

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 front arm line	NA	1	NA	NA	2	NA
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 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	Kneeling KB Halo	212	5	10 each		6	NA
1B	BB deadlifts - eccentric pause	214	5	5		7	75
2A	Turducken Get Up	232	3	1 each		6	NA
2B	1/2 kneeling elastic rotations	333	3	8 each		6	60
3A	Double KB clean to BU press	212	3	7		6	NA
3B	Lateral Lunge with Pulse	222	3	8 each		7	60
4A	SB Stir the Pot	323	3	10 each		7	NA
4B	Landmine straight arm rotations	212	3	10 each		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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 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	Smith Pullup Iso Hold	222	4	4 x 10 sec		8	NA
1B	BB Back Squat	212	4	12		8	60
2A	2 KB Tall Kneeling to Standing	NA	3	4 each		6	NA
2B	Prone Band Pull Apart	222	3	15		8	60
3A	DB 1-arm Squat & Press	212	3	8 each		8	NA
3B	1-leg Landmine RDL	212	3	6 each		6	60
4A	Cable Rope Overhead extension	323	3	15		7	NA
4B	Standing barbell curls	313	3	12		7	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
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 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	Side plank	212	3	4 x 10 sec		7	NA
1B	DB Goblet squat lateral rocker	NA	3	8 each		5	90
2A	BB deadlifts	NA	20	1		8	30
3A	DB goblet side to side rock	NA	4	12		7	NA
3B	Barbell Hip Thrust	121	4	15		9	60
4A	1-arm clean squat to press	212	3	20 each		6	NA
4B	Lateral Lunge forward Pulse	222	3	7 each		7	60
5A	plank 1-arm elastic rows	212	3	12 each		9	NA
5B	½ kneeling rope chops	323	3	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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 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	Backwards Crawl	NA	3	30 yards		7	NA
1B	Box Heel Touch Step up	323	3	7 each		8	90
2A	Pushup Pop Press	212	4	8 each		7	NA
2B	Batwing Rows	NA	4	4 x 10 sec		9	60
3A	Pullups	323	4	5		7	NA
3B	Bench Press	212	4	5		8	60
4A	BB or DB Farmer Carries	NA	3	20 yards		7	NA
4B	Kettlebell swings	323	3	2 x 20**		8	60

** Do 20 reps, rest 15-20 seconds, do another 20 reps, and that counts as one set

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