

**Day One**

<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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Kneeling KB Halo</a>	212	2	10 each	6	NA
1B	<a href="#">BB deadlifts - eccentric pause</a>	214	2	5	7	60
2A	<a href="#">Hanging Lat Stretch</a>	232	2	8	5	NA
2B	<a href="#">1/2 kneeling elastic rotations</a>	333	2	8 each	6	45
3A	<a href="#">Double KB clean to BU press</a>	212	2	7	6	NA
3B	<a href="#">Lateral Lunge with Pulse</a>	222	2	8 each	7	45
4A	<a href="#">SB Stir the Pot</a>	323	2	10 each	7	NA
4B	<a href="#">Landmine straight arm rotations</a>	212	2	10 each	8	45
5A	<a href="#">BB or DB Farmer Carries</a>	NA	2	20 yards	7	NA
5B	<a href="#">Kettlebell swings</a>	323	2	2 x 20**	8	45

Finisher

[KB 312.com](#)

3 cleans, 1 press, 2 front squats  
complete 1 circuit every 30 seconds  
8 minutes total time

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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>
<b>Warm up Series</b>						
<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Smith Pullup Iso Hold</a>	222	2	4 x 10 sec	8	NA
1B	<a href="#">BB Back Squat</a>	212	2	12	8	60
2A	<a href="#">BB deadlifts</a>	NA	20	1	8	30
3A	<a href="#">½ kneeling KB press</a>	222	2	6 each	5	NA
3B	<a href="#">Prone Band Pull Apart</a>	222	2	15	8	45
4A	<a href="#">DB 1-arm Squat &amp; Press</a>	212	2	8 each	8	NA
4B	<a href="#">Rolling Cossack</a>	NA	2	6 each	6	45
5A	<a href="#">Pushup Pop Press</a>	212	2	8 each	7	NA
5B	<a href="#">Down Dog Lunge to Rotation</a>	NA	2	5 each	5	45

**Finisher**[KB swing super series](#)

10 swings every 30 seconds for 10 minutes.

Once 10 swings is complete, remainder of 30 secs  
is rest period.