

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
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 Back Squats	252	4	6	8	NA
1B	Wall facing hip circle	212	4	10 each	4	60
2A	Shin Box	NA	3	10 each	5	NA
2B	Double elevated split squat	212	3	8 each	9	45
3A	½ kneeling elastic rotations	222	2	8 each	5	NA
3B	Double KB clean to BU Press	NA	2	8	7	60
4A	Smith row iso hold	282	3	7	9	NA
4B	Speed deadlifts	NA	3	6	6	45
5A	½ kneeling KB press	212	2	8 each	7	NA
5B	Pullups	NA	2	Max	9	45

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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	4	6	5	NA
1B	Heavy deadlifts	NA	4	3	9	60
2A	Bottom Half Front Squats	NA	3	8	5	NA
2B	1-foot rotational reach	NA	3	8 each	8	45
3A	½ kneeling elastic rotations	222	3	8 each	5	NA
3B	Kneeling KB Halo	212	2	10 each	5	45
4A	ITYW shoulder raise	222	2	10 each	6	NA
4B	Glute hip press	212	3	20	6	45
5A	Batwing Rows	323	3	5 x 10 sec	8	NA
5B	½ kneeling landmine press	313	3	12 each	7	45

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