

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
	Dead bug laterals	212	1	15	NA	3	NA
	Side lying extension rotations	222	1	10 each	NA	4	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
	Working sets						
1A	Paused front squats	252	5	6		8	NA
1B	Wall facing hip circle	212	5	10 each		4	75
2A	Shin Box	NA	3	10 each		5	NA
2B	Double elevated split squat	212	3	8 each		9	60
3A	Smith row iso hold	282	3	7		9	NA
3B	Speed deadlifts	NA	3	6		6	60
4A	Bench Press	323	3	15		9	NA
4B	Pullups	NA	3	Max		9	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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Side lying extension rotations	222	1	10 each	NA	4	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

Working sets

1A	SB Straight arm pushbacks	212	5	6		5	NA
1B	Heavy deadlifts	NA	5	3		9	60
2A	Bottom half back squats	NA	3	6		5	NA
2B	1-foot rotational reach	NA	3	8 each		8	60
3A	Lateral Slide Pushups	222	3	6 each		8	NA
3B	Glute hip press	212	3	20		6	60
4A	Batwing Rows	323	3	5 x 10 sec		8	NA
4B	1/2 kneeling landmine press	313	3	12 each		7	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
	Dead bug laterals	212	1	15	NA	3	NA
	Side lying extension rotations	222	1	10 each	NA	4	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
	Working sets						
1A	Med Ball shoulder drop pushup	222	4	5 each		7	NA
1B	SB hamstring curls	222	4	20		5	90
2A	DB oscillation press	NA	4	30 each		8	NA
2B	Kneeling KB Halo	212	4	10 each		5	60
3A	Heavy Bench Press	NA	4	3		9	NA
3B	plank 1-arm elastic rows	212	4	15 each		9	60
4A	KB Swing	NA	1	100		10	NA

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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
	Dead bug laterals	212	1	15	NA	3	NA
	Side lying extension rotations	222	1	10 each	NA	4	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
	Working sets						
1A	Down dog lunge to rotation	NA	4	6 each		5	NA
1B	Paused front squats	252	4	6		9	90
2A	½ kneeling elastic rotations	222	3	8 each		5	NA
2B	Double KB clean to BU Press	NA	3	8		7	60
3A	Lateral Lunge with pulse	222	4	5 each		6	NA
3B	Paused eccentric deadlift	215	4	5		8	60
4A	BB or DB Farmer Carries	212	3	30 yards		9	NA
4B	DB Incline Biceps Curls	323	3	20		6	60

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