

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	3	15 each		8	NA
1B	Sprinter Stride to Knee Raise	214	3	20 each		8	60
2A	Wall Facing Hip Circle	212	2	10 each		5	NA
2B	Lateral Lunge with Pulse	222	2	8 each		7	60
3A	DB Overhead press	212	2	6		7	NA
3B	Lateral Lunge w/ Overhead Drive	NA	2	10 each		8	60
4A	1-foot rotations	NA	2	8 each		5	NA
4B	Lateral Slide Pushups	212	2	6 each		7	60
5A	DB oscillation press	NA	2	30 each		8	NA
5B	Kneeling KB Halo	212	2	10 each		5	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 front arm line	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	3	5 each		6	NA
1B	DB Bent Over Alternating Row	212	3	15 each		8	60
2A	Standing BB/DB curls	313	2	20		7	NA
2B	Lunge Elbow to Instep	222	2	8 each		8	60
3A	Plate/Weight Hip thrust	212	2	20		6	NA
3B	Double Elevated Split Squats	222	2	15 each		9	60
4A	KB/DB Swing	NA	1	100		10	NA
5A	Inside Out Squat Jumps	NA	2	40		10	NA
5B	Ice Skaters	NA	2	20 each		10	60

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