

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
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

Working sets

1A	Kneeling KB Halo	212	3	10 each		6	NA
1B	Sprinter Stride to Knee Raise	214	3	20 each		8	60
2A	Hanging Lat Stretch	252	3	8		5	NA
2B	Elastic resisted dead bugs	333	3	8 each		7	60
3A	DB Clean to Press	212	3	12 each		8	NA
3B	Lateral Lunge with Pulse	222	3	8 each		7	60
4A	KB/DB Jerk Press	323	3	8 each		7	NA
4B	Backwards Crawl	212	3	20 feet		8	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
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA
Working sets						
1A 1/2 kneeling elastic rotations	222	3	6 each		5	NA
1B DB Goblet Squat	212	3	15		8	60
2A Pushup Pop Press	212	3	8 each		7	NA
2B Batwing Rows	NA	3	4 x 10 sec		9	60
3A Down Dog Lunge Inside Rotation	NA	3	8 each		5	NA
3B Inside Out Squats	222	3	20		8	60
4A DB 1-arm Squat & Press	212	3	8 each		8	NA
4B 1-leg Abducted Deadlift	212	3	8 each		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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Side plank	NA	3	4 x 10 sec		7	NA
1B	DB Goblet squat lateral rocker	NA	3	8 each		5	60
2A	Lunge Elbow to instep	323	3	8 each		6	NA
2B	DB Goblet Stepback Lunge	323	3	8 each		7	60
3A	Slow Pushups with Iso Hold	333	3	5 TO 8		8	NA
3B	Plate Hip Thrusts	NA	3	30		7	60
4A	Hip Rocking Matrix	121	2	5 each		4	30
5A	Down Dog Lunge to Rotation	212	3	6 each		6	NA
5B	Rolling Cossack	323	3	8 each		7	60

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