

**Day One**

	<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 back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Kettlebell deadlift</a>	212	3	15		6	NA
1B	<a href="#">Incline DB chest press</a>	212	3	10		4	45
2A	<a href="#">Assisted Cossack squat</a>	212	3	8 each	BW	5	NA
2B	<a href="#">DB bench Rows</a>	212	3	12 each		6	45
3A	<a href="#">½ kneeling rope chops</a>	212	3	8 each		8	NA
3B	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 yards		8	45
4	Finisher**		3	10 each		9	45
	<a href="#">Body weight squat</a>				or	<a href="#">Jump Squats</a>	
	<a href="#">DB Overhead press</a>						
	<a href="#">Body weight squat</a>				or	<a href="#">Jump Squats</a>	
	<a href="#">Pushups</a>						
	<a href="#">Body weight squat</a>				or	<a href="#">Jump Squats</a>	
	<a href="#">Pushup alternating knee tuck</a>						

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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>
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**Warm up Series**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
<a href="#">band pull aparts</a>	212	1	20		6	NA

**Working sets**

1A	<a href="#">DB Goblet Squats</a>	333	3	15	7	NA
1B	<a href="#">Lunge to back rotations</a>	333	3	8 each	5	45
2A	<a href="#">Full kneeling pulldowns</a>	222	3	15	6	NA
	<a href="#">Deep squat internal/external rotations</a>	222	3	8 each	7	45
2B						
3A	<a href="#">Suitcase carries</a>	N/A	3	20 yards	7	NA
3B	<a href="#">Cable 1-foot squat &amp; row</a>	212	3	8 each	8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off		9	45
			<a href="#">Split squats – 15 seconds each side. Max reps</a>			
			<a href="#">Side planks – 15 seconds each side</a>			
			<a href="#">Front Planks</a>			
			<a href="#">Bear Squats - max reps</a>			

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## Day Three



Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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## Warm up Series

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
<a href="#">band pull aparts</a>	212	1	20		6	NA

## Working sets

1A	<a href="#">½ kneeling rope raises</a>	212	3	8 each	7	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each	8	45
2A	<a href="#">½ kneeling KB press</a>	212	3	10 each	8	NA
2B	<a href="#">Hand walk Cossack squats</a>	212	3	8 each	4	45
3A	<a href="#">DB Shoulder carries</a>	NA	3	20 yards	7	NA
3B	<a href="#">Pushups</a>	212	3	max reps	8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off		9	0
			<a href="#">KB deadlift</a>			
			<a href="#">½ kneeling KB press</a>			
			<a href="#">Turkish get up</a>		Just 1 per sid	

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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>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">Foam roller T-spine extensions</a>	323	1	12	BW	3	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Bench supported row</a>	212	4	8		7	NA
1B	<a href="#">½ kneeling cable pullover</a>	212	4	8 each		6	45
2A	<a href="#">Bear Squats</a>	212	3	15		8	NA
2B	<a href="#">Kneeling T-spine rotation</a>	222	3	10 each		8	45
3A	<a href="#">Dumbbell stepups</a>	222	4	6 each		7	NA
3B	<a href="#">Bench 1.5 hip press</a>	222	4	10		8	45
4	Finisher	<b>3 rounds</b>	15 seconds on, 15 seconds off			9	45
	<a href="#">1-foot hip bridge</a>		15 sec per side				
	<a href="#">DB Goblet lateral lunge</a>		15 secs per side				
	<a href="#">Barbell curls</a>		dumbbells if needed				
	<a href="#">DB Side raises</a>						

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