

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	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
	Sphynx 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	NA
1C	Hanging Lat Stretch with Squat	NA	3	15		4	45
2A	Front Loaded Skater Squats	212	2	10 each		7	NA
2B	DB 360 lateral raise	222	2	12		7	NA
2C	Rolling Cossack	222	2	8 each		8	45
3A	DB See Saw Press	222	2	15 each		6	NA
3B	Down Dog Lunge to Rotation	NA	2	8 each	BW	4	45
4A	DB bent over alternating row	222	2	12 each		6	NA
4B	Lateral Slide Pushups	212	2	6 each		7	45

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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
	Sphynx 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	3	5 each		6	NA
1B	Lateral Lunge Front Pulse	212	3	8 each		7	NA
2C	Front Plank	NA	3	4 x 10		8	45
2A	Kneeling KB halo	313	2	10 each		5	NA
2B	DB twitsting Chest Press	222	2	8 each		8	NA
2C	DB Goblet Squat	222	2	30		9	45
3A	Bottom Pause Chest Press	NA	2	12		9	NA
3B	ITYW shoulder raise	222	2	10 each		6	60
4A	KB/DB Swing	NA	1	100		10	NA

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