

Day One

<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
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

Working sets

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

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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
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

Working sets

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

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