

**Day One**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
<b>Warm up Series</b>						
<a href="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Kettlebell swings</a>	NA	4	25		9	15

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Bird Dog Neuro Pulse</a>	212	4	5 x 10 sec	8	NA
1B	<a href="#">Heavy Deadlift</a>	212	4	3	9	45
2A	<a href="#">Side Plank Rotations</a>	212	3	8 each	8	NA
2B	<a href="#">Front Loaded Skater Squats</a>	212	3	8 each	8	45
3A	<a href="#">Incline DB Chest Press</a>	323	3	12	7	NA
3B	<a href="#">Bear Squats</a>	212	3	30	8	45
4A	<a href="#">Preacher Curls</a>	222	3	15	6	NA
4B	<a href="#">DB skull crushers</a>	222	3	12	6	45

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 5 times.

**Day Two**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
<b>Warm up Series</b>						
<a href="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Kettlebell swings</a>	NA	4	25		9	15

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Hard stomps (no spine flexion)</a>	NA	4	5 each	9	NA
1B	<a href="#">Elevator Front Squats</a>	NA	4	7	8	45
2A	<a href="#">Military Press</a>	212	3	5	7	NA
2B	<a href="#">band pull aparts</a>	111	3	30	6	45
3A	<a href="#">Seated Cable Row</a>	232	3	10	7	NA
3B	<a href="#">Shoulder Drop MB Pushup</a>	222	3	6 each	6	45
4A	<a href="#">1-arm BB/DB Suitcase Carry</a>	NA	3	30 yards	9	NA
4B	<a href="#">Offset Cossack Squats</a>	222	3	6 each	8	45

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max 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

**Day Three**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
<b>Warm up Series</b>						
<a href="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Kettlebell swings</a>	NA	4	25		9	15

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Zercher Squats</a>	222	5	6	9	NA
1B	<a href="#">SB Stir the Pot</a>	NA	5	60 seconds	8	45
2A	<a href="#">Landmine Stepback Lunge</a>	212	3	8 each	7	NA
2B	<a href="#">Bench Press</a>	212	3	5	8	45
3A	<a href="#">Lunge to back rotations</a>	222	4	8 each	6	NA
3B	<a href="#">4-point Hip Rotation</a>	NA	4	10 each	8	45
4A	<a href="#">½ kneeling KB press</a>	212	3	8 each	7	NA
4B	<a href="#">Turkish Get Up</a>	NA	3	2 each	6	45

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.