

**Day One**

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
	<b>Working sets</b>						
1A	<a href="#">Kettlebell deadlift</a>	212	4	15		6	NA
1B	<a href="#">Incline DB chest press</a>	212	4	10		4	90
2A	<a href="#">Assisted Cossack squat</a>	212	4	8 each		5	NA
2B	<a href="#">DB bench Rows</a>	212	4	12 each		6	90
3A	<a href="#">½ kneeling rope chops</a>	212	4	8 each		8	NA
3B	<a href="#">BB or DB Farmer Carries</a>	NA	4	20 yards		8	90

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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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
	<b>Working sets</b>						
1A	<a href="#">DB Goblet Squats</a>	333	3	15		8	NA
1B	<a href="#">Lunge to back rotations</a>	333	3	8 each		5	90
2A	<a href="#">Full kneeling pull downs</a>	222	3	15		6	NA
2B	<a href="#">Deep squat internal/external rotations</a>	222	3	8 each		7	90
3A	<a href="#">Suitcase carries</a>	N/A	4	20 yards		7	NA
3B	<a href="#">Cable 1-foot squat &amp; row</a>	212	4	8 each		8	90

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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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
	<b>Working sets</b>						
1A	<a href="#">½ kneeling rope raises</a>	212	3	8 each		7	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each		8	45
2A	<a href="#">½ kneeling KB press</a>	212	4	10 each		8	NA
2B	<a href="#">Hand walk Cossack squats</a>	212	4	8 each		7	45
3A	<a href="#">DB Shoulder carries</a>	NA	4	20 yards		7	NA
3B	<a href="#">Pushups</a>	212	4	max reps		8	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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
	<b>Working sets</b>						
1A	<a href="#">Bench supported row</a>	212	4	8		7	NA
1B	<a href="#">½ kneeling cable pullover</a>	212	4	8 each		7	90
2A	<a href="#">Bear Squats</a>	212	4	15		8	NA
2B	<a href="#">Kneeling T-spine rotation</a>	222	4	10 each		4	90
3A	<a href="#">Dumbbell stepups</a>	222	5	6 each		6	NA
3B	<a href="#">Bench 1.5 hip press</a>	222	5	10		8	90

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