



Awaken Training Series 2.0

3 Day Sample

What's New in ATS 2?

Explore your Snatch and Clean more in this series while still placing an emphasis on positions and tempo work. We will also add a couple gears to your aerobic conditioning and grinder work that you have become accustomed to in 1.0. Dive into more handstand push up progressions and really strengthen your body upside down. Finally, be prepared to develop the strongest and best overhead squat positions you've ever had with our 15sec OHS progressions and week after week exposure.

Check out the first three days of the program below for a taste of what's to come, and register for Awaken Training Series 2.0 at <https://revival-strength.com/ats2/> between **December 30 - January 6**. Sign up before **January 2 at 5pm Pacific** for your bonus workouts!

Day 1	Day 2	Day 3
<p>Warmup: EMOM x 12mins 1st - 10 Single Leg Glute Bridge 2nd - 10 Lateral Band Walks/side 3rd - 30sec Ring Plank (feet elevated)</p> <p>A1) Front Squat 5551; 5,5,5; rest 30sec</p> <p>A2) Staggered Stance Deadlift 3131; 5,5,5; per leg; rest 3mins</p> <p>B1) Front Foot Elevated Split Squat DB Loaded at Sides; 4-6" step; 2020; 6-8/leg; rest 90sec x 3</p> <p>B2) Jefferson Curl 3131; 6-8reps; rest 90sec x 3</p> <p>C) Steady Grind Continuous 2mins Wall Sit 2mins Alternating Turkish Get Up 53/35 2mins Reverse Sled Drag HEAVY 2mins Prisoner Step Ups 24/20"</p>	<p>Warmup: 3 Rounds Not for Time Quadruped Crawl 20m Plank Lateral Crawl 10m/side Duck Walk 20m</p> <p>A) Push Press 31X2; 8,6,4,8; rest 2-3mins (3sec eccentric, 1sec pause on shoulder, X is the dynamic Push Press, 2sec hold overhead) - last set of 8 should be heavier than first - goal</p> <p>B1) Incline Dumbbell Bench Press 40X0; 6-8reps; rest 45sec x 3</p> <p>B2) Wide Grip Strict Pull Up 21X2; 5,5,5; rest 45sec (wtd if you can)</p> <p>B3) Tuck L-Sit on Parallettes 15-30sec; rest 90sec x 3</p> <p>C) 3 Rounds @ Increasing Effort 1 mile Assault Bike 10 Single Arm KB Push Press/arm (1sec pause overhead) 15 Strict toes to Rings *YOU MUST increase pace on AB every round *No rest between rounds</p>	<p>Warmup: 5min Easy Assault Bike (then) AB Sprint 10sec @ 90% + every 90sec x 6 *turn on your power and brain with this - build up and try to get some max wattage by the last set</p> <p>A) Segment Snatch Deadlift 3131; 5,5,5; rest 2mins - keep loads moderate this week</p> <p>B) Segment Snatch Pull Stand on a 2" Step so you are lifting from a slight deficit; 5,5,5; rest 2-3mins (reset at the bottom of each rep) - start light this week</p> <p>C1) Box Step Down 3011 6-8/leg; rest 60sec x 3 sets *control these down and attempt to not push up off the bottom leg</p> <p>C2) Single Leg Landmine Romanian Deadlift 3111; 6-8/leg; rest 60sec x 3 sets</p> <p>D) 3 Rounds - NFT - Move Steady Sled Push 100m Moderate Row 500m Damper setting 1 12 Ring Body Saw 10 KB Front Rack Tall Kneeling to Standing</p>