

**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="#">Dead bug laterals</a>	212	1	15	NA	3	NA
	<a href="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Alternating Glute March</a>	NA	1	20 each	BW	8	NA
	<b>Working sets</b>						
1A	<a href="#">Paused front squats</a>	252	4	6		8	NA
1B	<a href="#">Wall facing hip circle</a>	212	4	10 each		4	NA
1C	<a href="#">½ kneeling elastic rotations</a>	222	4	8 each		5	45
2A	<a href="#">DB Clean, Squat &amp; Press</a>	NA	4	15 each		8	NA
2B	<a href="#">Double elevated split squat</a>	212	4	15 each		7	NA
2C	<a href="#">Prone Shoulder Rotations</a>	212	3	12		5	30
3A	<a href="#">Smith row iso hold</a>	282	3	7		9	NA
3B	<a href="#">Deadlift</a>	213	3	8		8	NA
3C	<a href="#">3-point rockback rotations</a>	222	3	8 each		4	30
4A	<a href="#">Bench Press</a>	323	4	15		9	NA
4B	<a href="#">Pullups</a>	NA	4	Max		9	30

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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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
<a href="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
<a href="#">Alternating Glute March</a>	NA	1	20 each	BW	8	NA

**Working sets**

1A	<a href="#">SB Straight arm pushbacks</a>	212	4	6	5	NA
1B	<a href="#">Elastic lat set deadlift patterns</a>	313	4	8	4	NA
1C	<a href="#">Sprinter Stride to Knee Raise</a>	212	4	12 each	7	45
2A	<a href="#">Bottom half back squats</a>	NA	3	5	5	NA
2B	<a href="#">1-foot rotational reach</a>	NA	3	10 each	8	NA
2C	<a href="#">Landmine Straight Arm Rotation</a>	212	3	10 each	7	30
3A	<a href="#">Lateral Slide Pushups</a>	222	4	6 each	8	NA
3B	<a href="#">Glute hip press</a>	212	4	20	6	NA
3C	<a href="#">band pull aparts</a>	212	3	25	6	30
4A	<a href="#">Batwing Rows</a>	323	4	5 x 10 sec	8	NA
4B	<a href="#">½ kneeling landmine press</a>	313	4	20 each	7	30

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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>
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**Warm up Series**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
<a href="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
<a href="#">Alternating Glute March</a>	NA	1	20 each	BW	8	NA

**Working sets**

1A	<a href="#">Med Ball shoulder drop pushup</a>	222	4	5 each	7	NA
1B	<a href="#">SB hamstring curls</a>	222	4	20	5	NA
1C	<a href="#">DB Goblet Squat Lateral Rocker</a>	222	4	5 each	6	60
2A	<a href="#">DB oscillation press</a>	NA	3	30 each	8	NA
2B	<a href="#">Kneeling KB Halo</a>	212	3	20 each	5	NA
2C	<a href="#">Bent Over Alternating Row</a>	212	3	15 each	7	30
3A	<a href="#">Heavy Bench Press</a>	NA	4	3	9	NA
3B	<a href="#">plank 1-arm elastic rows</a>	212	4	15 each	9	NA
3C	<a href="#">Alternating Glute March</a>	212	3	10 each	8	30
4A	<a href="#">KB Swing</a>	NA	1	100	10	NA

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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>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">Dead bug laterals</a>	212	1	15	NA	3	NA
	<a href="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Alternating Glute March</a>	NA	1	20 each	BW	8	NA
	<b>Working sets</b>						
1A	<a href="#">Down dog lunge to rotation</a>	NA	4	6 each		5	NA
1B	<a href="#">Paused front squats</a>	252	4	10		9	NA
1C	<a href="#">Front Plank</a>	NA	5	4 x 10		8	45
2A	<a href="#">Sprinter Stride to Knee Raise</a>	222	4	20 each		6	NA
2B	<a href="#">Double KB clean to BU Press</a>	NA	4	12		7	NA
2C	<a href="#">Rolling Cossack</a>	222	4	8 each		8	30
3A	<a href="#">Lateral Lunge with pulse</a>	222	4	8 each		6	NA
3B	<a href="#">Paused eccentric deadlift</a>	215	4	8		8	NA
3C	<a href="#">Hanging Lat Stretch with Squat</a>	NA	4	15		4	30
4A	<a href="#">BB or DB Farmer Carries</a>	212	4	30 yards		9	NA
4B	<a href="#">DB Incline Biceps Curls</a>	323	4	20		6	30

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