

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 front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	SB stir the pot	212	3	8 each	6	NA
1B	BB deadlifts - technique focused	212	3	5	7	NA
1C	Kneeling Hip Flexor mob	212	3	10 each	4	45
2A	kneeling.palof press & raise	212	3	8 each	8	NA
2B	Turkish get up	NA	3	1 each	6	NA
2C	Wall no monies	212	3	10 each	4	45
3A	3-point bear cub hip rotations	212	2	15 each	8	NA
3B	DB Shoulder carries	NA	2	20 yards	8	45
4A	incline DB chest press	212	2	12	7	NA
4B	Bear Cub crawl	NA	2	20 yards	8	45

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 3 times.

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 front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Superman Extensions	212	3	15	6	NA
1B	Hip thrusts	212	3	7	8	NA
1C	Hip Flow Series	NA	3	5 each	3	60
2A	Stepback lunges	222	3	8 each	6	NA
2B	Landmine 1-arm split stance row	222	3	12 each	6	NA
2C	Body weight squat	222	3	10	3	45
3A	Tall kneeling to standing	N/A	2	2 each	8	NA
3B	Double Overhead to Split Lean	NA	2	10	8	60
4A	BB or DB Farmer Carries	NA	2	20 yards	8	NA
4B	Perfect Pushups	212	2	Max	9	60

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a steady speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

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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 front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Barbell/Ab Wheel Rollouts	212	4	8	7	NA
1B	Barbell Front squats	212	4	5	8	NA
1C	Squat ER IR mobility	NA	3	5 each	5	60
2A	Barbell bent over row	212	3	12	8	NA
2B	kettlebell swing	NA	3	20	6	NA
2C	3 point hip grind stretch	222	3	8 each	2	45
3A	Body weight cossack squat	323	2	5 each	6	NA
3B	DB Row	212	2	8 each	8	45
4A	Chin ups	212	2	max	9	NA
4B	Glute ham raise	323	2	8	7	45

Metabolic Conditioning: Running or biking. 2 minutes at moderate doable pace (RPE 5/10), 2 minutes at challenging pace, roughly 25% faster than the moderate pace (RPE 8/10). Repeat 4 times.

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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 front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Shoulder upright rotations	212	3	15	7	NA
1B	BB bench press	212	3	6	8	60
2A	DB goblet squats	212	3	15	8	NA
2B	Elastic resisted dead bugs	NA	3	8 each	6	45
3A	Cable 1/2 kneeling raise	323	3	8 each	7	NA
3B	Suitcase carries	212	3	20 yards	8	45
4A	BB biceps curls	212	3	15	7	NA
4B	DB skull crushers	323	3	12	7	45

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.