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ORIGIN
ATHLETE

7 DAY
FREE TRIAL



WARM UP

3 ROUNDS:

20 SECONDS PASSIVE HANG

20 SECOND HANDSTAND HOLD AGAINST WALL

20 SECOND SKI

A

3-4 ROUNDS:

15 CAL SKI

5 RING MUSCLE-UPS

10M HANDSTAND WALK

5 RING MUSCLE-UPS

15 CAL SKI

2 MINS REST

B

BACK SQUAT

4-4-4-4-4

EXAMPLE LOADING: 80-90-100-90-80

C

ROMANIAN DEADLIFT

3 X 8

D

IN 60s:

15 TOES TO BAR

MAX ASSAULT BIKE

REST 60S

X 4

DAY 1



WARM UP

2 ROUNDS:

20 SECONDS PASSIVE HANG

10 SCAPULAR PRESS-UPS

10 FACE PULLS

10 BANDED SHOULDER PRESS

A

PUSH COMPLEX:

EMOM 4:

2 PUSH PRESS

EMOM 4:

4 PUSH JERK

B

BENCH PRESS

4-4-4-4-4

EXAMPLE LOADING: 60-70-80-70-60

C

4 SETS:

8 WEIGHTED DIPS

10 SEATED BEHIND THE NECK BARBELL PRESS

REST 60S

D

5 ROUNDS FOR TIME:

5 BAR MUSCLE-UPS

10 DB PUSH PRESS @ 2 X 22.5/15KG

15 CAL ROW

DAY 2



WARM UP

3 ROUNDS:

5 MUSCLE SNATCH

5 BEHIND NECK PRESS

5 OH SQUATS

5 HANG POWER SNATCH

5 LOW HANG SNATCH

A

5 SETS BUILDING TO A HEAVY COMPLEX OF:

TEMPO SNATCH + POWER SNATCH + PAUSE OH SQUAT

TEMPO = 3s PULL

PAUSE OH SQUAT = 2s AT THE BOTTOM

B

4 ROUNDS:

21-15-9

CAL SKI

BURPEES

REST 2 MINS

DAY 3



WARM UP

1 ROUND:

10 90/90 TRANSITIONS

10/10 ANKLE/KNEE ROCKS

10 THORACIC ROTATIONS IN LUNGE

10 GORILLA SQUATS

10 COSSACK SQUATS

A

CONVENTIONAL DEADLIFT

4-4-4-4-4

EXAMPLE LOADING: 100-110-120-110-100

B

OVERHEAD SQUAT

3 X 6

REST 90 SECONDS

C

PULL-UP COMPLEX

8 REPS @ + 15KG

REST 30S

12 REPS @ + 10KG

REST 30S

16 REPS @ BW

D

AMRAP 8:

5 DEVILS PRESS @ 2 X 22.5/15KG

10 TOES TO BAR

30 DOUBLE UNDERS

DAY 4



WARM UP

3 ROUNDS:

5 CLEAN DL

5 MUSCLE CLEANS

5 OH PRESS

5 LOW HANG POWER CLEANS

5 FS

A

5 SETS, BUILDING TO A TOUGH COMPLEX OF:

1 PAUSE POWER CLEAN

1 PAUSE HANG CLEAN

PAUSE = 2S PAUSE @ KNEE

B

IN 10 MINS:

3 ROUNDS:

30 CAL ROW

15 DOUBLE DB SNATCH @ 2 X

22.5/15KG

THEN

MAX CAL ROW IN REMAINING TIME

C

IN 8 MINS:

3 ROUNDS:

20 CAL BIKE

10 DB THRUSTERS @ 2 X

22.5/15KG

MAX CAL BIKE IN REMAINING TIME

D

IN 6 MINS:

3 ROUNDS:

10 CAL SKI

5 DEVILS PRESS @ 2 X 22.5/15KG

MAX CAL SKI IN REMAINING TIME

DAY 5



ENJOYED THE **ORIGIN** EXPERIENCE?

WANT TO TAKE YOUR TRAINING TO THE **NEXT LEVEL?**

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