

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
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	3	15 each		8	NA
1B	Plank Bird Dogs	222	3	8 each		7	60
2A	Front Loaded Skater Squats	212	2	10 each		7	NA
2B	DB 360 lateral raise	222	2	12		7	60
3A	DB See Saw Press	222	2	15 each		6	NA
3B	Down Dog Lunge to Rotation	NA	2	8 each	BW	4	60
4A	DB bent over alternating row	222	2	12 each		6	NA
4B	Lateral Slide Pushups	212	2	6 each		7	60
5A	Inside Out Squat Jumps	NA	2	40		10	NA
5B	Tuck Jumps	NA	2	15		10	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
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	4	5 each		6	NA
1B	Lateral Lunge Front Pulse	212	4	8 each		7	60
2A	Turkish Get Up	NA	4	2 each		7	NA
2B	DB twitsting Chest Press	222	4	8 each		8	60
3A	Bottom Pause Chest Press	NA	3	12		9	NA
3B	ITYW shoulder raise	222	3	10 each		6	60
4A	Rear Foot Elevated Split Squat	312	3	8 each		8	NA
4B	Bear Cub Crawl with Pause	NA	3	20 yards		7	60
5A	KB/DB Swing	NA	1	100		10	NA

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