

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	1 foot deadlift	212	4	8		6	NA
1B	SB Straight arm pushbacks	212	4	8		8	90
2A	DB rear foot elevated split squat	212	4	8		8	NA
2B	DB bench Rows	212	4	12		6	90
3A	Hardstyle plank	N/A	4	4 x 10 secs		8	NA
3B	BB or DB Farmer Carries	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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Dead bugs	212	1	8 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

Working sets

1A	DB Goblet Squats	212	3	15	7	NA
1B	½ kneeling landmine press	212	3	10 each	5	90
2A	Full kneeling pulldowns	222	3	8 each	6	NA
2B	Bench facing rear flye	222	3	12	6	90
3A	Suitcase carries	N/A	4	20 yards	7	NA
3B	Heel touch stepups	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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	½ kneeling chops	212	4	10 each		8	NA
	Elbow to knee repeating bird dog	212	4	15 each		4	45
3A	Uneven loaded stepback lunges	212	4	5 each		7	NA
3B	Pushups	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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Bench supported row	212	4	8		7	NA
	Elastic wide row to upright	212					
1B	rotation	212	4	20		6	90
2A	Bear Squats	212	4	15		8	NA
	Double kettlebell overhead press	212					
2B		212	4	8 each		8	90
3A	Dumbbell stepups	222	5	6 each		7	NA
3B	Bench 1.5 hip press	222	5	10		8	90

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