C RUTHLESS PERFORMANCE		
Notes		
There are three workouts, but you can complete more than 3 days per week. After you get through all three, begin cycling through Days 1-3 of the following week's schedule.		
	Warm-Ups	
	Rock N Roll Complex x5	
	Cossack Squat x8 ea.	
	Bench T-Spine Mobility Drill x10	
	Unilateral Glute Bridge x10 ea.	
	Unilateral RDL Hold x:20 ea.	
	Cool Down Only:	Bold=Repeat in Cool Down
	Crossover Stretch x:30 ea.	
	Piriformis Stretch x:30 ea.	
	Half-Kneeling Overhead Lat Stretch x:30 ea.	
#RuthlesslyFit		