

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
	Dead bug laterals	212	1	15	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	3	15 each		8	NA
1B	Sprinter Stride to Knee Raise	214	3	20 each		8	NA
1C	Front Plank	NA	3	4 x 10		8	45
2A	Wall Facing Hip Circle	212	3	10 each		5	NA
2B	Lateral Lunge with Pulse	222	3	8 each		7	NA
2C	Rolling Cossack	222	3	8 each		8	30
3A	3-point rockback rotations	222	3	8 each		4	NA
3B	Shin Box	NA	3	10 each		5	NA
3C	Hanging Lat Stretch with Squat	NA	3	15		4	30
4A	1-foot rotations	NA	3	8 each		5	NA
4B	Lateral Slide Pushups	212	3	6 each		7	60

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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
	SMR front arm line	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	3	5 each		6	NA
1B	DB Bent Over Alternating Row	212	3	15 each		8	NA
1C	Bear Squats	111	2	20		8	45
2A	Standing BB/DB curls	313	2	20		7	NA
2B	Lunge Elbow to Instep	222	2	8 each		8	NA
2C	2-step 3D Hip Mobility series	222	2	10 each		5	30
3A	Plate/Weight Hip thrust	212	2	20		6	NA
3B	Double Elevated Split Squats	222	2	15 each		9	30
4A	KB/DB Swing	NA	1	100		10	NA

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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
	Dead bug laterals	212	1	15	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	Side plank	NA	3	4 x 10 sec		7	NA
1B	DB Goblet Squat	252	3	12		9	NA
1C	Med Ball shoulder drop pushup	222	3	6 each		7	45
2A	DB oscillation press	NA	3	30 each		8	NA
2B	Kneeling KB Halo	212	3	10 each		5	NA
2C	Deep Cossack squat to sit	NA	3	5 each		6	30
3A	Offset Cossack Squats	312	3	8 each		6	NA
3B	Bear Cub Crawl with Pause	NA	3	20 yards		7	NA
3C	band pull aparts	212	3	25		6	30
4A	1 foot deadlift	212	3	10 each		8	NA
4B	Bear Squat 3-point rotation	NA	3	8 each		8	60

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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
	Dead bug laterals	212	1	15	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	Backwards Crawl	NA	3	30 feet		7	NA
1B	DB Overhead Stepback Lunge	323	3	8 each		7	NA
1C	Prone Shoulder Rotations	212	3	12		5	30
2A	DB Overhead press	212	2	6		7	NA
2B	Lateral Lunge w/ Overhead Drive	NA	2	10 each		8	NA
2C	DB Stepback Goblet Lunge	212	2	10 each		7	30
3A	DB Rows	111	2	20		8	NA
3B	DB Incline Biceps Curls	323	2	20		6	NA
3C	DB skull crushers	212	2	20		6	30
4A	Inside Out Squat Jumps	NA	2	40		10	NA
4B	Ice Skaters	NA	2	20 each		10	60

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