

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						
Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Glute Bridge March	222	1	8 each	NA	5	NA
Butterfly Hip Flow	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Bird Dog Neuro Pulse	212	4	5 x 10 sec	8	NA
1B	Heavy Deadlift	212	4	3	9	45
2A	Side Plank Rotations	212	3	8 each	8	NA
2B	Front Loaded Skater Squats	212	3	8 each	8	45
3A	Incline DB Chest Press	323	3	12	7	NA
3B	Bear Squats	252	3	5 x 5 sec	8	45
4A	Preacher Curls	222	3	15	6	NA
4B	DB skull crushers	222	3	12	6	45

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 5 times.

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						
Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Glute Bridge March	222	1	8 each	NA	5	NA
Butterfly Hip Flow	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Hard stomps (no spine flexion)	NA	4	5 each	9	NA
1B	Elevator Back Squats	NA	4	7	8	45
2A	Military Press	212	3	5	7	NA
2B	band pull aparts	111	3	30	6	45
3A	Seated Cable Row	232	3	10	7	NA
3B	Shoulder Drop MB Pushup	222	3	6 each	6	45
4A	High box step ups	212	3	8 each	8	NA
4B	DB 360 lateral raise	222	3	12	8	45

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

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

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Glute Bridge March	222	1	8 each	NA	5	NA
Butterfly Hip Flow	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Zercher Squats	222	5	6	9	NA
1B	SB Stir the Pot	NA	5	60 seconds	8	45
2A	Landmine Stepback Lunge	212	3	8 each	7	NA
2B	Bench Press	212	3	5	8	45
3A	Lunge to back rotations	222	4	8 each	6	NA
3B	4-point Hip Rotation	NA	4	10 each	8	45
4A	½ kneeling KB press	212	3	8 each	7	NA
4B	Turkish Get Up	NA	3	2 each	6	45

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

Day Four

<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

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Glute Bridge March	222	1	8 each	NA	5	NA
Butterfly Hip Flow	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

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

Working sets

1A	Wall facing hip circle	212	4	10 each	5	NA
1B	Heavy Front Squats	312	4	5, 3, 1, 1	9	45
2A	SB Leg Raises	222	3	15	5	NA
2B	1/2 kneeling elastic rotation	222	3	8 each	7	45
3A	BB Bent Over Row	222	4	12	8	NA
3B	Side Plank	NA	4	2 x 30 sec	8	45
4A	1-arm BB/DB Suitcase Carry	NA	3	30 yards	9	NA
4B	Offset Cossack Squats	222	3	6 each	8	45

Metabolic Conditioning: 20 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout. This could be done as part of the workout or separately, and also on a different day as needed.