

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

SMR lower body	NA	1	NA	NA	2	NA
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	Kneeling KB Halo	212	2	10 each	6	NA
1B	BB deadlifts - eccentric pause	214	2	5	8	60
2A	Hanging Lat Stretch	232	2	8	5	NA
2B	Elastic resisted dead bugs	333	2	8 each	7	45
3A	Double KB clean to BU press	212	2	7	6	NA
3B	Lateral Lunge with Pulse	222	2	8 each	7	45
4A	BB or DB Farmer Carries	NA	2	15	7	NA
4B	Kettlebell swings	323	2	2 x 20**	8	45
5A	Pushup Pop Press	212	2	8 each	7	NA
5B	Batwing Rows	NA	2	4 x 10 sec	9	45

Finisher

[KB 312.com](#)

3 cleans, 1 pr
complete 1 circuit every 30 seconds
8 minutes tot

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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
Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
Foam roller stick slides	313	1	10	NA	4	NA
Rolling Cossack	212	1	8 each	BW	4	NA
Shin Box	NA	1	15 each	BW	4	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

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

Working sets

1A	1/2 kneeling elastic rotations	222	2	6 each	5	NA
1B	BB Back Squat	212	2	5	8	60
2A	Down Dog Lunge Inside Rotation	NA	2	8 each	5	NA
2B	Smith Pullup Iso Hold	222	2	4 x 10 sec	8	45
3A	DB 1-arm Squat & Press	212	2	8 each	8	NA
3B	1-leg Landmine RDL	212	2	6 each	6	45
4A	Cable Rope Overhead extension	323	2	15	7	NA
4B	Standing barbell curls	313	2	12	7	45

Finisher

[KB swing super series](#)

10 swings ev

Once 10 swin

is rest period.