

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
Wall facing hip circles	212	1	10 each	NA	4	NA
Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Glute bridge March	212	1	20 each	medium	4	NA
Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA

Working sets

1A	Overhead Stepback Lunge	222	3	8 each	8	NA
1B	DB Plate Squeeze Chest Press	333	3	12	7	45
2A	DB Goblet lateral lunge	212	3	10 each	7	NA
2B	DB Row	222	3	12 each	7	45
3A	DB Step Ups	222	3	15 each	9	NA
3B	DB Shoulder carries	NA	3	30 yards	8	45
4A	DB Pull overs	222	3	10	6	NA
4B	Lateral Slide Pushups	212	3	6 each	7	45

Metabolic Conditioning: 20 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. This could be done as part of the workout or separately, and also on a different day as needed.

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
Wall facing hip circles	212	1	10 each	NA	4	NA
Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Glute bridge March	212	1	20 each	medium	4	NA
Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA

Working sets

1A	Hard stomps (no spine flexion)	NA	3	5 each	9	NA
1B	Lateral Lunge Front Pulse	212	3	8 each	7	45
2A	High box step ups	212	3	8 each	8	NA
2B	DB twisting Chest Press	222	3	8 each	8	45
3A	Standing Alternating Row	222	3	12 each	8	NA
3B	Squat Hops	NA	3	30	9	45
4A	KB/DB Swing	NA	2	100	10	60

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

Day Three

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Front Loaded Skater Squats	212	3	6 each		7	NA
1B	DB Goblet Squats	111	3	30		8	45
2A	DB 360 Lateral Raise	222	3	15 each		9	NA
2B	2 foot elevated Split Squat	222	3	12 each		9	45
3A	Rear Foot Elevated Split Squat	312	3	8 each		8	NA
3B	4-point Hip Rotation	NA	3	10 each		8	45
4A	DB incline/seated Biceps curls	222	3	20		8	NA
4B	DB skull crushers	222	3	20		8	45

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

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Wall facing hip circles	212	1	10 each	NA	4	NA
	Alternating Leg Front Plank	212	1	2 x 10 sec	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Side Plank Rotations	222	3	8 each		7	NA
1B	Turkish Get Up	NA	3	2 each		7	45
2A	Bird Dog Neuro Pulse	NA	3	5 x 10 sec		6	NA
2B	Lateral Lunge w/ Overhead Drive	NA	3	10 each		8	45
3A	DB Rows	111	3	12		8	NA
3B	Spiderman Pushups	212	3	8 each		9	45
4A	Inside Out Squat Jumps	NA	3	40		10	NA
4B	Tuck Jumps	NA	3	15		10	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 5 times.