

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 sec	BW	8	NA
	Hip Rocking Matrix	212	1	5 each	BW	4	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	3	15		6	NA
1B	DB 1-arm floor press	212	3	10 each		4	45
2A	Assisted Cossack squat	212	3	8 each	BW	5	NA
2B	T Pushups	212	3	12 each	BW	6	45
3A	Hardstyle plank	N/A	3	3 x 10 sec	BW	8	NA
3B	Bear cub crawl	NA	3	20 feet	BW	8	45
4	Finisher**		3	10 each		9	45
	Body weight squat or Jump Squats DB Overhead press						
	Body weight squat or Jump Squats Pushups						
	Body weight squat or Jump Squats Pushup alternating knee tuck						

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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 sec	BW	8	NA
	Hip Rocking Matrix	212	1	5 each	BW	4	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	212	3	15		7	NA
1B	Lunge to back rotations	333	3	8 each		5	45
2A	Heel touch stepups	212	3	8 each		6	NA
2B	DB Biceps curls	222	3	12		7	45
3A	Lateral Crawl pattern	N/A	3	20 feet		7	NA
3B	Deep squat internal/external rotations	222	3	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			Split squats – 15 seconds each side. Max reps				
			Side planks – 15 seconds each side				
			Front Planks				
			Bear Squats - max reps				

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Day Three



Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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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 sec	BW	8	NA
Hip Rocking Matrix	212	1	5 each	BW	4	NA
ITYW shoulder raise	212	1	10 each	BW	7	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	Wall lat pressback	5 sec	3	8 each		7	NA
1B	Hand walk Cossack squats	212	3	8 each		8	45
2A	½ kneeling KB press	212	3	10 each		8	NA
2B	1-foot hip bridge	212	3	10 each		4	45
3A	Plank	NA	3	4 x 10 sec		7	NA
3B	Pushups	212	3	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0

[KB deadlift](#)[½ kneeling KB press](#)[Turkish get up](#)

Just 1 per side

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 sec	BW	8	NA
Hip Rocking Matrix	212	1	5 each	BW	4	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	3	8	7	NA
1B	DB Pull overs	212	3	12	6	45
2A	Bear Squats	212	3	15	8	NA
2B	Kneeling T-spine rotation	222	3	10 each	8	45
3A	Dumbbell stepups	222	4	6 each	7	NA
3B	Bench 1.5 hip press	222	4	10	8	45

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10 minute steady steady state cardio. Doing any activity that's handy. If you have a piece of cardio equipment, use that. If not, go for a walk or jog at a moderate pace where you could still talk but where you would have to work hard to maintain.