



## Slackstand Programming (Week 1)

### Day 1 - Upper body push/pull

#### STRENGTH:

Complete 3 sets of A:

A1) Glute Bridge on **Slackstand**, Dumbbell Bench Press

Tempo: 30X1 x 4-8reps

Set 1: 8 reps

Set 2: 6 reps

Set 3: 4 reps

Rest 30 seconds

A2) Single Arm Dumbbell Row

Tempo: 2111 x 6-8reps/arm

then complete 3 sets of B:

B1) Supinated Ring Row

Tempo: 21X2; 6-10reps

Rest 30 seconds

B2) Plank on Parallettes

30-45 sec unbroken (add load to your back if this feels easy)

rest 60 sec

then complete 1 set of C:

Reverse Tabata 8 on **Slackstand**

8 rounds of 10 seconds of MTN Climbers on **Slackstand**, hold a plank on slackline during "rest" periods

WOD: 4 RFT

20 Wall balls 14/20

10 CTB Pull Ups

40 DUs

## Day 2 – Lower Body Stability/Agility

### SKILL:

Complete 3 sets of A

A1) Agility Ladder

- Single legged Hop per leg

- Bunny hop

- Carioca

- Ickey Shuffle

- In In Out Out

rest 30 secs

A2) Single Leg Balance x 5 sec per leg on **Slackstand**

rest 30 secs

A3) Star Plank x 20 seconds per hand on **Slackstand**

rest 30 secs

A4) DB Box Step Ups x 5/leg AHAP

\*Adjust box height so the it is slightly below knee

Complete 3 sets of B

B1) Reverse Sled Drag with Harness x 100 feet

rest 30 sec

B2) Ski 10 Calories AFAP

rest 30 sec

B3) 10 Devil Presses AHAP

rest 30 sec

### WOD:

Every 3 minutes x 5 rounds

10 Lateral Hops Over **Slackstand** + 100m Sprint

10 Power Cleans 95/135

10 BF Burpees

## Day 3 – Posterior Chain

### STRENGTH:

Complete 3 sets of A

A1) Segmented Clean Deadlift

3,3,3,2,2; rest 2-3 mins between sets

(building from last week's loads - ensure that with the heavier weights you are still focused on holding the right positions)

\*Hold each position for 1 second (1", knee, mid thigh)

A2) Sorenson Hold in GHD x :20 bear hugging a plate

A3) Single Legged Glute Bridge on **Slackstand** x 10/leg @3113 tempo

### WOD:

3 Sets

12 Deadlifts 155/225

6 Bar Muscle Ups

200m Run

rest 60 seconds

\*Increase pace each round.

Score: Fastest Round

## Day 4 – Upper Body Push/Pull

### STRENGTH:

A) Barbell Bench Press x 4,4,4,4 @3212 tempo

Complete 3 sets of B

B1) On **Slackstand**, Push Ups @3212 tempo x 6-8reps  
rest 30 secs

B2) Dual Dumbbell Prone Row

Tempo@20X2 x 6-8reps

rest 60sec

B3) 30 sec Wall Sit

rest 30 sec

B4) Ring Plank x 30-45sec unbroken

(elevate your feet on a box and add load to your back if 45sec feels easy)

rest 30 sec

Superset C x 3 sets

Tall plank walk on/off with push up on **Slackstand** x 20-30sec

Dual Bicep Curl and Press x 4-6 per arm

\*Alternating arms every rep

### WOD:

4 RFT

250m Row

10 Ring Push Ups

10 Alt DB Snatches 50#/70#

## Day 5 – Lower Body Push/Pull

### STRENGTH:

A) Back Squat

Tempo@32X1 x 4,4,4,3,3 rest 2-3mins (strict tempo - build slightly from last week's loads)

Complete 3 sets of B...

B1) **Slackstand** Split Squats (Rear foot on line)

Tempo@30X1; 5,5,5/leg

rest 30 sec

B2) Assault Bike Sprint x 1 minute @ 90% effort

rest 30 sec

B3) GH Raises x 5-6 reps

Complete 1 set of each tabata

6 rds of: Wtd KB Front Rack Wall Sit

Rest 1 minute

6 rds of: Feet Elevated on **Slackstand** Plank (on hands)

Rest 1 minute

6 rds of: DB Hammer Curls

Rest 1 minute

6 rds of: Bar Dips

WOD: For time

1000m Row

50 alt Pistols

100 KBS 35/53#

## Day 6 - Posterior Chain/OH Stability/Core

### STRENGTH:

Complete 3 sets of A

A1) Segmented Snatch Deadlift

3,3,3,2,2; rest 2-3 mins between sets

(building from last week's loads - ensure that with the heavier weights you are still focused on holding the right positions)

\*Hold each position for 1 second (1", knee, mid thigh)

A2) On **Slackstand**, in a plank, complete 20 alt shoulder taps

A3) 3 Wall Walks

Complete 3 sets of B

B1) **Slackstand** Pistol squats x 4-6 reps per leg

B2) Single Arm Ski x 5 calcs per hand

B3) 100ft Single Arm OH DB walk per hand

WOD: AMRAP 3 x 4 sets

3 Power Snatches 65/95

6 TTB

9 Box Jumps 20/24"

\*1 minute rest in between amraps, start each round where you left off.

## Warm Up Ideas:

- 1) 10 mins to complete 2-3 sets...  
Row 250m  
30 **Slackstand** Mountain Climbers (15/side)  
2 Turkish Get Ups/arm
  
- 2) 10 mins to complete 2-3 sets...  
10 alt DB Snatches  
6 Lateral band Walk/side  
6 Monster walk (forw/back)  
20 sec side plank per side on **Slackstand**  
150m Row
  
- 3) 10 mins to complete 2-3 sets...  
6 Half Kneeling Bottom Up KB Press/arm  
6 Lateral band Walk/side  
6 Monster walk (forw/back)  
10 sec single legged balance on **Slackstand**  
150m Ski
  
- 4) 10 mins to complete 2-3 sets  
5 Single Arm Seated DB Press/side  
15 sec Plank on **Slackstand**  
20 sec Psoas March  
200m Row
  
- 5) 10 mins to complete 2-3 sets...  
8 Single Arm Landmine Push Press/arm  
5 feet elevated on **Slackstand** push ups  
10 KBS  
150m Ski  
Couch x 30/side  
10 Butt Kicks + 10 High Knees + 200ft sprint
  
- 6) 10 mins to complete 2-3 sets...  
5 Box Jump Step Down  
10 alt Frankensteins  
5 Hip Extensions  
20 sec Dip Support  
10 sec L-Sit Hang From Rings  
6 Lateral Hops Back/Forth over **Slackstand**