

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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Squat ER IR Rotations	222	1	6 each	NA	4	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
	Working sets						
1A	ITYW shoulder raise	212	4	10 each		5	NA
1B	Heavy Deadlift	212	4	3		9	NA
1C	Hanging Lat Stretch with Squat	NA	4	15		4	45
2A	Plank Bird Dog	222	3	6 each		7	NA
2B	2 Bench Plank DB Row	212	3	8 each		8	NA
2C	Rolling Cossack	222	3	8 each		8	45
3A	DB See Saw Press	212	3	10 each		9	NA
3B	Pull ups	NA	3	max		9	45
4A	Cable Face Pulls	232	3	15		6	NA
4B	KB Snatch	NA	3	20 each		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>
Warm up Series							
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Squat ER IR Rotations	222	1	6 each	NA	4	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
Working sets							
1A	Landmine Straight Arm Rotation	212	4	8 each		5	NA
1B	Heavy Bench Press	NA	4	3		8	NA
1C	DB Goblet Squat Lateral Rocker	222	4	5 each		6	45
2A	Pushup Pop Press	NA	3	8 each		6	NA
2B	High Box Step Ups	NA	3	8 each		8	NA
2C	Front Plank	NA	3	4 x 10		8	45
3A	BB Bent Over Rows	232	3	12		7	NA
3B	Hip Thrusts	212	3	5		8	45
4A	KB 1-arm jerk press split stance	NA	3	5		6	NA
4B	DB Incline Biceps Curls	333	3	15		7	45

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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>
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Warm up Series

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Squat ER IR Rotations	222	1	6 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
Bottom Pause Pushup	232	1	8	BW	6	NA

Working sets

1A	SB hamstring curls	222	4	15	7	NA
1B	High Volume Front Squats	222	4	15	8	NA
1C	band pull aparts	212	4	25	6	45
2A	SB Stir the Pot	NA	3	10 each	8	NA
2B	Military Press	212	3	3	8	NA
2C	Stir the Pot	212	3	10 each	8	45
3A	Rear Foot Elevated Split Squat	212	3	12 each	9	NA
3B	Lateral Crawl Patterns	NA	3	30 yards	8	45
4A	4-point rotation & Kick	NA	3	20 each	8	NA
4B	Turkish Get ups	NA	3	1 each	7	45

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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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Squat ER IR Rotations	222	1	6 each	NA	4	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
	Working sets						
1A	Wall facing hip circle	212	4	10 each		5	NA
1B	Heavy Front Squats	312	4	3		9	NA
1C	½ kneeling elastic rotations	222	4	8 each		5	45
2A	Dead Bug Lateral	222	3	8 each		5	NA
2B	Skater Squats	212	3	8 each		8	NA
2C	DB oscillation press	NA	3	30 each		8	45
3A	DB 360 Lateral Raise	222	3	12		8	NA
3B	Speed Deadlift	NA	3	5		8	45
4A	DB Twisting Chest Press	212	3	15		9	NA
4B	Landmine Stepback Lunge	323	3	10 each		8	45

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