



# Awaken Training Series 4.0

## 3 Day Sample

### What's New in ATS 4?

For those who have stuck with the program this long you have without question refined your movements more and more. We will therefore take it one step further and safely introduce Touch and Go lifting into our olympic lifting practice. Bottom's up front squats will make a debut as they are a powerful positional strength tool. Our HIGH EFFORT power work will continue as well. For those looking to develop Muscle Up efficiency and continue to build a strong gymnastics base, we will have a great progression for your upper body pulling gymnastics this cycle.

Check out the first three days of the program below for a taste of what's to come, and register for Awaken Training Series 4.0 at <https://revival-strength.com/ats4/> between **December 30 - January 6**. Sign up before **January 2 at 5pm Pacific** for your bonus workouts!

Day 1	Day 2	Day 3
<p><b>Warmup:</b>  10min Continuous Effort  10m Quadruped Crawl  12 Bodyweight Hip Thrust  10sec Single Arm Ring Row Hold/arm  * Start slow and build pace a little bit as you go - Warm up in Nature</p> <p><b>A) Touch and Go Hang Clean</b>  3 reps Every 90sec x 6 sets  *Start light this week and keep the reps sharp and don't worry about going heavy - we will progress in weeks to come</p> <p><b>B) Segmented Clean Deadlift</b>  5,5,5; rest 2-3mins</p> <p><b>C) 3 Sets - Kettlebell Complex</b>  9 Dual KB Sumo Deadlift  7 Dual KB Clean  5 Dual KB Rack Squat  rest 2mins between sets</p> <p><b>D) 3 Sets - Consistent Effort Every Set</b>  5 Strict C2B Pull Ups  rest 15sec  7 Kipping C2B Pull Ups  rest 15sec  9 Kipping Pull Ups  rest 15sec  Row 200/175m (consistent pace throughout)  rest walk 2-3mins</p>	<p><b>Warmup:</b>  3 Sets - Not for Time  3 Dead Hang to Inverted on Rings  20sec Wall Facing Handstand Hold  10 DB Side Plank Rotations/arm</p> <p><b>A) Jerk Skill Complex</b>  2 Jerk Dip Squat (2sec pause at bottom of each)  1 Pause Power Jerk (2sec pause)  1 Power Jerk  every 2mins x 5 sets (work 70-75% of best jerk for all sets)  * Focus on sustaining tall positions in the dip</p> <p><b>B1) 1-1/4 Close Grip Bench Press</b>  30X0; 5,5,5; rest 30sec  *3seconds lowering on the first descent</p> <p><b>B2) Filly Press</b>  2111; 4-6/arm; rest 30sec x 3</p> <p><b>B3) Dual Kettlebell Rack Carry</b>  30sec carry; rest 2-3mins x 3  * Move slow and steady</p> <p><b>C) 4 Sets - Not for Time</b>  Run 400m @ 75%  3.3.3 Strict Handstand Push Ups (sets of 3 reps unbroken - must kick down between sets)  (scale back to pike strict handstand push ups)  rest walk 60sec between sets</p>	<p><b>Warmup:</b>  EMOM x 9 or 12mins  1st - 10 Ring Body Saw  2nd - 30sec Row  3rd - 30sec Wall Sit</p> <p><b>A) Bottom Up Front Squat</b>  3sec Lowering; rest 3sec between each rep coming completely off tension; 5,5,4,4; rest as needed, really attempt to explode up</p> <p><b>B1) Reverse Lunge to Knee Lift</b>  DB Suitcase Loaded; 21X1; 6-8/leg; rest 30sec x 3</p> <p><b>B2) Semi Supinated Strict Ring Pull Up</b>  31X1; 2-3reps; rest 2mins x 3</p> <p><b>C) 2-3 Sets @ high effort</b>  10 Thrusters 95/65lbs  10 Burpees  Row 30sec @ 80%  Row 30sec @ 90%  rest walk 3mins  * Specifically show an increase in tempo during your 60sec of rowing each set.</p> <p><b>D) 2-3 Sets @ high effort</b>  Run 200m @ 80%  12 KBS 70/53  12 BJSD 24/20"  Run 200m @ 90%  rest walk 3mins  * Specifically show an increase in tempo of your run from the first to the second within each set</p>