

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.palof press & raise	212	3	8 each	8	NA
2B	Barbell bent over row	212	3	12	8	NA
2C	Squat ER IR mobility	NA	3	5 each	5	45
3A	kettlebell swing	NA	3	20	6	NA
3B	Turkish get up	NA	3	1 each	6	45
4A	ITYW shoulder raise	212	3	10 each	6	NA
4B	DB Shoulder carries	NA	3	20 yards	8	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.

Day Two

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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
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	45
2A	Barbell/Ab Wheel Rollouts	212	3	8	7	NA
2B	Barbell Front squats	212	3	5	8	NA
2C	Body weight squat	222	3	10	3	45
3A	Stepback lunges	222	2	8 each	6	NA
3B	Landmine Straight Arm Rotation	222	2	10 each	6	45
4A	Tall kneeling to standing	N/A	2	2 each	8	NA
4B	Cat camel stretch	212	2	10	5	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