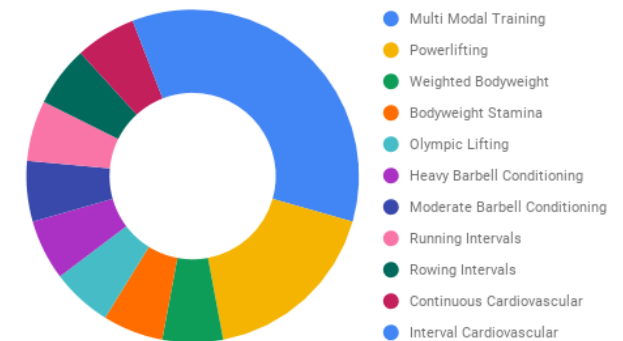
- Complete one round of the following for time:  
 20 Double KB push press (50% max)  
 20 Cycle (cals)  
 20 TTB

### PART B:

Complete as many total meters as possible over the following running intervals. As fast as possible on each interval while still maintaining pace: 4x 15s work, 180s passive rest. 3x 30s work, 120s active jog/walk recovery. 2x 180s work, 360s active jog/walk recovery. 1x 600s work.

## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

- A) Every 30 seconds for five minutes: 2x speed deadlifts at 65% max (or 40% max bar weight + 25% band tension at the top).  
 B) One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set.  
 - Odd rounds: 4x overhead squat.  
 - Even rounds: 2x bench press.

### PART B:

Run, row, ski or cycle (preferably your weakness) for an unbroken 50 minutes. Work at a pace you could comfortably maintain for 60 minutes (approximately 6/10 rate of perceived exertion). If you know your anaerobic threshold, exercise as close to it as possible.

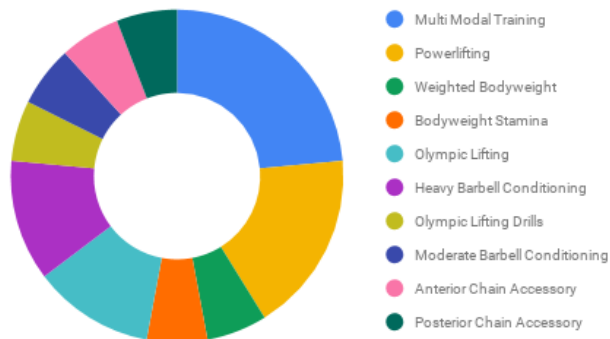
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FRIDAY 9 / 11 / 2018

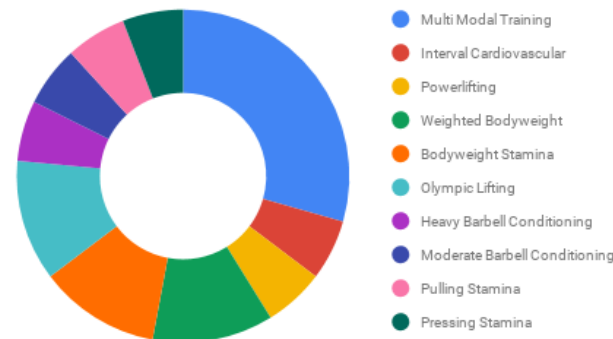
## STRENGTH & POWER BIAS

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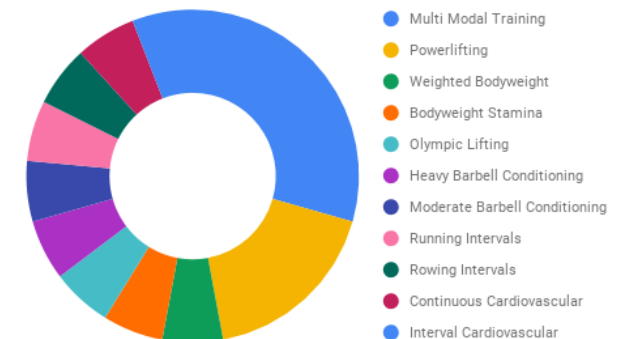
## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

- A) Warm up with: 3x 3 posn snatch pull, 3x 3 posn power snatch, 4x 3 posn snatch. 3x 3 posn clean pull, 3x 3 posn power clean, 4x 3 posn clean. 3x jerk dip-jerk-tall jerk-jerk. Increase weight each set.
- B) Every 90 seconds for eight rounds complete three power snatch. Every 90 seconds for eight rounds complete three clean (full) and jerk. Begin at 70% of your max, and add 5% of your max every time you complete two consecutive sets with no misses. Maximum five breaths between lifts.

### PART B:

- With a partner, 5, 3, 1, 3, 5 minute AMRAPs with a 2:1 work to rest ratio. Resume each interval where you finished the previous. One person works at a time, tag in/out as you wish.
- 10 Deadlift (60% max)
  - 10 Overhead squat (60% max)
  - 10 Hang power clean and jerk (55% of max power clean and jerk)

### PART A:

One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set. First exercise in odd rounds, second exercise in even rounds.

- 5 Pull-up (strict overhand chest to bar)
- 5 Bar Dip (strict)

### PART B:

- Calculate the average of your maxes for the following movements. With a partner, each person loads a single bar to 50% of this average. 14 sets (7 each) swapping each set.
- 13 Push jerk
  - 7 Snatch (squat)

### PART A:

One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set. First exercise in odd rounds, second exercise in even rounds.

- 3 Bar Dip (strict)
- 3 Pull-up (strict overhand chest to bar)

### PART B:

- For time
- 15, 12, 9, 6, 3 Alternating dumbbell squat snatch (50% max)
  - 9, 9, 9, 9 Knees to elbows
  - 3, 6, 9, 12, 15 Dumbbell bench press (50% max)

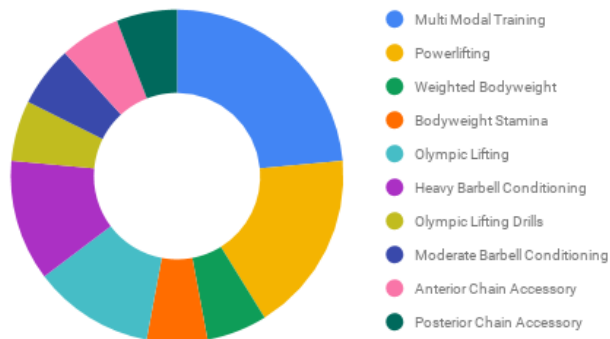
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SATURDAY 10 / 11 / 2018

## STRENGTH & POWER BIAS

Choose this stream if you would like to improve your ability to move external loads as expressed through absolute strength (powerlifting) and power (Olympic weight lifting). The session type breakdown is:



### PART A:

- A) Warm up with: 3x 3 posn snatch pull, 3x 3 posn power snatch, 4x 3 posn snatch. 3x 3 posn clean pull, 3x 3 posn power clean, 4x 3 posn clean. 3x jerk dip-jerk-tall jerk-jerk.
- B) Take 4 attempts in 10 minutes to find a three rep max of each of the following (total 30 mins). Touch and go power snatch. Touch and go clean (full squat). Three rep max split jerk (re-rack on shoulders between reps).

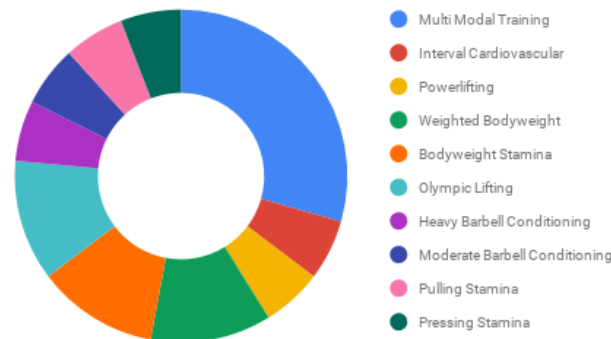
### PART B:

Four rounds of 90s work, 180s rest. Complete the first two exercises, then max reps of the third in the remaining time. Score is total reps of exercise three.

75m run run  
3 Thrusters (85% max)  
Max GHD sit-ups

## GYMNASTICS & BODYWEIGHT BIAS

Choose this stream if you would like to improve your ability to move your own bodyweight better, as expressed by relative strength and relative stamina. The session type breakdown is:



### PART A:

With a partner, tag in and out as required. Complete 3, 2, 1 minutes of each exercise for max reps. Take an additional 30 seconds for each transition: Strict chest to bar pull-ups (25% max), strict bar dips (25% max), muscle-ups (if you don't have MU, skip this movement).

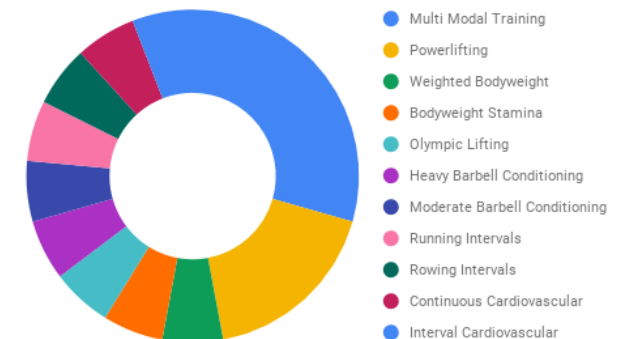
### PART B:

Complete as many rounds as possible in 14 minutes of the following. Record split for each round and ensure all rounds are within 20 secs. Final two rounds can be faster.

14 Jump lunges  
7 Hang power clean and jerk (60% max)  
14 GHD sit-ups

## WORK CAPACITY

Choose this stream if you would like to improve your work capacity, engine and cardiorespiratory endurance across all time domains and energy systems. The session type breakdown is:



### PART A:

- A) Every 30 seconds for five minutes: 2x speed bench at 65% max (or 40% max bar weight + 25% band tension at the top).
- B) One set every 2 mins for 5 rounds. Increase weight from last time completed this rep scheme, all sets same weight, final set for max reps. Rest an extra minute before final set.
- Odd rounds: 4x deadlifts. Deficit if weak off ground, rack pulls if weak on lock out.
  - Even rounds: 4x front squat.

### PART B:

Complete as many rounds as possible in nine minutes of the following. Record split for each round and ensure all rounds are within 20 secs. Final two rounds can be faster.

7 Dumbbell hang clusters (60% max)  
42 DU

Post Results in the 'ROMIP Lite' Facebook Group.