

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						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Hip Rocking Matrix	212	1	5 each	NA	4	NA
	Body weight squat	212	1	20	BW	6	NA
	Divebomber Pushups	212	1	10	BW	6	NA
	Working sets						
1A	1 foot deadlift	212	4	8 each		6	NA
1B	Kneeling T-spine rotation	222	4	10 each		4	90
2A	DB rear foot elevated split squat	212	4	8 each	BW	5	NA
2B	DB bench Rows	212	4	12 each		6	90
3A	Assisted Cossack squat	212	4	8 each		8	NA
3B	BB or DB Farmer Carries	212	4	20 yards		8	90

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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
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Hip Rocking Matrix	212	1	5 each	NA	4	NA
	Body weight squat	212	1	20	BW	6	NA
	Divebomber Pushups	212	1	10	BW	6	NA
	Working sets						
1A	Lunge to back rotations	212	3	8 each		7	NA
1B	Deep squat landmine press	212	3	10 each		5	90
2A	Deep squat internal/external rotations	212	3	8 each		6	NA
2B	Bench facing rear flye	222	3	12		7	90
3A	Suitcase carries	222	4	20 yards		7	NA
3B	Heel touch stepups	212	4	8 each		8	90

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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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Hip Rocking Matrix	212	1	5 each	NA	4	NA
	Body weight squat	212	1	20	BW	6	NA
	Divebomber Pushups	212	1	10	BW	6	NA
	Working sets						
1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Hand walk Cossack squats	212	3	8 each		8	45
2A	½ kneeling chops	212	4	10		8	NA
2B	Elastic wide row to upright rotation	212	4	20		4	45
3A	Uneven loaded stepback lunges	212	4	5 each		7	NA
3B	Pushups	212	4	max reps		8	45

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