

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
Quadruped matrix	NA	1	As needed	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

Working sets

1A	SB stir the pot	212	4	8 each	6	NA
1B	BB deadlifts - technique focused	212	4	5	7	90
2A	kneeling pallof press & raise	212	3	8 each	8	NA
2B	Turkish get up	NA	3	1 each	6	60
3A	ITYW shoulder raise	212	3	10 each	6	NA
3B	DB Shoulder carries	NA	3	20 yards	8	60
4A	incline DB chest press	212	3	12	7	NA
4B	Bear cub crawl	NA	3	20 yards	8	60

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
	Quadruped matrix	NA	1	As needed	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Superman Extensions	212	4	15		5	NA
1B	Hip thrusts	212	4	7		8	90
2A	Stepback lunges	222	3	8 each		6	NA
2B	Landmine Straight Arm Rotation	222	3	10 each		6	60
3A	Tall kneeling to standing	N/A	3	2 each		8	NA
3B	Cat camel stretch	212	3	10		5	60
4A	BB or DB Farmer Carries	NA	3	20 yards		8	NA
4B	Perfect Pushups	212	3	Max		9	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
	Quadruped matrix	NA	1	As needed	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Barbell/Ab Wheel Rollouts	212	4	8		7	NA
1B	Barbell Front squats	212	4	5		8	90
2A	Barbell bent over row	212	4	12		8	NA
2B	kettlebell swing	NA	4	20		6	60
3A	Body weight cossack squat	323	3	5 each		6	NA
3B	Prone Elastic Shoulder Rotations	212	3	15		6	60
4A	Chin ups	212	3	max		9	NA
4B	Glute ham raise	323	3	8		7	60

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