

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	6	NA
	Foam roller T-spine extensions	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	band pull aparts	212	1	20		6	NA
	Working sets						
1A	Kettlebell deadlift	212	4	15		6	NA
1B	Incline DB chest press	212	4	10		4	90
2A	DB rear foot elevated split squat	212	4	8 each		5	NA
2B	DB bench Rows	212	4	12 each		6	90
3A	½ kneeling rope chops	212	4	8 each		8	NA
3B	BB or DB Farmer Carries	NA	4	20 yards		8	90

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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	6	NA
	Foam roller T-spine extensions	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	band pull aparts	212	1	20		6	NA
	Working sets						
1A	DB Goblet Squats	333	3	15		8	NA
1B	Elastic lat set deadlift patterns	212	3	10		5	90
2A	Full kneeling pulldowns	222	3	15		6	NA
2B	Hanging rows	222	3	12		7	90
3A	Suitcase carries	NA	4	20 yards		7	NA
3B	Cable 1-foot squat & row	212	4	8 each		8	90

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Day Three

	<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	6	NA
	Foam roller T-spine extensions	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	band pull aparts	212	1	20		6	NA
	Working sets						
1A	½ kneeling rope raises	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	½ kneeling KB press	212	4	10 each		8	NA
2B	1-foot hip bridge	212	4	10 each		7	45
3A	DB Shoulder carries	NA	4	20 yards		7	NA
3B	Pushups	212	4	max reps		8	45

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Day Four

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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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	6	NA
Foam roller T-spine extensions	212	1	12	BW	3	NA
ITYW shoulder raise	212	1	10 each	BW	7	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	Bench supported row	212	4	8		7	NA
1B	½ kneeling cable pullover	212	4	8 each		6	90
2A	Bear Squats	212	4	15		8	NA
2B	Sun dogs	212	4	12		4	90
3A	Dumbbell stepups	222	5	6 each		7	NA
3B	Bench 1.5 hip press	222	5	10		8	90

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