



Awaken Training Series 3.0

What's New in ATS 3?

In 3.0 you are going to take all the foundational strength you have gained in your strength training and positional work from the past two series, and begin to implement more mixed modal conditioning. What that means is using your strength to get really confident in your pacing with a variety of movements. Additionally, you will get some exposure to Anaerobic POWER WORK. Work sets that let you really train your TOP END gear without blowing yourself out. We will also start to implement a lot more KB and DB complexes for warm up and conditioning throughout the program, and experiment with new core lifts we have not seen to this point.

Check out the first three days of the program below for a taste of what's to come, and register for Awaken Training Series 3.0 at <https://revival-strength.com/ats3/> 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: 3 Sets - Glute Activation 10m Lateral Band Walk/side (plate hold overhead) 20 Banded Glute Bridge - Fast Reps Thick Band</p> <p>A) Barbell Hip Thrust 10X1; 8-10reps; rest 2mins x 3 *Activation Focus - light and moderate loads so you can really feel every inch of range of motion connected through your hips</p> <p>B) Back Squat 33X1; 5,5,5; TOUGH Sets; rest 3mins</p> <p>C1) Close Grip Bench Press 22X1; 5,5,5; rest 20sec *change angle every week</p> <p>C2) Dumbbell Bench Press 1010; 10-12reps; rest 2:30 x 3 *same angle bench as C1</p>	<p>Warmup: 3 Sets - Hip Speed + Scapular Prep + Jumping Mechanics 5 Seated Box Jump 10 Side Plank Rotations 10m Seated Sled Drag Face Pull (Light Load)</p> <p>A) Hang Muscle Snatch Below the Knee 5,5,5; rest 2mins</p> <p>B) Snatch Deadlift From Blocks 5,5,5 (heavy) - OK to use straps *blocks are set up such that the bar is just above knee</p> <p>C) 3 Sets Not For Time 10 reps Ring Row @ 2020 Tempo 10 Bar Dips (BW or Weighted Unbroken) 6-8 Strict Chest to Ring Pull Up</p>	<p>Warmup: 3 Sets - Shoulder Positional Holds + Walk/Crawl Variations + Core: 20-30sec Wall Facing HS Hold 10m Goblet Duck Walk 10 Slide Board body Saw</p> <p>A) Standing Behind the Neck Press 20X2; 8,8,6,6; rest 2mins</p> <p>B1) Filly Press 21X1; 6-8/arm; rest 30sec between arms; rest 60sec before B2 x 3 sets *tough load in non working arm rack</p> <p>B2) Goblet Cossack Squat 21X1; 5/side; rest 60sec x 3 sets</p> <p>C) For Time AB 1 mile/.8 Miles 10 DB snatch - 50/30 10 DB snatch - 60/40 10 DB snatch - 70/50 AB 1 mile/.8 Miles 10 DB Power Clean - 50/30 10 DB Power Clean - 60/40 10 DB Power Clean - 70/50 AB 1 mile/.8 Miles</p>

<p>D) Rounds in 7min - Consistent Effort Throughout: Run 100m 20sec Ring Plank Run 100m 8 Goblet Squats 70/53 rest 3mins Rounds in 7min - Consistent Effort Throughout Row 150m 20sec Ring Row Hold Row 150m 10 Hand Release Push Ups</p> <p>*Consistent effort throughout - this is a skill that has to be trained and worked on. The goal within these 7min pieces is to finish at the same pace you start at. Something to keep in mind is that when you end at 7mins, you should be able to say to yourself "I could have gone for another 3-5mins". Work on this in the weeks to come.</p>	<p>D) 3 Sets - Power Work: 5 Hang Power Cleans TnG (increase weight per set) Assault Bike 15sec @ 97% effort rest walk 2:30 *record load and total cal for each set</p> <p>*It is very important that this work be done at very high effort with the intent to push your pace. We don't get many opportunities to express full power and here is one. The 97% designation means you are pushing close to 100% with just enough room to maintain proper mechanics and some control.</p>	<p>D) Static Back 5mins</p>
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