

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
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Working sets						
1A	Paused Back Squats	252	5	6		8	NA
1B	Wall facing hip circle	212	5	10 each		4	NA
1C	Front Plank	NA	5	4 x 10		8	45
2A	Shin Box	NA	4	10 each		5	NA
2B	Double elevated split squat	212	4	15 each		9	NA
2C	Rolling Cossack	222	4	8 each		8	30
3A	Smith row iso hold	282	3	7		9	NA
3B	Speed deadlifts	NA	3	6		6	NA
3C	Hanging Lat Stretch with Squat	NA	4	15		4	30
4A	Bench Press	323	4	15		9	NA
4B	Pullups	NA	4	Max		9	30

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>
-----------------	--------------	-------------	-------------	---------------	---------------	-------------

Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Side lying extension rotations	222	1	10 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

Working sets

1A	SB Straight arm pushbacks	212	5	6	5	NA
1B	Heavy deadlifts	NA	5	5	9	NA
1C	DB Goblet Squat Lateral Rocker	222	4	5 each	6	45
2A	Bottom Half Front Squats	NA	4	5	5	NA
2B	1-foot rotational reach	NA	4	10 each	8	NA
2C	Bent Over Alternating Row	212	3	15 each	7	30
3A	ITYW shoulder raise	222	3	10 each	6	NA
3B	Glute hip press	212	4	20	6	NA
3C	Alternating Glute March	212	3	10 each	8	30
4A	½ kneeling elastic rotations	222	4	8 each	5	NA
4B	Double KB clean to BU Press	NA	4	12	7	30

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

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
	Dead bug laterals	212	1	15	NA	3	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
Working sets							
1A	Med Ball shoulder drop pushup	222	4	6 each		7	NA
1B	SB hamstring curls	222	4	20		5	NA
1C	Sprinter Stride to Knee Raise	212	4	12 each		7	45
2A	Standing Bent Over Row	NA	4	30 each		8	NA
2B	Kneeling KB Halo	212	4	20 each		5	NA
2C	Landmine Straight Arm Rotation	212	3	10 each		7	30
3A	Heavy Bench Press	NA	4	5		9	NA
3B	plank 1-arm elastic rows	212	4	15 each		9	NA
3C	band pull aparts	212	3	25		6	30
4A	KB Swing	NA	1	100		10	NA

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