

	Day 1	Day 2	Day 3
	3 Sets	3 Sets	3 Sets
	8 Rack Pulls	10 DB Split Stance RDLs EL - 30x1	8 Pause Box Squats
	Rest 60s	Rest 15s	Rest 60s
	16 Deficit Reverse Lunges	10 Single Leg GHD Hip Extensions - 30x1	8 GHRs
		Rest 15s	
	3 Sets	10 BB Glute Bridges - 30x1	3 Sets
	8 KB Split Squats - 3030		60s KB FR Hold
	Rest 15s	3 Sets	Rest 15s
	8 SL Ring Hamstring Curls -3030	8 KB FR Weighted Step ups - 30x1	40m Heavy Sled Push
	Rest 15s	Rest 15s	Rest 15s
	8 Good Mornings - 30x1	12 BB OH Reverse Lunges	60m Heavy Farmers Carry
		Rest 15s	
	1x100 Banded Hamstring Curls	12 KB FR Lateral Lunges - 30x1	3 Minutes Banded Marching
		1x100 Jumping Lunges	