

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

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Hip Press & Reach	232	1	12 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	ITYW shoulder raise	212	5	10 each	5	NA
1B	Heavy Deadlift	212	5	3	9	60
2A	Plank Bird Dog	222	2	6 each	7	NA
2B	2 Bench Plank DB Row	212	2	8 each	8	60
3A	Skater Squats	212	2	8 each	8	NA
3B	DB 360 Lateral Raise	222	2	12	8	60
4A	Landmine Straight Arm Rotation	212	2	8 each	5	NA
4B	Heavy Bench Press	NA	2	3	8	60
5A	Cable Face Pulls	232	2	15	6	NA
5B	KB Snatch	NA	2	20 each	9	60

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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

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Hip Press & Reach	232	1	12 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	Pause Squats	252	4	8	8	60
2A	SB Stir the Pot	NA	2	10 each	8	NA
2B	Military Press	212	2	3	8	60
3A	Rear Foot Elevated Split Squat	212	2	12 each	9	NA
3B	Lateral Crawl Patterns	NA	2	30 yards	8	60
4A	4-point rotation & Kick	NA	2	20 each	8	NA
4B	Turkish Get ups	NA	2	1 each	7	60
5A	Speed Deadlift	NA	2	5	8	NA
5B	DB Twisting Chest Press	212	2	15	9	60

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