

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		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	DB 1-arm Clean & Press	NA	2	12 each		6	NA
1B	DB Rows	323	2	15 each		8	45
2A	DB Goblet Hip Hinge	333	2	8		4	NA
2B	Tall kneeling to standing	NA	2	5 each		7	45
3A	Hardstyle plank	N/A	2	3 x 10 secs		8	NA
3B	Bear cub crawl	NA	2	20 feet		8	45
4A	Divebomber Pushups	NA	2	12		7	NA
4B	Double turkish get up	NA	2	1 each		8	45

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.

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		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	DB Goblet Squats	212	3	20		7	NA
1B	DB 1-arm Squat & Press	NA	3	10 each		8	60
2A	4-point Cossack Squat	NA	3	6 each		7	NA
2B	Pushup Pop Press	222	3	10 each		7	60
3A	Lateral Crawl pattern	N/A	3	20 feet		7	NA
3B	DB 1-arm oscillation press	Fast	3	20 each		8	60
4A	DB overhead stepback lunge	323	3	8 each		7	NA
4B	DB O/H rollback to split lean	NA	3	10		7	60

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

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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		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	60
2A	DB Plate Squeeze Chest Press	212	4	10		8	NA
2B	Batwing Rows	NA	4	4 x 10 sec		8	60
3A	Squat Inside Out Hops	212	4	20		7	NA
3B	Pushups	212	4	max reps		8	60
4A	Plate Hip Thrust	321	4	15		7	NA
4B	Goblet Stepback lunge	222	4	8 each		7	60

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 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		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	Bench supported row	212	4	8	7	NA
1B	Body weight cossack squat	323	3	5 each	6	60
2A	BB biceps curls	212	3	15	7	NA
2B	DB skull crushers	323	3	12	7	60
3A	Bear Cub crawl	NA	3	20 feet	8	NA
3B	Squat Hops	222	4	20	8	60
4A	3-point bear cub hip rotations	212	3	15 each	8	NA
4B	Perfect Pushups	212	3	Max	9	60

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.