



Warmup							
Set A	Sets	Reps	Rest	Day 1	Day 3	Day 5	Day 7
1A Shoulder I-T-Ws	3	10	As need				
1B Chair pose	3	30s	As need				
2A Single leg balance with ankle circles	3	30s ea	As need				
2B Dumbbell Bicep Curls	3	8	As need				
3A Cougar Lunges	3	8	As need				
3B Dumbbell Overhead Press	3	8ea	As need				
4A Barbell Pushup	3	8ea	As need				
4B Barbell RDL	3	8ea	As need				
5A TRX Superman hold	3	30s	As need				
5B TRX row	3	8	As need				
<b>Mobility Finisher</b>							
6A Box Step-Ups	4	20s	10s				
6B Dumbbell Squat to Punch	4	20s	10s				
Set B	Sets	Reps	Rest	Day 2	Day 4	Day 6	Day 8
1A Wall Sit	3	30s					
1B Single Arm Farmer Carry	3	30s ea					
2A Sumo squat hold for 5 and pop up	3	8					
2B Extended side angle to peaceful warrior	3	4ea					
3A Plank	3	30s					
3B Dumbbell Row	3	8					
4A Barbell Pushup	3	8ea					
4B Barbell RDL	3	8					
5A TRX Back Fly	3	8					
5B Lunge hold (add TRX if need)	3	30s ea					
<b>Mobility Finisher</b>							
6A Band Punches	4	30s	15s				
6B Skater Steps	4	30s	15s				
Cool Down							