

	Day 1	Day 2	Day 3
	3 Sets - Building in load	3 Sets	3 Sets - Building in load
	60m Yoke/BB Back Rack Carry	10-15s Nordic Hold	60m Yoke/BB Front Rack Carry
	60m DB/KB Farmers Carry	Rest 10s	60m Waiter Walk - 30m Each Way
	60m KB Front Rack Carry	40s Reverse Plank Hold	60m Plate Push
	Rest 2 minutes	Rest 10s	Rest 2 minutes
		12 Russian KB Swings	
	3 Sets	Rest 2 minutes	3 Sets
	10 Good Mornings @30x1		10 Glute Bridges @30x1
	Rest 10s	3 Sets	Rest 10s
	10 SL Glute Bridges EL	30s Quadruped Hip Extension Hold EL	10 SL KB Crossbody RDLs EL
	Rest 10s	Rest 10s	Rest 10s
	M.E GHD Hip Extensions	30s Leg Circles ES	60s Banded Marching
	Rest 60s	Rest 10s	Rest 60s
		30s Clam Shells ES	
	2 Sets	Rest 2 minutes	2 Sets
	10 DB Hamstring Curls		30 Arch Rocks
	10 SL Good Mornings EL		20 Straddled Donkey Kicks