

Day One

| | <i>Exercise</i> | <i>Tempo</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>RPE/10</i> | <i>Rest</i> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
| | Warm up Series | | | | | | |
| | Foam Roller T-spine Extensions | 232 | 1 | 10 | NA | 3 | NA |
| | Side Lying Rotations | 232 | 1 | 8 each | NA | 3 | NA |
| | Glute Bridge March | 222 | 1 | 8 each | NA | 5 | NA |
| | Sphinx Arm Slides | 222 | 1 | 8 each | BW | 4 | NA |
| | Shoulder Tap Pushup | 212 | 1 | 8 each | BW | 6 | NA |
| | Kettlebell swings | NA | 5 | 20 | | 8 | 15 |
| | Working sets | | | | | | |
| 1A | Bird Dog Neuro Pulse | 212 | 4 | 5 x 10 sec | | 8 | NA |
| 1B | Heavy Deadlift | 212 | 4 | 3 | | 9 | 60 |
| 2A | Side Plank Rotations | 212 | 4 | 8 each | | 8 | NA |
| 2B | Front Loaded Skater Squats | 212 | 4 | 8 each | | 8 | 60 |
| 3A | Incline DB Chest Press | 323 | 3 | 12 | | 7 | NA |
| 3B | Smith Pull up Iso row | 252 | 3 | 5 x 5 sec | | 8 | 60 |
| 4A | Preacher Curls | 222 | 4 | 15 | | 6 | NA |
| 4B | DB skull crushers | 222 | 4 | 12 | | 6 | 60 |

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Day Two

| <i>Exercise</i> | <i>Tempo</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>RPE/10</i> | <i>Rest</i> |
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|

Warm up Series

| | | | | | | |
|--|-----|---|--------|----|---|----|
| Foam Roller T-spine Extensions | 232 | 1 | 10 | NA | 3 | NA |
| Side Lying Rotations | 232 | 1 | 8 each | NA | 3 | NA |
| Glute Bridge March | 222 | 1 | 8 each | NA | 5 | NA |
| Sphynx Arm Slides | 222 | 1 | 8 each | BW | 4 | NA |
| Shoulder Tap Pushup | 212 | 1 | 8 each | BW | 6 | NA |
| Kettlebell swings | NA | 5 | 20 | | 8 | 15 |

Working sets

| | | | | | | | |
|----|--|-----|---|----------|--|---|----|
| 1A | Hard stomps (no spine flexion) | NA | 4 | 5 each | | 9 | NA |
| 1B | Elevator Front Squats | NA | 4 | 7 | | 8 | 60 |
| 2A | Military Press | 212 | 3 | 5 | | 7 | NA |
| 2B | band pull aparts | 111 | 3 | 30 | | 6 | 60 |
| 3A | Seated Cable Row | 232 | 3 | 10 | | 7 | NA |
| 3B | Spiderman Pushup | NA | 3 | 6 each | | 6 | 60 |
| 4A | 1-arm BB/DB Suitcase Carry | NA | 3 | 30 yards | | 9 | NA |
| 4B | KB 1-arm Jerk Press to Split | NA | 3 | 5 each | | 8 | 60 |

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Day Three

| | <i>Exercise</i> | <i>Tempo</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> | <i>RPE/10</i> | <i>Rest</i> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
| | Warm up Series | | | | | | |
| | Foam Roller T-spine Extensions | 232 | 1 | 10 | NA | 3 | NA |
| | Side Lying Rotations | 232 | 1 | 8 each | NA | 3 | NA |
| | Glute Bridge March | 222 | 1 | 8 each | NA | 5 | NA |
| | Sphinx Arm Slides | 222 | 1 | 8 each | BW | 4 | NA |
| | Shoulder Tap Pushup | 212 | 1 | 8 each | BW | 6 | NA |
| | Kettlebell swings | NA | 5 | 20 | | 8 | 15 |
| | Working sets | | | | | | |
| 1A | Zercher Squats | 222 | 5 | 6 | | 9 | NA |
| 1B | SB Stir the Pot | NA | 5 | 60 seconds | | 8 | 60 |
| 2A | Landmine Stepback Lunge | 212 | 4 | 8 each | | 7 | NA |
| 2B | Bench Press | 212 | 4 | 5 | | 8 | 60 |
| 3A | BB Bent Over Row | 222 | 4 | 12 | | 8 | NA |
| 3B | Side Plank | NA | 4 | 2 x 30 sec | | 8 | 60 |
| 4A | ½ kneeling KB press | 212 | 3 | 8 each | | 7 | NA |
| 4B | Turkish Get Up | NA | 3 | 2 each | | 6 | 60 |

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