

**Day One**

	<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	BW	6	NA
	<a href="#">Foam roller extension rotations</a>	212	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">Body weight squat</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Kettlebell deadlift</a>	212	3	15		7	NA
1B	<a href="#">DB 1-arm floor press</a>	212	3	10 each		6	45
2A	<a href="#">DB rear foot elevated split squat</a>	212	3	8 each		8	NA
2B	<a href="#">T Pushups</a>	212	3	8 each		8	45
3A	<a href="#">Hardstyle plank</a>	N/A	3	3 x 10 sec		8	NA
3B	<a href="#">Bear cub crawl</a>	NA	3	20 feet		8	45
	Finisher**		3	10 each		9	45
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">DB Overhea</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushups</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushup alte</a>			

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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs	BW	6	NA
<a href="#">Foam roller extension rotations</a>	212	1	12	BW	3	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
<a href="#">Body weight squat</a>	212	1	20		6	NA

**Working sets**

1A	<a href="#">Wall lat pressback</a>	5 sec	3	15		6	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each		4	45
2A	<a href="#">½ kneeling KB press</a>	212	3	10 each		5	NA
2B	<a href="#">1-foot hip bridge</a>	212	3	10 each		6	45
3A	<a href="#">Plank</a>	NA	3	4 x 10 sec		8	NA
3B	<a href="#">Pushups</a>	212	3	max reps		8	45
Finisher	3 rounds		15 seconds on, 15 seconds off			9	45

[Split squats](#)[Side planks – 15 seconds each side](#)[Front Planks](#)[Bear Squats - max reps](#)

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

**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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs	BW	6	NA
<a href="#">Foam roller extension rotations</a>	212	1	12	BW	3	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
<a href="#">Body weight squat</a>	212	1	20		6	NA

**Working sets**

1A	<a href="#">Bench supported row</a>	212	3	8		7	NA
1B	<a href="#">DB Pull overs</a>	212	3	12		8	45
2A	<a href="#">Bear Squats</a>	212	3	15		8	NA
2B	<a href="#">Sun dogs</a>	212	3	12		7	45
3A	<a href="#">Dumbbell stepups</a>	222	4	6 each		7	NA
3B	<a href="#">Bench 1.5 hip press</a>	222	4	10		8	45

10 minute steady steady state cardio. Doing any activity that's handy. If you have a piece of cardio equipment, use that. If not, go for a walk or jog at a moderate pace where you could still talk but where you would have to work hard to maintain.

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