

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
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
Working sets							
1A	Paused front squats	252	3	6		8	NA
1B	Wall facing hip circle	212	3	10 each		4	60
2A	DB Clean, Squat & Press	NA	2	15 each		8	NA
2B	Double elevated split squat	212	2	15 each		7	30
3A	Kneeling KB Halo	212	2	20 each		5	NA
3B	Sprinter Stride to Knee Raise	222	2	20 each		6	30
4A	Smith row iso hold	282	2	7		9	NA
4B	Deadlift	213	2	8		8	30
5A	Bench Press	323	2	15		9	NA
5B	Pullups	NA	2	Max		9	30
6A	KB Swing	NA	1	100		10	NA

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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
Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Glute bridge March	NA	1	20 each	BW	8	NA

Working sets

1A	SB Straight arm pushbacks	212	3	6	5	NA
1B	Elastic lat set deadlift pattern	313	3	8	4	30
2A	Bottom half back squats	NA	2	5	5	NA
2B	1-foot rotational reach	NA	2	10 each	8	30
3A	Lateral Slide Pushups	222	2	6 each	8	NA
3B	Glute hip press	212	2	20	6	30
4A	Batwing Rows	323	2	5 x 10 sec	8	NA
4B	1/2 kneeling landmine press	313	2	20 each	7	30
5A	BB or DB Farmer Carries	212	2	30 yards	9	NA
5B	DB Incline Biceps Curls	323	2	20	6	30

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