

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 |
| Quadruped matrix | NA | 1 | As needed | NA | 3 | NA |
| Foam roller stick slides | 313 | 1 | 10 | NA | 4 | 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.pallof 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 | ITYW shoulder raise | 212 | 2 | 10 each | 6 | NA |
| 3B | DB Shoulder carries | NA | 2 | 20 yards | 8 | 60 |
| 4A | incline DB chest press | 212 | 2 | 12 | 7 | NA |
| 4B | Bear cub crawl | NA | 2 | 20 yards | 8 | 60 |

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 |
| Quadruped matrix | NA | 1 | As needed | NA | 3 | NA |
| Foam roller stick slides | 313 | 1 | 10 | NA | 4 | 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 | 5 | 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 Straight Arm Rotation | 222 | 3 | 10 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 | Cat camel stretch | 212 | 2 | 10 | 5 | 45 |
| 4A | BB or DB Farmer Carries | NA | 3 | 20 yards | 8 | NA |
| 4B | Perfect Pushups | 212 | 3 | Max | 9 | 45 |

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

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 |
| Quadruped matrix | NA | 1 | As needed | NA | 3 | NA |
| Foam roller stick slides | 313 | 1 | 10 | NA | 4 | 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 | 3 | 8 | 7 | NA |
| 1B | Barbell Front squats | 212 | 3 | 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 | Prone Elastic Shoulder Rotations | 212 | 2 | 15 | 6 | 60 |
| 4A | Chin ups | 212 | 3 | max | 9 | NA |
| 4B | Glute ham raise | 323 | 3 | 8 | 7 | 60 |

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.