

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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Bird Dog Neuro Pulse	212	3	5 x 10 sec		8	NA
1B	Heavy Deadlift	212	3	3		9	60
2A	Zercher Squats	222	3	6		9	NA
2B	SB Stir the Pot	NA	3	60 seconds		8	60
3A	Side Plank Rotations	212	2	8 each		8	NA
3B	Front Loaded Skater Squats	212	2	8 each		8	60
4A	Incline DB Chest Press	323	2	12		7	NA
4B	Smith Pull up Iso row	252	2	5 x 5 sec		8	60
5A	Preacher Curls	222	2	15		6	NA
5B	DB skull crushers	222	2	12		6	60

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	<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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Hard stomps (no spine flexion)	NA	3	5 each		9	NA
1B	Elevator Front Squats	NA	3	7		8	60
2A	Military Press	212	2	5		7	NA
2B	band pull aparts	111	2	30		6	60
3A	Landmine Stepback Lunge	212	2	8 each		7	NA
3B	Bench Press	212	2	5		8	60
4A	Seated Cable Row	232	2	10		7	NA
4B	Spiderman Pushup	NA	2	6 each		6	60
5A	1-arm BB/DB Suitcase Carry	NA	2	30 yards		9	NA
5B	KB 1-arm Jerk Press to Split	NA	2	5 each		8	60

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