

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
	Alternating Glute March	222	1	8 each	NA	5	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	ITYW shoulder raise	212	2	10 each		5	NA
1B	Double Clean to BU Press	NA	2	10		7	NA
1C	Hanging Lat Stretch with Squat	NA	2	15		4	45
2A	Heavy Deadlift	212	20	1		8	30
3A	Plank Bird Dog	222	2	6 each		7	NA
3B	2 Bench Plank DB Row	212	2	8 each		8	NA
2C	Rolling Cossack	222	2	8 each		8	45
4A	Pull ups	NA	2	max		9	NA
4B	Cable Face Pulls	232	2	15		6	45
5A	4-point rotation & Kick	NA	2	20 each		8	NA
5B	Turkish Get ups	NA	2	1 each		7	45

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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
Side Lying Rotations	232	1	8 each	NA	3	NA
Alternating Glute March	222	1	8 each	NA	5	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Bottom Pause Pushup	232	1	8	BW	6	NA
Kettlebell swings	NA	5	20		8	15

Working sets

1A Landmine Straight Arm Rotation	212	3	8 each		5	NA
1B Heavy Bench Press	NA	3	3		8	NA
1C DB Goblet Squat Lateral Rocker	222	3	5 each		6	45
2A Double KB Clean to BU Press	NA	3	8		6	NA
2B High Box Step Ups	NA	3	8 each		8	NA
2C Front Plank	NA	3	4 x 10		8	45
3A BB Bent Over Rows	232	4	12		7	NA
3B KB 1-arm jerk press split stance	NA	4	5		6	45
4A Hip Thrusts	212	10	10		8	30

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