

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	4	10 each		6	NA
1B	Sprinter Stride to Knee Raise	214	4	20 each		8	75
2A	Hanging Lat Stretch	232	4	8		5	NA
2B	Elastic resisted dead bugs	333	4	8 each		7	60
3A	DB Clean to Press	212	4	12 each		8	NA
3B	Lateral Lunge with Pulse	222	4	8 each		7	60

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
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	1/2 kneeling elastic rotations	222	4	6 each		5	NA
1B	DB Goblet Squat	212	4	15		8	60
2A	Down Dog Lunge Inside Rotation	NA	3	8 each		5	NA
2B	Inside Out Squats	222	3	20		8	60
3A	DB 1-arm Squat & Press	212	3	8 each		8	NA
3B	1-leg Abducted Deadlift	212	3	8 each		6	60

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
	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	NA	4	4 x 10 sec		7	NA
1B	DB Goblet squat lateral rocker	NA	4	8 each		5	60
2A	Slow Pushups with Iso Hold	333	4	5 TO 8		8	NA
2B	Plate Hip Thrusts	NA	4	30		7	60
3A	Hip Rocking Matrix	121	2	5 each		4	30
4A	Down Dog Lunge to Rotation	212	3	6 each		6	NA
4B	Rolling Cossack	323	3	8 each		7	60

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

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	Lunge Elbow to instep	323	4	8 each		6	NA
1B	DB Goblet Stepback Lunge	323	4	8 each		7	60
2A	Pushup Pop Press	212	4	8 each		7	NA
2B	Batwing Rows	NA	4	4 x 10 sec		9	60
3A	KB/DB Jerk Press	323	4	8 each		7	NA
3B	Backwards Crawl	212	4	20 feet		8	60

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