Week 1 Day 1	Sets	Weight	Week 1 Day 2	Sets	Weight	Week 1 Day 3	Sets	Weight
Kettlebell Swing	1x50	35	Kettlebell swing	1x50	35	Kettlebell Swing	1x50	35
Squat	3x3	190	Push press	3x3	90	Sumo Deadlift	3x3	220
Good Morning	3x8	105	OHP	3x8	65	Deficit sumo deadlift	3x8	135
Split squat	3x8	45	Pull up (assisted)	3x8		Hip thrust	3x8	155
Week 2 Day 1	**Sets**	**Weight**	**Week 2 Day 2**	**Sets**	**Weight**	**Week 2 Day 3**	**Sets**	**Weight**
Kettlebell swing	1x50	35	Kettlebell swing	1x50	35	Kettlebell Swing	1x50	35
Squat	1x3	190	Push press	1x3	90	Sumo Deadlift	1x3	220
	2x2	200		2x2	95		2x2	230
Split squat	3x8	45	OHP	3x8	65	Barbell Hip Thrust	3x8	155
Week 3 Day 1	**Sets**	**Weight**	**Week 3 Day 2**	**Sets**	**Weight**	**Week 3 Day 3**	**Sets**	**Weight**
Kettlebell swing	1x50	35	Kettlebell swing	1x50	35	Kettlebell Swing	1x50	35
Squat	1x3	175	Push press	1x3	80	Sumo Deadlift	1x3	205
	1x2	185		1x2	85		1x2	225
	1x1	205		1x1	100		1x1	245
Week 4 Day 1	**Sets**	**Weight**	**Week 4 Day 2**	**Sets**	**Weight**	**Week 4 Day 3**	**Sets**	**Weight**
Kettlebell swing	1x50	35	Kettlebell swing	1x50	35	Kettlebell swing	1x50	35
Squat	3x3	135	Push press	3x3	75	Sumo deadlift	3x3	155