

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
	Alternating Glute March	NA	1	20 each	BW	8	NA
	Working sets						
1A	Paused Back Squats	252	4	6		8	NA
1B	Wall facing hip circle	212	4	10 each		4	NA
1C	Front Plank	NA	5	4 x 10		8	45
2A	DB Clean, Squat & Press	NA	4	20 each		8	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	4	8		9	NA
3B	Speed deadlifts	NA	4	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

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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
	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
	Alternating Glute March	NA	1	20 each	BW	8	NA
	Working sets						
1A	SB Straight arm pushbacks	212	4	6		5	NA
1B	Heavy deadlifts	NA	4	5		9	NA
1C	DB Goblet Squat Lateral Rocker	222	4	5 each		6	60
2A	Bottom Half Front Squats	NA	3	5		5	NA
2B	1-foot rotational reach	NA	3	10 each		8	NA
2C	Bent Over Alternating Row	212	3	15 each		7	30
3A	Lateral Slide Pushups	222	4	8 each		8	NA
3B	Glute hip press	212	4	20		6	NA
3C	Alternating Glute March	212	3	10 each		8	30
4A	Batwing Rows	323	4	5 x 10 sec		8	NA
4B	½ kneeling landmine press	313	4	15 each		7	30

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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>
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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
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Alternating Glute March	NA	1	20 each	BW	8	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	3	30 each		8	NA
2B	Kneeling KB Halo	212	3	15 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	2	100		10	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
	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
	Alternating Glute March	NA	1	20 each	BW	8	NA
	Working sets						
1A	Down dog lunge to rotation	NA	4	8 each		5	NA
1B	Paused front squats	252	4	8		9	NA
1C	½ kneeling elastic rotations	222	3	8 each		5	45
2A	Sprinter Stride to Knee Raise	222	4	30 each		6	NA
2B	Double KB clean to BU Press	NA	4	10		7	NA
2C	Prone Shoulder Rotations	212	3	12		5	30
3A	Lateral Lunge with pulse	222	4	8 each		6	NA
3B	Paused eccentric deadlift	215	4	6		8	NA
3C	3-point rockback rotations	222	3	8 each		4	30
4A	DB Shoulder carries	212	4	30 yards		9	NA
4B	DB Incline Biceps Curls	323	4	20		6	30

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

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