

**Day One**

	<b>Exercise</b>	<b>Tempo</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>RPE/10</b>	<b>Rest</b>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Band Pull Aparts</a>	212	1	10 each	BW	4	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">DB Clean, Squat &amp; Press</a>	NA	4	15 each		8	NA
1B	<a href="#">Plank Bird Dogs</a>	222	4	8 each		7	NA
1C	<a href="#">Hanging Lat Stretch with Squat</a>	NA	4	15		4	45
2A	<a href="#">Front Loaded Skater Squats</a>	212	3	10 each		7	NA
2B	<a href="#">DB 360 lateral raise</a>	222	3	12		7	NA
2C	<a href="#">Rolling Cossack</a>	222	4	8 each		8	45
3A	<a href="#">DB See Saw Press</a>	222	3	15 each		6	NA
3B	<a href="#">Down Dog Lunge to Rotation</a>	NA	3	8 each	BW	4	45
4A	<a href="#">DB bent over alternating row</a>	222	3	12 each		6	NA
4B	<a href="#">Squat ER IR rotations</a>	232	3	8 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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Band Pull Aparts</a>	212	1	10 each	BW	4	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Backwards Crawl Pattern</a>	NA	4	30 feet		7	NA
1B	<a href="#">Turkish Get Up</a>	NA	4	2 each		7	NA
1C	<a href="#">DB Goblet Squat Lateral Rocker</a>	222	4	5 each		6	45
2A	<a href="#">Kneeling KB halo</a>	313	3	10 each		5	NA
2B	<a href="#">DB twisting Chest Press</a>	222	3	8 each		8	NA
2C	<a href="#">Front Plank</a>	NA	3	4 x 10		8	45
3A	<a href="#">Bear Squats</a>	222	3	20		9	NA
3B	<a href="#">ITYW shoulder raise</a>	222	3	10 each		6	45
4A	<a href="#">KB/DB Swing</a>	NA	1	100		10	NA

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**Day Three**

	<b>Exercise</b>	<b>Tempo</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>RPE/10</b>	<b>Rest</b>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Band Pull Aparts</a>	212	1	10 each	BW	4	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Side plank</a>	NA	4	4 x 10 sec		7	NA
1B	<a href="#">DB Goblet Squats</a>	212	4	20		8	NA
1C	<a href="#">band pull aparts</a>	212	4	25		6	45
2A	<a href="#">Elbow to knee bird dog</a>	222	3	15 each		6	NA
2B	<a href="#">Plate Hip Thrusts</a>	NA	3	30		7	NA
2C	<a href="#">Alternating Glute March</a>	212	3	10 each		8	45
3A	<a href="#">Rear Foot Elevated Split Squat</a>	312	3	8 each		8	NA
3B	<a href="#">Bear Cub Crawl with Pause</a>	NA	3	20 yards		7	45
4A	<a href="#">Inside Out Squat Jumps</a>	NA	3	40		10	NA
4B	<a href="#">Tuck Jumps</a>	NA	3	15		10	45

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