

Swole Sisters 6-Week Program

What you are about to embark on is a six-week strength and conditioning program designed by women, for women, with the specific purpose of building lean muscle mass, losing fat, and becoming a Swole Sister.

The Swole Sister program is actually two programs - a nutrition program and a strength and conditioning program - that coincide with each other. One does not exist without the other.

The Strength and Conditioning Program

This program is set up by week and by day. Your rest days are on Wednesday and Sunday. You should block out sixty to 75 minutes for the Monday and Saturday workouts. Tuesday, Thursday, and Friday should take no more than an hour. Monday and Saturday workouts take priority over the other days. Make sure these workouts get done.

Monday and Saturday focus on the clean and jerk, which is one of the Olympic lifts. The idea behind Swole Sisters is to use Olympic weightlifting to build lean muscle mass and lose fat. With that in mind, we want you to spend as much time underneath the barbell as possible and become confident and comfortable moving weight. For this reason we focus only on the clean and jerk during this six-week series.

When looking at this program it is important to take it one day and one piece at a time. Programs can seem overwhelming and confusing when looked at as a whole. When we take it piece by piece, it is more easily managed. If there is a movement you do not understand, do not worry. There are links to movements and technique tips throughout the program.

If you are worried about how much weight you will have to lift in this program, do not be. The weight is scaled for the individual using percentages. As far as conditioning goes, everything is scalable there, too. If you are unable to safely perform a movement with the weight suggested, do not hesitate to drop the weight. You will also see scaling suggestions throughout the program.

You will also see the Shankle Complex is used to test and re-test in the beginning and end of the program. Although we do not believe in one specific way of coaching weightlifting, Donny Shankle is the person who helped us understand how these movements should feel.

We use his complex for two reasons:

We highly respect Donny Shankle as an athlete and coach (and he is very swole). For building lean muscle and hypertrophy, performing higher reps at a medium load is most effective.

Before you start any of your workouts get your body ready. Suggestions for mobilizing and warming up are listed in the program. This should only take about ten minutes.

And lastly - have fun! This program is a commitment, it will take time, and it will take effort. But if it is not fun then you are missing a piece of this program. Start this program with a friend (preferably one with the same availability as you). This way you can train together as often as possible. This will help not only with accountability, but also with keeping the program fun!

Swole Sisters

Suggested Mobility

10 Wrist circles in each direction (both wrists)
10 Ankle circles in each direction (both ankles)
10 High kicks per leg
10 Side kicks per leg
Hips from Plank
Samsung Stretch
10 Arm Circles forward (both arms at the same time)
10 Arm Circles backwards (both arms at the same time)
Tricep stretch
5 Torso twist (each direction)
3 4-point squat

Suggested Warm-up

5 Behind the neck strict press
3 Hang Power Cleans (empty barbell)
3 Front Squats (empty barbell)
3 Clean Deadlift (empty barbell)
3 Cleans (empty barbell)
5 Strict Pull-ups or Ring Rows
500m row, 400m run, or 3 minutes of jump rope

Week 1

Scaling Options are listed in blue

Monday

Strength

20-minute test to a heavy Shankle Complex
1 Clean Deadlift + 3 Hang Clean Pulls + 1 Hang Clean + 2 Split Jerks

Conditioning

4x200m sprints
Rest 2:00 between efforts

Accessory Work

5 Rounds

10 weighted Good Mornings with empty barbell (barbell of choice START LIGHT)
12 leg lifts

Tuesday

Strength

Take 15-20 minutes to complete

Strict Press

5-5-5-5-5

Warm up to between 60% of your 1RM strict press then start your first set of 5 strict press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

EMOM for 10 Minutes

5 Pull-ups

5 Front Squat to Press @ 65# You may scale the weight as needed. The weight should be light, and technique should be perfect. You should be able to do each set of 5 unbroken.

Scaling Options for Pullups:

5 Ring Rows

3 Negative Pull-ups per round

Rest 2 minutes

Then pick one option and complete

1. 100 Double Unders for time
2. 2 Minutes of Double Under Practice
3. 3 Minutes of jump rope

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Take 15-20 minutes to complete

Push Press

5-5-5-5-5

Warm up to between 60% of your 1RM push press then start your first set of 5 push press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

3 Rounds for Splits

300m row

15 Bench Press (10-25#) Weight should be a medium weight. If it is not challenging, your weight is too light. If you are struggling at 5, your weight is too heavy.

15 Over the Bench Burpees

Rest 2:00 between each round

* Record how long it takes you to complete each round. Try to keep your times the same. This should be a sprint.

Friday

Strength

Take 15-20 minutes to complete

Back Squat

5-5-5-5-5

Warm up to between 60% of your 1RM back squat then start your first set of 5 back squat. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

3 Rounds for time and reps of:

15 Overhead walking lunges 25# plate

400m run

Rest 1:00

Scaling options for overhead walking lunges:

-Scale weight if needed

-Hold PVC pipe overhead.

*You may scale the run to 200m if needed.

Saturday

Strength

15 Minutes to a heavy Clean and Jerk (Go HEAVY)

5 x [1 clean deadlift+3hang clean pull] @ 75%

Percentages should be based off the day's 1RM clean and jerk

Behind the Neck Push Press

10 minutes to a heavy single

then

3 sets x 12@50% of the day's heavy single Behind the Neck Push Press

Conditioning

Prowler Push

10x30m (25# on each side)

Rest :60 between rounds

If you do not have a prowler you chose one of the options below.

- a. Push a car. You MUST do this with a friend. The car is put in neutral. One person has to be in the driver seat steering the car and breaking when needed, while the other person pushes.
- b. 10 Rounds of:
 - :30 row sprint
 - :60 Rest
- c. 6 Rounds
 - :30 Jump Rope
 - :30 Rest

Accessory Work

6 rounds
:30 Plank
Rest :10
:20 Arch Body Hold
Rest :10

Week 2

Monday

Strength

EMOM (Each Minute on the Minute) Clean and Jerk from the Hang position right about the knee. Go off your 1RM from Saturday.

1 @70% for 5 Minutes

1 @75% for 5 Minutes

1 @ 80 for 5 Minutes

then

ADD 5% Each minute thereafter until you miss (should get 16-21 reps)

-There is no rest between percentages. This ends up being a 15-21 minute EMOM. Do not exceed 21 Minutes.

Conditioning

4x200m sprints
:90 rest between efforts

Accessory Work

5 Rounds
10 Good Mornings (add 5#'s to last weeks weight)
14 Leg Lifts

Tuesday

Strength

Take 15-20 minutes to complete
Strict Press

6-6-6-6-6

Warm up to between 65% of your 1RM strict press then start your first set of 6 strict press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

5 Rounds for reps and time of:

10 Pullups

20 Double Unders

:30 Max Front Squat to Press @65# - [If you scaled last week, do the same weight.](#)

Rest 1:00

[Scaling options for Pullups](#)

[-10 Ring Rows per round](#)

[-5 Negative Pull-ups per round](#)

[Scaling options for Double Unders](#)

[-10 Double Unders or Double Under attempts](#)

[-50 Single Jump Ropes](#)

*Record your total time and total number of Front Squat to Press

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Take 15-20 minutes to complete

Push Press

6-6-6-6-6

*Warm up to between 65% of your 1RM push press then start your first set of 6 push press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

3 Rounds for Splits of:

500m row

12 Bench Press (10-35#) *Go heavier than last week

15 Over the Bench Burpees

Rest 2:00

*Record how long it takes you to complete each round

[Scaling options for Over the Bench Burpees](#)

[-Jump on the bench and then step over](#)

[-Step on to the bench and then step over](#)

-You may use your dumbbells to jump or step over

Friday

Strength

Take 15-20 minutes to complete

Back Squat

6-6-6-6-6

*Warm up to between 65% of your 1RM back squat then start your first set of 6 back squat. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

4 Rounds for Splits of:

10 Deadlifts @ 60% of your 1RM

400m run

Rest :90

*Record how long it takes you to do each round

You may scale the Deadlift weight if needed. The weight should be a medium weight that you can perform 10 reps with perfect technique.

You may scale the run to 200ms if needed.

Saturday

Strength

15 minutes to heavy Power Clean to Overhead

[1 clean deadlift+3hang clean pull] percentages should be based off of your best clean

3 sets of above complex @80%

2 sets @83%

1 set @85%

Behind The Neck Push Press

10 minutes to a heavy single

3x12@53% of the days 1RM BTN Push Press

Conditioning

Prowler Push

12x30m (25#'s on both side)

:60 rest

If you do not have a Prowler chose one of these options:

a. Push a car. You MUST do this with a friend. The car is put in neutral. One person has to be in the driver seat steering the car and breaking while needed, while the other person pushes.

- b. 12 rounds of:
 - :30 Row Sprint
 - :60 Rest
- c. 8 rounds of:
 - :30 Jump Rope
 - :30 Rest

Accessory Work

4 Rounds
15 weighted situps
15 supermans

Week 3

Monday

Strength

EMOM C&J (Pause above the knee. The bar starts from the Ground) **Go off your 1RM Clean and Jerk from Saturday of Week 1**

1 @70% for 5 Minutes
1 @75% for 5 Minutes
1 @ 80 for 5 Minutes
ADD 5% Each minute until you miss (16-21 reps)

Conditioning

4x200m sprints
:60 rest between efforts

Accessory Work

5 rounds For QUALITY, NOT for time
12 Good Mornings **Use the same weight as last week**
1:00 Plank Hold

Tuesday

Strength

Take 15-20 minutes to complete
Strict Press
8-8-8-8

*Warm up to between 65% of your 1RM strict press then start your first set of 8 strict press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

5 Rounds for time and reps of:
:30 Max Strict Pull-ups
20 Double Unders
5 Front Squat to Press @ 85#

Rest 1:00

*Record total time and total reps of Pull-ups.

Scaling Options for Pull-ups

-Ring Rows

-Negative Pull-ups

Scaling options for Double Unders

-10 Double Unders or Double Under attempts

-50 Single Jump Ropes

Weight for Front Squat to Press may be scaled to what is necessary, but should be heavier than what you used in the previous weeks without compromising technique.

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Take 15-20 minutes to complete

Push Press

8-8-8-8

*Warm up to between 65% of your 1RM push press then start your first set of 8 push press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

5 Rounds

300m row

10 Bench Press (15-35#) Try to go heavier than last week

10 Over the Bench Burpees

Rest :90

*Record how long it takes you to complete each round

Scaling options for Over the Bench Burpees

-Jump on the bench and then step over

-Step on to the bench and then step over

-You may use your dumbbells to jump or step over

Friday

Strength

Take 15-20 minutes to complete

Back Squat

8-8-8-8

*Warm up to between 65% of your 1RM back squat then start your first set of 8 back squat. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

4 Rounds for reps and splits of:

:30 Max Deadlifts @ 50% of 1RM

400m run

2:00 rest

*Record how long it takes you to complete each round and total number of Deadlift reps.

You may scale the Deadlift weight if needed. Technique should not be compromised.

You may scale the run to 200ms if needed.

Saturday

Strength

15 Minutes to a heavy Hang Power Clean to Overhead

[1 clean deadlift+3 Hang Clean Pulls] percentages should be based off of your best clean

3 sets of above complex@ 85%

2 sets @88%

1 set @ 90%

Behind the Neck Push Press

10 minutes to a heavy single

then

3x12 @ 53% of the days 1RM BTN Push Press

Conditioning

Prowler Push

10x30m's (25's on both sides)

:45 rest between efforts

If you do not have a Prowler chose one of these options:

a. Push a car. You MUST do this with a friend. The car is put in neutral. One person has to be in the driver seat steering the car and breaking when needed, while the other person pushes.

b. 10 rounds of:

:30 Row Sprint

:45 Rest

c. 10 rounds of:

:30 Jump Rope

:30 Rest

Accessory Work

5 rounds For QUALITY, NOT for time

10 V-ups
10 Arch Body Rocks

Scaling Options for V-ups:

-Tuck ups
-15 Sit-ups

Week 4

Monday

Strength

EMOM C&J (Full Clean and Jerk) **Go off your 1RM Clean and Jerk from Saturday of Week 1**

1 @70% for 5 Minutes

1 @75% for 5 Minutes

1 @ 80 for 5 Minutes

ADD 5% Each minute until you miss **You should end up going for 16-21 minutes. Do not exceed 21 minutes.**

Conditioning

4x200m sprints

:30 rest

*If your time drops more than 3 seconds then rest 1:00 before doing your next sprint.

Accessory Work

12 Good Mornings **add 5#'s to last weeks weight**

16 Leg Lifts

Tuesday

Strength

Take 15-20 minutes to complete

Strict Press

8-8-8-8

*Warm up to between 70% of your 1RM strict press then start your first set of 8 strict press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

Tabata

8 rounds of :20 work/:10 rest

Pull-ups

Front Squat to Press 65#

Double Unders

Situps

*Complete all 8 rounds of one movement before moving on to the next. Example: All 8 rounds of Pull-ups are completed before moving on to the Double Unders.

*Record total reps of each movement.

Scaling Options for Pull-ups

- Negative Pull-ups
- Ring Rows

Scaling weight for Front Squat to Press as needed. The weight should be light.

Scaling Options for Double Unders

- Double Under attempts
- Single Jump Rope

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Take 15-20 minutes to complete

Push Press

8-8-8-8

*Warm up to between 70% of your 1RM push press then start your first set of 8 push press. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

3 Rounds

500m Row

Rest 1:00

20 Dumbbell Bench Press (10-25#)

Rest :30

20 Over the Bench Burpees

Rest 1:00

Scaling options for Over the Bench Burpees

- Jump on the bench and then step over
- Step on to the bench and then step over
- You may use your dumbbells to jump or step over

Friday

Strength

Take 15-20 minutes to complete

Back Squat

8-8-8-8

*Warm up to between 70% of your 1RM back squat then start your first set of 8 back squat. Try to move up in weight each set. Each set should be challenging, but done with great technique.

Conditioning

5 Rounds for time and reps of:

:30 Max Overhead walking lunges @ 25#

200m Sprint

Rest 1:00 between each round

*Record total time and total reps of lunges.

Scaling options for lunges:

-Scale weight as needed

-Hold PVC pipe overhead.

Saturday

Strength

15 Minutes to a heavy Hang Power Clean + 2 Shoulder to Overhead

[1 Clean deadlift+3 Hang Clean Pulls] percentages should be based off of your best clean

2 sets of above complex @90%

1 set @93%

1 set @97%

1 set @102%

Behind the Neck Push Press

10 Minutes to a heavy Single

3x12@59%

Conditioning

Prowler Push

10x30m's (35#'s on each side)

:60rest

Row Substitution if necessary (10 rounds 1:00 row sprint/ 1:00 rest)

If you do not have a Prowler chose one of these options:

a. Push a car. You MUST do this with a friend. The car is put in neutral. One person has to be in the driver seat steering the car and breaking when needed, while the other person pushes.

b. 12 rounds of:

1:00 Row Sprint

:60 Rest

c. 10 rounds of:

:30 Jump Rope

:20 Rest

Accessory Work

4 Rounds
25 situps
25 Supermans

Week 5

Monday

Strength

EMOM for 10 Minutes of: **Go off your 1RM Clean and Jerk from Saturday of Week 1**
3 Cleans + 1 Shoulder to Overhead @ 53% of 1RM Clean and Jerk

Conditioning

Sprint/Rest

:30/:30

:30/:25

:30/:20

:30/:15

:30/:10

:30/:05

Accessory Work

4 Rounds
5 Push-ups
10 Russian Kettlebell Swings (53#)
20 Leg Lifts

Scaling Options For Push-ups:

- One or two abmats under your chest. Lower yourself down to the abmat and push up.
- Go from boxes. The lower the box, the harder it is.
- Go from knees.

Scale weight on Russian Kettlebell Swings as needed. The weight should not be light, but technique should not be compromised.

Scaling Options for V-ups:

- Tuck ups
- Sit-ups

Tuesday

Strength

Take 15-20 minutes to complete

Strict Press

5@40%, 5@50%, 5@60%

*This weight is suppose to be light! Move FAST and be EXPLOSIVE!

Conditioning

3 Rounds of:

5 Pull-ups

10 Push-ups

15 Front Squats #35

20 Double Unders

Rest 1:00

*Record how long it takes you to complete each round

Scaling options for Pull-ups

-3 Negative Pull-ups per round

-10 Ring Rows per round

Scaling Options for Push-ups

-Put one or two abmats under your chest and lower yourself to the abmat.

-Go from boxes

-Go from kness

Scale weight as needed for front squats. You may use a 15# barbell, or no weight at all

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Take 15-20 minutes to complete

Push Press

5@40%, 5@50%, 5@60%

*This weight is suppose to be light! Move FAST and be EXPLOSIVE!

Conditioning

1000m Row

Rest 3:00

THEN...

EMOM for 10 Minutes

5 Dumbbell Bench Press (25-35#) Should be heavier than what you have been using

3 Over the Bench Burpees

Scaling options for Over the Bench Burpees

-Jump on the bench and then step over

- Step on to the bench and then step over
- You may use your dumbbells to jump or step over

Friday

Strength

Take 15-20 minutes to complete

Back Squat

5@40%, 5@50%, 5@60%

*This weight is suppose to be light! Move FAST and be EXPLOSIVE!

Conditioning

4 Rounds of:

6 Deadlifts @ 65% **Scale weight as needed. Focus on staying tight and explosive power.**

20 Sit-ups

200m Sprint

Rest :90

*Record how long it takes you to complete each round.

Saturday

Strength

15 Minutes to heavy 2RM Hang Power Clean

[1 Clean Deadlift + 3 Clean Hang Pulls + 1 Hang Clean + 2 Jerks]**percentages should be based off of your best clean**

2 sets of above complex @ 50%

1 set @55%

1 set @ 57%

1 set @ 60%

Behind the Neck Push Press

10 Minutes to find a heavy double

3x10@50% of days 2rm

Conditioning

Prowler Push

12x30m's (35#'s each side)

:60 rest

If you do not have a Prowler chose one of these options:

a. Push a car. You MUST do this with a friend. The car is put in neutral. One person has to be in the driver seat steering the car and breaking when needed, while the other person pushes.

- b. 10 rounds of:
 - :30 Row Sprint
 - :30 Rest
- c. 8 rounds of:
 - :30 Jump Rope
 - :10 Rest

Accessory Work

4 rounds

1:00 Plank Hold

15 Russian KB Swings @ 53#

You may scale the weight on the Russian Kettlebell Swings if needed. The weight should be heavy, but technique should not be compromised.

Week 6

Monday

Re-test Shankle Complex

1 Clean Deadlift +3 Hang Clean Pulls +1 Hang Clean + 2 Split JERKS

Tuesday

Strength

Strict Press

EMOM for 10 Minutes

2 Strict Press @ 65%

*Be EXPLOSIVE!

Conditioning

EMOM for 10 Minutes

6 Front Squat to Press @ 75#

25 Double Unders

Scale weight for Front Squat to Press as needed

Scaling options for Double Unders:

-10 Double Under attempts

-50 Single Jump Ropes

Wednesday

Rest and Mobilize Ankles, Calves, Hips, Hamstrings, T-spine, and Shoulders

Thursday

Strength

Push Press
EMOM for 10 Minutes
2 Push Press @65%

Conditioning

5 Rounds of:
300m row
6 Pull-ups
9 Dumbbell Bench Press (15-35#)
12 Burpees *Not over the bench
Rest :30
*Record how long it takes you to complete each round

Scaling options for Pull-ups:

-4 Negative Pull-ups per round

-10 Ring Rows per round

Scaling Options for Burpees:

-Squat thrusts. This is a Burpee without the push-up

Friday

Strength

Back Squat
EMOM for 10 Minutes
2 Back Squats @65% with a :02 pause at the bottom
*EXPLODE up!

Conditioning

3 Rounds of:
10 Deadlifts @ 60%
10 Overhead walking lunges @ 25#
200m Sprint
:90 rest

You may scale the weight for deadlift as needed. You should pick a weight that you can move with good technique and speed.

Scaling options for overhead walking lunges:

-Scale weight as needed

-Hold PVC pipe overhead.

Saturday

-Re-test measurements
-Enjoy the day! You Just completed 6 weeks of SWOLE! BOOM!