

Day One

<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
Dead bug laterals	212	1	15	NA	3	NA
Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Glute bridge March	NA	1	20 each	BW	8	NA

Working sets

1A	Paused front squats	252	5	6	8	NA
1B	Wall facing hip circle	212	5	10 each	4	75
2A	DB Clean, Squat & Press	NA	3	15 each	8	NA
2B	Double elevated split squat	212	3	8 each	7	60
3A	Smith row iso hold	282	3	7	9	NA
3B	Speed deadlifts	NA	3	6	6	60
4A	Bench Press	323	3	15	9	NA
4B	Pullups	NA	3	Max	9	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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Glute bridge March	NA	1	20 each	BW	8	NA

Working sets

1A	SB Straight arm pushbacks	212	5	6	5	NA
1B	Heavy deadlifts	NA	5	3	9	60
2A	Bottom half back squats	NA	3	6	5	NA
2B	1-foot rotational reach	NA	3	8 each	8	60
3A	Lateral Slide Pushups	222	3	6 each	8	NA
3B	Glute hip press	212	3	20	6	60
4A	BB or DB Farmer Carries	212	3	30 yards	9	NA
4B	DB Incline Biceps Curls	323	3	20	6	60

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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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Glute bridge March	NA	1	20 each	BW	8	NA

Working sets

1A	Down dog lunge to rotation	NA	4	6 each		5	NA
1B	Paused front squats	252	4	6		9	90
2A	DB oscillation press	NA	3	30 each		8	NA
2B	Kneeling KB Halo	212	3	10 each		5	60
3A	Heavy Bench Press	NA	4	3		9	NA
3B	plank 1-arm elastic rows	212	4	15 each		9	60
4A	KB Swing	NA	1	100		10	NA

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