

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Alternating Glute March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	4	15 each		8	NA
1B	Plank Bird Dogs	222	4	8 each		7	NA
1C	Hanging Lat Stretch with Squat	NA	4	15		4	45
2A	Front Loaded Skater Squats	212	3	10 each		7	NA
2B	DB 360 lateral raise	222	3	12		7	NA
2C	Rolling Cossack	222	4	8 each		8	45
3A	DB See Saw Press	222	3	15 each		6	NA
3B	Down Dog Lunge to Rotation	NA	3	8 each	BW	4	45
4A	DB bent over alternating row	222	3	12 each		6	NA
4B	Squat ER IR rotations	232	3	8 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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Alternating Glute March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	4	5 each		6	NA
1B	Lateral Lunge Front Pulse	212	4	8 each		7	NA
1C	DB Goblet Squat Lateral Rocker	222	4	5 each		6	45
2A	Kneeling KB halo	313	3	10 each		5	NA
2B	DB twisting Chest Press	222	3	8 each		8	NA
2C	Front Plank	NA	3	4 x 10		8	45
3A	Bear Squats	222	3	20		9	NA
3B	ITYW shoulder raise	222	3	10 each		6	45
4A	KB/DB Swing	NA	1	100		10	NA

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Day Three

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Alternating Glute March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Side plank	NA	4	4 x 10 sec		7	NA
1B	DB Goblet Squat	212	4	20		8	NA
1C	band pull aparts	212	4	25		6	45
2A	Elbow to knee bird dog	222	3	15 each		6	NA
2B	Plate Hip Thrusts	NA	3	30		7	NA
2C	Alternating Glute March	212	3	10 each		8	45
3A	Rear Foot Elevated Split Squat	312	3	8 each		8	NA
3B	Bear Cub Crawl with Pause	NA	3	20 yards		7	45
4A	Stick Slides	NA	3	12		5	NA
4B	Bear Squat 3-point rotation	NA	3	8 each		8	45

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Day Four

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Alternating Glute March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Backwards Crawl	NA	4	30 feet		7	NA
1B	Turkish Get Up	NA	4	2 each		7	NA
1C	½ kneeling elastic rotations	222	4	8 each		5	45
2A	Double OH Rollback to Split Lean	NA	3	10		6	NA
2B	Lateral Lunge w/ Overhead Drive	NA	3	10 each		8	NA
2C	DB oscillation press	NA	3	30 each		8	45
3A	DB Rows	111	3	12		8	NA
3B	Turducken Get Up	NA	3	1 each		8	45
4A	Inside Out Squat Jumps	NA	3	40		10	NA
4B	Tuck Jumps	NA	3	15		10	45

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