

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
Warm up Series							
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
Working sets							
1A	Bear Squats	212	3	15		7	NA
1B	SB Straight arm pushbacks	212	3	10		6	45
2A	DB rear foot elevated split squat	212	3	6 each		7	NA
2B	DB bench Rows	212	3	12 each		6	45
3A	Hardstyle plank	N/A	3	3 x 10 secs		8	NA
3B	BB or DB Farmer Carries	NA	3	20 Yards		8	45
4	Finisher**	NA	3	10 each		9	0
				Body weight	or	Jump Squats	
				DB Overhea			
				Body weight	or	Jump Squats	
				Pushups			
				Body weight	or	Jump Squats	
				Pushup alte			

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
Warm up Series							
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
Working sets							
1A	DB Goblet Squats	333	3	15		6	NA
1B	Double kettlebell overhead press	212	3	8		5	45
2A	Elastic wide row to upright rotation	222	3	15		6	NA
2B	Bench facing rear flye	222	3	12		6	45
3A	Suitcase carries	N/A	3	20 yards		7	NA
3B	Elbow to knee repeating bird dog	212	3	15 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			Split squats				
			Side planks				
			Front Planks				
			Bear Squats - max reps				

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission