A1 Hamstring Single Leg Curls

Sets	5	Tempo/Method	6 seconds slow
Reps	8	Rest Period	90-120 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	8	8	8	8	8				
RPE	6	7	8	8	9-10				
Weight									

B1 Cable Row

Sets	3	Tempo/Method	Pre-fatigue hold 10sec
Reps	10	Rest Period	60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	10	10	10						
RPE	8	8	9-10						
Weight									

B2 Negative Chin Ups Neutral Grip

Sets	3	Tempo/Method	4010
Reps	8	Rest Period	60-90 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	8	8	8						
RPE	8	8	9-10						
Weight									

C1 Cable Curls

Sets	3	Tempo/Method	3010
Reps	10	Rest Period	60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	10	10	10						
RPE	8	8	9-10						
Weight									

C2 Body Row

Sets	3	Tempo/Method	Pre-fatigue hold 10sec
Reps	12	Rest Period	60-90 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	12	12	12						
RPE	8	8	9-10						
Weight									

D1 Kettlebell Alternating Arm Swing

Sets	3	Tempo/Method	Fast
Reps	1 minute	Rest Period	30-60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	8	8	9-10						
Weight									

D2 Side Bends

Sets	3	Tempo/Method	3010
Reps	10 each side	Rest Period	30-60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	10	10	10						
RPE	8	8	9-10						
Weight									

D3 Steady State Cardio

Sets	3	Tempo/Method	Moderate intensity
Reps	3 minutes	Rest Period	2-3 minutes

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	8	8	9-10						
Weight									

*Recommended: Gauntlet Stairmaster, ERG Rower