

Day One

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	BW	7	NA
	Hip Rocking Matrix	323	1	5 each	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	Body weight squat	212	1	20		6	NA
	Working sets						
1A	Kettlebell deadlift	212	3	15		6	NA
1B	DB 1-arm floor press	212	3	10 each		4	60
2A	DB rear foot elevated split squat	212	3	8 each		5	NA
2B	DB bench Rows	212	3	12 each		6	60
3A	Bear Squats	212	3	15		6	NA
3B	Sun dogs	212	3	12		8	60
4A	Assisted Cossack squat	212	3	8 each		8	NA
4B	Bear cub crawl	NA	3	20 feet		8	60

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Day Two

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	BW	7	NA
	Hip Rocking Matrix	323	1	5 each	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	Body weight squat	212	1	20		6	NA
	Working sets						
1A	DB Goblet Squats	333	3	15		8	NA
1B	Lunge to back rotations	333	3	8 each		5	60
2A	Prone side lying hip flexion	222	3	10 each		6	NA
2B	DB Biceps curls	222	3	12		5	60
3A	Hand walk Cossack squats	212	3	8 each		8	NA
3B	½ kneeling KB press	212	3	10 each		7	60
4A	Lateral Crawl pattern	N/A	3	20 feet		7	NA
4B	Heel touch stepups	212	3	8 each		8	60

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