

**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="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">Kneeling KB Halo</a>	212	4	10 each		6	NA
1B	<a href="#">Sprinter Stride to Knee Raise</a>	214	4	20 each		8	75
2A	<a href="#">Hanging Lat Stretch</a>	232	4	8		5	NA
2B	<a href="#">Elastic resisted dead bugs</a>	333	4	8 each		7	60
3A	<a href="#">DB Clean to Press</a>	212	4	12 each		8	NA
3B	<a href="#">Lateral Lunge with Pulse</a>	222	4	8 each		7	60

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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="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

**Working sets**

1A	<a href="#">1/2 kneeling elastic rotations</a>	222	4	6 each		5	NA
1B	<a href="#">DB Goblet Squat</a>	212	4	15		8	60
2A	<a href="#">Down Dog Lunge Inside Rotation</a>	NA	3	8 each		5	NA
2B	<a href="#">Inside Out Squats</a>	222	3	20		8	60
3A	<a href="#">DB 1-arm Squat &amp; Press</a>	212	3	8 each		8	NA
3B	<a href="#">1-leg Abducted Deadlift</a>	212	3	8 each		6	60

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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="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

**Working sets**

1A	<a href="#">Side plank</a>	NA	4	4 x 10 sec	7	NA
1B	<a href="#">DB Goblet squat lateral rocker</a>	NA	4	8 each	5	60
2A	<a href="#">Slow Pushups with Iso Hold</a>	333	4	5 TO 8	8	NA
2B	<a href="#">Plate Hip Thrusts</a>	NA	4	30	7	60
3A	<a href="#">Hip Rocking Matrix</a>	121	2	5 each	4	30
4A	<a href="#">Down Dog Lunge to Rotation</a>	212	3	6 each	6	NA
4B	<a href="#">Rolling Cossack</a>	323	3	8 each	7	60

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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="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">Lunge Elbow to instep</a>	323	4	8 each		6	NA
1B	<a href="#">DB Goblet Stepback Lunge</a>	323	4	8 each		7	60
2A	<a href="#">Pushup Pop Press</a>	212	4	8 each		7	NA
2B	<a href="#">Batwing Rows</a>	NA	4	4 x 10 sec		9	60
3A	<a href="#">KB/DB Jerk Press</a>	323	4	8 each		7	NA
3B	<a href="#">Backwards Crawl</a>	212	4	20 feet		8	60

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