

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 back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	BW	6	NA
	Foam roller extension rotations	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	Body weight squat	212	1	20		6	NA
	Working sets						
1A	Kettlebell deadlift	212	4	15		6	NA
1B	DB 1-arm floor press	212	4	10 each		4	90
2A	DB rear foot elevated split squat	212	4	8 each		5	NA
2B	DB bench Rows	212	4	12 each		6	90
3A	1 foot deadlift	212	4	8 each		8	NA
3B	Bear cub crawl	NA	4	20 feet		8	90

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 back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	BW	6	NA
	Foam roller extension rotations	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	Body weight squat	212	1	20		6	NA
	Working sets						
1A	DB Goblet Squats	333	3	15		8	NA
1B	Lunge to back rotations	333	3	8 each		5	90
2A	Heel touch stepups	212	3	8 each		6	NA
2B	DB Biceps curls	222	3	12		7	90
3A	Lateral Crawl pattern	NA	4	20 feet		7	NA
3B	Deep squat internal/external rotations	222	4	8 each		8	90

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 back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	BW	6	NA
	Foam roller extension rotations	212	1	12	BW	3	NA
	ITYW shoulder raise	212	1	10 each	BW	7	NA
	Body weight squat	212	1	20		6	NA
	Working sets						
1A	Wall lat pressback	5 sec	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	½ kneeling KB press	212	4	10 each		8	NA
2B	1-foot hip bridge	212	4	10 each		7	45
3A	Plank	NA	4	4 x 10 sec		7	NA
3B	Pushups	212	4	max reps		8	45

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 back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	BW	6	NA
Foam roller extension rotations	212	1	12	BW	3	NA
ITYW shoulder raise	212	1	10 each	BW	7	NA
Body weight squat	212	1	20		6	NA

Working sets

1A	Bench supported row	212	4	8		7	NA
1B	DB Pull overs	212	4	12		6	90
2A	Bear Squats	212	4	15		8	NA
2B	Sun dogs	212	4	12		4	90
3A	Dumbbell stepups	222	5	6 each		7	NA
3B	Bench 1.5 hip press	222	5	10		8	90

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