

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
Glute Bridge March	222	1	8 each	NA	5	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Bird Dog Neuro Pulse	212	4	5 x 10 sec	8	NA
1B	Heavy Deadlift	212	4	3	9	60
2A	Side Plank Rotations	212	4	8 each	8	NA
2B	Front Loaded Skater Squats	212	4	8 each	8	60
3A	Incline DB Chest Press	323	3	12	7	NA
3B	Smith Pull up Iso row	252	3	5 x 5 sec	8	60
4A	Preacher Curls	222	4	15	6	NA
4B	DB skull crushers	222	4	12	6	60

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.

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
Glute Bridge March	222	1	8 each	NA	5	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Hard stomps (no spine flexion)	NA	4	5 each	9	NA
1B	Elevator Front Squats	NA	4	7	8	60
2A	Military Press	212	3	5	7	NA
2B	band pull aparts	111	3	30	6	60
3A	Seated Cable Row	232	3	10	7	NA
3B	Spiderman Pushup	NA	3	6 each	6	60
4A	1-arm BB/DB Suitcase Carry	NA	3	30 yards	9	NA
4B	KB 1-arm Jerk Press to Split	NA	3	5 each	8	60

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 Three

<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
Glute Bridge March	222	1	8 each	NA	5	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Zercher Squats	222	5	6	9	NA
1B	SB Stir the Pot	NA	5	60 seconds	8	60
2A	Landmine Stepback Lunge	212	4	8 each	7	NA
2B	Bench Press	212	4	5	8	60
3A	BB Bent Over Row	222	4	12	8	NA
3B	Side Plank	NA	4	2 x 30 sec	8	60
4A	½ kneeling KB press	212	3	8 each	7	NA
4B	Turkish Get Up	NA	3	2 each	6	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.