

## WEEK 1:

The primary goal of week 1 is to reduce shoulder inflammation. We want to eliminate as much shoulder use or discomfort as possible. Do not get frustrated, do not feel as though you will be getting 'soft'. TRUST THE PROCESS. Day #1 you will be getting to know your routine, both pre and post WOD. Always make sure to allow yourself plenty of time for CS Recovery and mobility at the end of class.

<b>WARM - UP</b>		<b>CS Activation</b>		<b>WARM - UP</b>		<b>CS Activation</b>		<b>WARM - UP</b>		<b>CS Activation</b>	
<b>WOD</b>		Deadlift 5 x 5 or 1 RM Retest		<b>WOD</b>		5 Rounds (1min. rest) 60m Sled Push (135/95) 10 Box Jumps		<b>WOD</b>		10 min. EMOM 100m Sprint or 20 sec Assault Bike Sprint **with no arms *rest remainder of minute	
<b>POST WOD</b>		CS Recovery Shoulder Mobility		<b>POST WOD</b>		CS Recovery Shoulder Mobility		<b>POST WOD</b>		CS Recovery Shoulder Mobility	

<b>WARM - UP</b>		<b>CS Activation</b>		<b>WARM - UP</b>		<b>CS Activation</b>		<b>WARM - UP</b>		<b>CS Activation</b>	
<b>WOD</b>		15 min. AMRAP 20 V-Ups 50 Air Squats		<b>Rest Day</b>		<b>WOD</b>		<b>WOD</b>		<b>Rest Day</b>	
<b>POST WOD</b>		CS Recovery Shoulder Mobility		CS Activation Mobility Active Recovery		<b>POST WOD</b>		<b>POST WOD</b>		CS Activation Mobility Active Recovery	

\*Provocative Test! If there is any shoulder pain, discontinue this exercise & redo week 1.

## WEEK 1

- CS Activation & CS Recovery daily
- Mobility daily
- No dynamic shoulder exercises
- Test out the front rack position, any pain then restart the week

\*Although recommended, we know not everyone follows the 4 on/1 off/1 on/1 off routine, in that case, move on to the next 'working day' of that week.