

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
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	Kneeling KB Halo	212	3	10 each	6	NA
1B	BB deadlifts - eccentric pause	214	3	5	8	60
2A	Hanging Lat Stretch	232	3	8	5	NA
2B	Elastic resisted dead bugs	333	3	8 each	7	45
3A	Double KB clean to BU press	212	3	7	6	NA
3B	Lateral Lunge with Pulse	222	3	8 each	7	45
4A	Rockback 3-point rotations	323	3	8 each	6	NA
4B	Landmine straight arm rotations	212	3	10 each	8	45

Finisher

[KB 312.com](#)

3 cleans, 1 pr

complete 1 circuit every 30 seconds

8 minutes tot

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
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	1/2 kneeling elastic rotations	222	3	6 each	5	NA
1B	BB Back Squat	212	3	5	8	60
2A	Down Dog Lunge Inside Rotation	NA	3	8 each	5	NA
2B	Smith Pullup Iso Hold	222	3	4 x 10 sec	8	45
3A	DB 1-arm Squat & Press	212	3	8 each	8	NA
3B	1-leg Landmine RDL	212	3	6 each	6	45
4A	Cable Rope Overhead extension	323	3	15	7	NA
4B	Standing barbell curls	313	3	12	7	45

Finisher

[KB swing super series](#)

10 swings ev
Once 10 swin
is rest period.

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
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	Side plank	NA	3	4 x 10 sec	7	NA
1B	DB Goblet squat lateral rocker	NA	3	8 each	5	60
2A	BB deadlifts	NA	20	1	8	30
3A	Elastic Pull Aparts	NA	2	20	7	NA
3B	Barbell Hip Thrust	121	2	15	9	45
4A	plank 1-arm elastic rows	212	3	12 each	9	NA
4B	½ kneeling rope chops	323	3	8 each	7	45

Finisher	3 rounds	Inside Out S	20 reps
	No rest	Bear Cub Cr	30 yards
		Inside Out S	20 reps
		Pushups to failure	

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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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	Lunge Elbow to instep	323	3	8 each	6	NA
1B	Front Squats	323	3	5	8	60
2A	Pushup Pop Press	212	3	8 each	7	NA
2B	Batwing Rows	NA	3	4 x 10 sec	9	45
3A	Pullups	323	4	5	7	NA
3B	Bench Press	212	4	5	8	45
4A	BB or DB Farmer Carries	NA	3	15	7	NA
4B	Kettlebell swings	323	3	2 x 20**	8	45

Finisher

Easy walk or

20 minutes, aerobic, low intensity. RPE of 5/10 or less

** Do 20 reps, rest 15-20 seconds, do another 20 r