TMC 1.0 GPP The mustard cutter

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|  | Mon | Tue | Wed | Thur | Fri | Sat | Sun  |
| Week1 | M | T | W | Walk | F | W | Walk |
| Week 2 | M | T | W | Th | F | W | Walk |
| Week3 | M | T | Walk | Walk | F | Walk | Walk |
| Week 4 | M | T | W | Th | F | W | Walk |

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| M | Lift | Sets | Reps | Weight |  | Tempo | RI |
| A1 | DB Bench Press | 2 4 3 4 | 8-10 |  |  | 4010 | 30s |
| A2 | B Squat | 2 4 3 4 | 8-10 |  |  | 4010 | 30s |
| A3 | Pulldown | 2 4 3 4 | 8-10 |  |  | 4010 | 60s |
| B1 | 1 arm Row | 2 4 3 4  | 12-15 |  |  | 3010 | 30s |
| B2 | Cossack Squat | 2 4 3 4 | 12-15 |  |  | 3010 | 30s |
| B3 | 1 arm OH Press | 2 4 3 4 | 12-15 |  |  | 3010 | 60s |

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| T | Lift | Sets | Reps | Weight |  | Tempo | RI |
| A1 | Inc DB Press | 2 4 3 4 | 8-10 |  |  | 4010 | 30s |
| A2 | Deadlift | 2 4 3 4 | 8-10 |  |  | 4010 | 30s |
| A3 | Pulldown | 2 4 3 4 | 8-10 |  |  | 4010 | 60s |
| B1 | Glut Bridge | 2 4 3 4  | 15-18 |  |  | 2010 | 30s |
| B2 | Split Squat | 2 4 3 4 | 12-15 |  |  | 3030 | 30s |
| B3 | Inc Curl  | 2 4 3 4 | 10-12 |  |  | 4010 | 90s |

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| W | Lift | Sets | Reps | Weight |  | Tempo | RI |
| A1 | Wall Hand Bridge\* | 4 | 1 |  |  | 10-20sec hold | 30s |
| A2 | Sid Ext Rotation  | 4 | 10-12 |  |  | 4010 | 30s |
| B1 | Warrior Pose L/R\* | 3 | 1 |  |  | 10-20sec hold | 0s |
| B2 | Downward Dog\* | 3 | 1 |  |  | 10-20sec hold | 0s |
| B3 | Pigeon Pose\* | 3 | 1 |  |  | 10-20sec hold | 0s |
| B4 | Camel Pose\* | 3 | 1 |  |  | 10-20sec hold | 0s |
| B5 | Frog Pose \* | 3 | 1 |  |  | 10-20sec hold | 0s |

\* progress only to comfortable range modify if needed

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| Th | Lift | Sets | Reps | Weight |  | Tempo | RI |
| A1 | Fsquat | 2 4 3 4 | 4-6 |  |  | 4010 | 30s |
| B1 | Chin downs | 2 4 3 4 | 10-12 |  |  | 4010 | 30s |
| B2 | H Inc Press | 2 4 3 4 | 10-12 |  |  | 4010 | 60s |
| C1 | Pullover Tri Ex | 2 4 3 4  | 10-20s |  |  | 4010 | 30s |
| C2 | Prison Squat | 2 4 3 4 | 18-20 |  |  | 2010 | 30s |
| C3 | Standing Curl | 2 4 3 4 | 10-12 |  |  | 4010 | 60s |

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| F | Lift | Sets | Reps | Weight |  | Tempo | RI |
| A1 | Step up 1 2 3 4 5 | 2 4 3 4 | 6-8 |  |  | 3011 | 30s |
| A2 | Preacher Curl | 2 4 3 4 | 10-12 |  |  | 3010 | 30s |
| A3 | CG Bench  | 2 4 3 4 | 10-12 |  |  | 4010 | 60s |
| B1 | OH Squat Pauses | 2 4 3 4  | 6-8 |  |  | 4110 | 30s |
| B2 | Inc Zotman Curl  | 2 4 3 4 | 10-12 |  |  | 4010 | 30s |
| B3 | Decline Tri EX | 2 4 3 4 | 10-12 |  |  | 4010 | 60s |