

Day One

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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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 1-arm Clean & Press	NA	3	12 each		6	NA
1B	DB Rows	323	3	15 each		8	60
2A	DB Goblet Hip Hinge	333	3	8		4	NA
2B	Tall kneeling to standing	NA	3	5 each		7	60
3A	Hardstyle plank	N/A	3	3 x 10 secs		8	NA
3B	Bear cub crawl	NA	3	20 feet		8	60
4A	Divebomber Pushups	NA	3	12		7	NA
4B	ITYW shoulder raise	101	3	10 each		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>
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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	212	3	20	7	NA
1B	DB 1-arm Squat & Press	NA	3	10 each	8	60
2A	4-point Cossack Squat	NA	3	6 each	7	NA
2B	Pushup Pop Press	222	3	10 each	7	60
3A	Lateral Crawl pattern	N/A	3	20 feet	7	NA
3B	DB 1-arm oscillation press	Fast	3	20 each	8	60
4A	DB overhead stepback lunge	323	3	8 each	7	NA
4B	Cat camel stretch	212	3	10	5	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						
	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	Prone Elastic Shoulder Rotations	212	3	15		6	NA
1B	Glute focused split squats	212	3	8 each		8	60
2A	DB Plate Squeeze Chest Press	212	4	10		8	NA
2B	Batwing Rows	NA	4	4 x 10 sec		8	60
3A	Squat Inside Out Hops	212	4	20		7	NA
3B	Pushups	212	4	max reps		8	60
4A	Plate Hip Thrust	321	4	15		7	NA
4B	Goblet Stepback lunge	222	4	8 each		7	60

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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>
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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	Bench supported row	212	4	8		7	NA
1B	Body weight cossack squat	323	3	5 each		6	60
2A	BB biceps curls	212	3	15		7	NA
2B	DB skull crushers	323	3	12		7	60
3A	Bear Cub crawl	NA	3	20 feet		8	NA
3B	Squat Hops	222	4	20		8	60
4A	3-point bear cub hip rotations	212	3	15 each		8	NA
4B	Perfect Pushups	212	3	Max		9	60

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.