

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 | | | | | | |
| | SMR lower body | NA | 1 | NA | NA | 2 | NA |
| | SMR back arm line | NA | 1 | NA | NA | 2 | NA |
| | Hip Rocking Matrix | 212 | 1 | 5 each | BW | 4 | NA |
| | Foam roller T-spine extensions | 323 | 1 | 12 | BW | 3 | NA |
| | ITYW shoulder raise | 212 | 1 | 10 each | BW | 7 | NA |
| | band pull aparts | 212 | 1 | 20 | | 6 | NA |
| | Working sets | | | | | | |
| 1A | Kettlebell deadlift | 212 | 3 | 15 | | 6 | NA |
| 1B | Incline DB chest press | 212 | 3 | 10 | | 4 | 45 |
| 2A | Assisted Cossack squat | 212 | 3 | 8 each | BW | 5 | NA |
| 2B | DB bench Rows | 212 | 3 | 12 each | | 6 | 45 |
| 3A | ½ kneeling rope chops | 212 | 3 | 8 each | | 8 | NA |
| 3B | BB or DB Farmer Carries | NA | 3 | 20 yards | | 8 | 45 |
| 4 | Finisher** | | 3 | 10 each | | 9 | 45 |
| | Body weight squat | | | | or | Jump Squats | |
| | DB Overhead press | | | | | | |
| | Body weight squat | | | | or | Jump Squats | |
| | Pushups | | | | | | |
| | Body weight squat | | | | or | Jump Squats | |
| | Pushup alternating knee tuck | | | | | | |

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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 | | | | | | |
| | SMR lower body | NA | 1 | NA | NA | 2 | NA |
| | SMR back arm line | NA | 1 | NA | NA | 2 | NA |
| | Hip Rocking Matrix | 212 | 1 | 5 each | BW | 4 | NA |
| | Foam roller T-spine extensions | 323 | 1 | 12 | BW | 3 | NA |
| | ITYW shoulder raise | 212 | 1 | 10 each | BW | 7 | NA |
| | band pull aparts | 212 | 1 | 20 | | 6 | NA |
| | Working sets | | | | | | |
| 1A | DB Goblet Squats | 333 | 3 | 15 | | 7 | NA |
| 1B | Lunge to back rotations | 333 | 3 | 8 each | | 5 | 45 |
| 2A | Full kneeling pulldowns | 222 | 3 | 15 | | 6 | NA |
| 2B | Deep squat internal/external rotations | 222 | 3 | 8 each | | 7 | 45 |
| 3A | Suitcase carries | N/A | 3 | 20 yards | | 7 | NA |
| 3B | Cable 1-foot squat & row | 212 | 3 | 8 each | | 8 | 45 |
| 4 | Finisher | 3 rounds | 15 seconds on, 15 seconds off | | | 9 | 45 |
| | | | Split squats – 15 seconds each side. Max reps | | | | |
| | | | Side planks – 15 seconds each side | | | | |
| | | | Front Planks | | | | |
| | | | Bear Squats - max reps | | | | |

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Day Three



| Exercise | Tempo | Sets | Reps | Weight | RPE/10 | Rest |
|----------|-------|------|------|--------|--------|------|
|----------|-------|------|------|--------|--------|------|

Warm up Series

| | | | | | | |
|--|-----|---|---------|----|---|----|
| SMR lower body | NA | 1 | NA | NA | 2 | NA |
| SMR back arm line | NA | 1 | NA | NA | 2 | NA |
| Hip Rocking Matrix | 212 | 1 | 5 each | BW | 4 | NA |
| Foam roller T-spine extensions | 323 | 1 | 12 | BW | 3 | NA |
| ITYW shoulder raise | 212 | 1 | 10 each | BW | 7 | NA |
| band pull aparts | 212 | 1 | 20 | | 6 | NA |

Working sets

| | | | | | | |
|----|--|----------|-------------------------------|----------|---|----|
| 1A | ½ kneeling rope raises | 212 | 3 | 8 each | 7 | NA |
| 1B | Glute focused split squats | 212 | 3 | 8 each | 8 | 45 |
| 2A | ½ kneeling KB press | 212 | 3 | 10 each | 8 | NA |
| 2B | Hand walk Cossack squats | 212 | 3 | 8 each | 4 | 45 |
| 3A | DB Shoulder carries | NA | 3 | 20 yards | 7 | NA |
| 3B | Pushups | 212 | 3 | max reps | 8 | 45 |
| 4 | Finisher | 3 rounds | 15 seconds on, 15 seconds off | | 9 | 0 |

[KB deadlift](#)[½ kneeling KB press](#)[Turkish get up](#)

Just 1 per sid