

**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 front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

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

**Working sets**

1A	<a href="#">SB stir the pot</a>	212	3	8 each	6	NA
1B	<a href="#">BB deadlifts - technique focused</a>	212	3	5	7	60
2A	<a href="#">kneeling pallof press &amp; raise</a>	212	3	8 each	8	NA
2B	<a href="#">Turkish get up</a>	NA	3	1 each	6	45
3A	<a href="#">Hip press &amp; reach</a>	212	3	7 each	6	NA
3B	<a href="#">DB Shoulder carries</a>	NA	3	20 yards	8	45
4A	<a href="#">incline DB chest press</a>	212	3	12	7	NA
4B	<a href="#">ITYW shoulder raise</a>	212	3	10 each	6	45

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 3 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>
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**Warm up Series**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

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

**Working sets**

1A	<a href="#">elastic resisted dead bug</a>	212	3	8 each	7	NA
1B	<a href="#">Hip thrusts</a>	212	3	7	8	60
2A	<a href="#">Stepback lunges</a>	222	3	8 each	6	NA
2B	<a href="#">Landmine 1-arm split stance row</a>	222	3	12 each	6	45
3A	<a href="#">Tall kneeling to standing</a>	N/A	3	2 each	8	NA
3B	<a href="#">Cat camel stretch</a>	212	3	10	4	45
4A	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 yards	8	NA
4B	<a href="#">Perfect Pushups</a>	212	3	Max	9	45

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a steady 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>
<b>Warm up Series</b>						
<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

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

**Working sets**

1A	<a href="#">Barbell/Ab Wheel Rollouts</a>	212	3	8	7	NA
1B	<a href="#">Barbell Front squats</a>	212	3	5	8	60
2A	<a href="#">Barbell bent over row</a>	212	3	12	8	NA
2B	<a href="#">kettlebell swing</a>	NA	3	20	6	45
3A	<a href="#">Body weight Cossack squats</a>	323	3	5 each	6	NA
3B	<a href="#">DB Row</a>	212	3	8 each	8	45
4A	<a href="#">Chin ups</a>	212	3	max	9	NA
4B	<a href="#">Glute ham raise</a>	323	3	8	7	45

Metabolic Conditioning: Running or biking. 2 minutes at moderate doable pace (RPE 5/10), 2 minutes at challenging pace, roughly 25% faster than the moderate pace (RPE 8/10). Repeat 4 times.

**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 front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

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

**Working sets**

1A	<a href="#">Shoulder upright rotations</a>	212	4	15	7	NA
1B	<a href="#">BB bench press</a>	212	4	6	8	60
2A	<a href="#">DB goblet squats</a>	212	4	15	8	NA
2B	<a href="#">Elastic resisted dead bugs</a>	NA	4	8 each	6	45
3A	<a href="#">KB/DB Jerk Press</a>	323	3	5 each	7	NA
3B	<a href="#">Suitcase carries</a>	212	3	20 yards	8	45
4A	<a href="#">BB biceps curls</a>	212	3	15	7	NA
4B	<a href="#">DB skull crushers</a>	323	3	12	7	45

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.