

**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 front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">1 foot deadlift</a>	212	4	8 each		6	NA
1B	<a href="#">ITYW shoulder raise</a>	212	4	10 each		4	45
2A	<a href="#">DB rear foot elevated split squat</a>	212	4	8 each	BW	5	NA
2B	<a href="#">DB bench Rows</a>	212	4	12 each		6	45
3A	<a href="#">Assisted Cossack squat</a>	212	4	8 each		8	NA
3B	<a href="#">BB or DB Farmer Carries</a>	212	4	20 yards		8	45
4	Finisher**	NA	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>						

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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>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Lunge to back rotations</a>	212	3	8 each		7	NA
1B	<a href="#">Deep squat landmine press</a>	212	3	10 each		5	45
2A	<a href="#">Deep squat internal/external rotations</a>	212	3	8 each		6	NA
2B	<a href="#">Bench facing rear flye</a>	222	3	12		7	45
3A	<a href="#">Suitcase carries</a>	222	4	20 yards		7	NA
3B	<a href="#">Heel touch stepups</a>	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
	<a href="#">Split squats</a>						
	<a href="#">Side planks – 15 seconds each side</a>						
	<a href="#">Front Planks</a>						
	<a href="#">Bear Squats - max reps</a>						

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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>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">1-leg elastic squats</a>	212	3	8 each		7	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each		8	45
2A	<a href="#">½ kneeling chops</a>	212	4	10		8	NA
2B	<a href="#">Elbow to knee repeating bird dog</a>	212	4	15 each		4	45
3A	<a href="#">Uneven loaded stepback lunges</a>	212	4	5 each		7	NA
3B	<a href="#">Pushups</a>	212	4	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			<a href="#">KB deadlift</a>				
			<a href="#">½ kneeling K</a>				
			<a href="#">Turkish get</a>		Just 1 per sid		

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**Day Four**

	<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 front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Bench supported row</a>	212	4	8		7	NA
	<a href="#">Elastic wide row to upright rotation</a>	212	4	20		6	45
2A	<a href="#">Bear Squats</a>	212	4	15		8	NA
	<a href="#">Double kettlebell overhead press</a>	212	4	8		8	45
3A	<a href="#">Dumbbell stepups</a>	222	5	6 each		7	NA
3B	<a href="#">Kneeling T-spine rotation</a>	222	5	10		8	45
4	Finisher	<b>3 rounds</b>	15 seconds on, 15 seconds off			9	45
		<a href="#">1-foot hip b</a>	15 sec per side				
		<a href="#">DB Goblet la</a>	15 secs per side				
		<a href="#">Barbell curls</a>	dumbbells if needed				
		<a href="#">DB Side rais</a>					

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