

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
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

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

Working sets

1A	SB stir the pot	212	4	8 each	6	NA
1B	BB deadlifts - technique focused	212	4	5	7	60
2A	kneeling pallof press & raise	212	3	8 each	8	NA
2B	Turkish get up	NA	3	1 each	6	45
3A	ITYW shoulder raise	212	3	10 each	6	NA
3B	DB Shoulder carries	NA	3	20 yards	8	45
4A	incline DB chest press	212	3	12	7	NA
4B	Bear cub crawl	NA	3	20 yards	8	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 3 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>
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

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

Working sets

1A	Superman Extensions	212	4	15	5	NA
1B	Hip thrusts	212	4	7	8	60
2A	Stepback lunges	222	3	8 each	6	NA
2B	Landmine Straight Arm Rotation	222	3	10 each	6	45
3A	Tall kneeling to standing	N/A	3	2 each	8	NA
3B	Cat camel stretch	212	3	10	5	45
4A	BB or DB Farmer Carries	NA	3	20 yards	8	NA
4B	Perfect Pushups	212	3	Max	9	45

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

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

Working sets

1A	Barbell/Ab Wheel Rollouts	212	4	8	7	NA
1B	Barbell Front squats	212	4	5	8	60
2A	Barbell bent over row	212	4	12	8	NA
2B	kettlebell swing	NA	4	20	6	45
3A	Body weight cossack squat	323	3	5 each	6	NA
3B	Prone Elastic Shoulder Rotations	212	3	15	6	45
4A	Chin ups	212	3	max	9	NA
4B	Glute ham raise	323	3	8	7	45

Metabolic Conditioning: Running or biking. 2 minutes at moderate doable pace (RPE 5/10), 2 minutes at challenging pace, roughly 25% faster than the moderate pace (RPE 8/10). Repeat 4 times.

Day Four

<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

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

Working sets

1A	Shoulder upright rotations	212	3	15	7	NA
1B	BB bench press	212	3	6	8	60
2A	DB goblet squats	212	3	15	8	NA
2B	DB O/H Stepback Lunge	NA	3	6 each	7	45
3A	Cable 1/2 kneeling raise	323	3	8 each	7	NA
3B	Suitcase carries	212	3	20 yards	8	45
4A	BB biceps curls	212	3	15	7	NA
4B	DB skull crushers	323	3	12	7	45

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.