

**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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA

**Working sets**

1A	<a href="#">Bird Dog Neuro Pulse</a>	NA	3	5 x 10 sec	6	NA
1B	<a href="#">DB Plate Squeeze Chest Press</a>	333	3	12	7	45
2A	<a href="#">Side Plank Rotations</a>	222	2	8 each	7	NA
2B	<a href="#">Turkish Get Up</a>	NA	2	2 each	7	45
3A	<a href="#">Bear Squats</a>	212	2	30	8	NA
3B	<a href="#">DB Row</a>	222	2	12 each	7	45
4A	<a href="#">Bird Dog Neuro Pulse</a>	212	2	5 x 10 sec	8	NA
4B	<a href="#">DB Shoulder carries</a>	NA	2	30 yards	8	45
5A	<a href="#">DB Pull overs</a>	222	2	10	6	NA
5B	<a href="#">Lateral Slide Pushups</a>	212	2	6 each	7	45

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

**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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Goalie Stretch</a>	212	1	10 each	NA	4	NA
	<a href="#">3-point rockback rotations</a>	333	1	10 each	NA	3	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Hard stomps (no spine flexion)</a>	NA	3	5 each		9	NA
1B	<a href="#">Lateral Lunge Front Pulse</a>	212	3	8 each		7	60
2A	<a href="#">Front Loaded Skater Squats</a>	212	2	6 each		7	NA
2B	<a href="#">High box step ups</a>	212	2	8 each		8	60
3A	<a href="#">DB twisting Chest Press</a>	222	2	8 each		8	NA
3B	<a href="#">DB Goblet Squats</a>	111	2	30		8	60
4A	<a href="#">Standing Alternating Row</a>	222	2	12 each		8	NA
4B	<a href="#">Squat Hops</a>	NA	2	30		9	60
5A	<a href="#">KB/DB Swing</a>	NA	2	100		10	60

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10