

**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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">SB stir the pot</a>	212	4	8 each		6	NA
1B	<a href="#">BB deadlifts - technique focused</a>	212	4	5		7	90
2A	<a href="#">kneeling pallof press &amp; raise</a>	212	3	8 each		8	NA
2B	<a href="#">Turkish get up</a>	NA	3	1 each		6	60
3A	<a href="#">3-point bear cub hip rotations</a>	212	3	15 each		8	NA
3B	<a href="#">DB Shoulder carries</a>	NA	3	20 yards		8	60
4A	<a href="#">incline DB chest press</a>	212	3	12		7	NA
4B	<a href="#">Bear cub crawl</a>	NA	3	20 yards		8	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>
	<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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">Superman Extensions</a>	212	4	15		6	NA
1B	<a href="#">Hip thrusts</a>	212	4	7		8	90
2A	<a href="#">Stepback lunges</a>	222	3	8 each		6	NA
2B	<a href="#">Landmine 1-arm split stance row</a>	222	3	12 each		6	60
3A	<a href="#">Tall kneeling to standing</a>	N/A	3	2 each		8	NA
3B	<a href="#">Double Overhead to Split Lean</a>	NA	3	10		8	60
4A	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 yards		8	NA
4B	<a href="#">Perfect Pushups</a>	212	3	Max		9	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>
	<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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">Barbell/Ab Wheel Rollouts</a>	212	4	8		7	NA
1B	<a href="#">Barbell Front squats</a>	212	4	5		8	90
2A	<a href="#">Barbell bent over row</a>	212	4	12		8	NA
2B	<a href="#">kettlebell swing</a>	NA	4	20		6	60
3A	<a href="#">Bench Press</a>	323	3	5		7	NA
3B	<a href="#">DB Row</a>	212	3	8 each		8	60
4A	<a href="#">Chin ups</a>	212	3	max		9	NA
4B	<a href="#">Glute ham raise</a>	323	3	8		7	60

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