

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
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
Working sets							
1A	Paused Back Squats	252	3	6		8	NA
1B	Wall facing hip circle	212	3	10 each		4	60
2A	DB Clean, Squat & Press	NA	2	20 each		8	NA
2B	Double elevated split squat	212	2	15 each		9	30
3A	Standing Bent Over Row	NA	2	30 each		8	NA
3B	Kneeling KB Halo	212	2	15 each		5	30
4A	Sprinter Stride to Knee Raise	222	2	30 each		6	NA
4B	Double KB clean to BU Press	NA	2	10		7	30
5A	Bench Press	323	2	15		9	NA
5B	Pullups	NA	2	Max		9	30

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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
Dead bug laterals	212	1	15	NA	3	NA
Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Glute bridge March	NA	1	20 each	BW	8	NA

Working sets

1A	SB Straight arm pushbacks	212	3	6	5	NA
1B	Heavy deadlifts	NA	3	5	9	60
2A	Bottom Half Front Squats	NA	2	5	5	NA
2B	1-foot rotational reach	NA	2	10 each	8	30
3A	Lateral Slide Pushups	222	2	8 each	8	NA
3B	Glute hip press	212	2	20	6	30
4A	DB Shoulder carries	212	2	30 yards	9	NA
4B	DB Incline Biceps Curls	323	2	20	6	30
5A	KB Swing	NA	2	100	10	60

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