

**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**

<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="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

**Working sets**

1A	<a href="#">DB 1-arm Clean &amp; Press</a>	NA	3	12 each		6	NA
1B	<a href="#">DB Rows</a>	323	3	15 each		8	60
2A	<a href="#">ITYW shoulder raise</a>	212	3	10 each		6	NA
2B	<a href="#">Tall kneeling to standing</a>	NA	3	5 each		7	60
3A	<a href="#">Hardstyle plank</a>	N/A	3	3 x 10 secs		8	NA
3B	<a href="#">Bear cub crawl</a>	NA	3	20 feet		8	60
4A	<a href="#">Divebomber Pushups</a>	NA	3	12		7	NA
4B	<a href="#">Double turkish get up</a>	NA	3	1 each		8	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**

<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="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

**Working sets**

1A	<a href="#">DB Goblet Squats</a>	212	3	20	7	NA
1B	<a href="#">DB 1-arm Squat &amp; Press</a>	NA	3	10 each	8	60
2A	<a href="#">4-point Cossack Squat</a>	NA	3	6 each	7	NA
2B	<a href="#">Pushup Pop Press</a>	222	3	10 each	7	60
3A	<a href="#">Lateral Crawl pattern</a>	N/A	3	20 feet	7	NA
3B	<a href="#">DB 1-arm oscillation press</a>	Fast	3	20 each	8	60
4A	<a href="#">Cat camel stretch</a>	212	3	10	5	NA
4B	<a href="#">DB O/H rollback to split lean</a>	NA	3	10	7	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>
	<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="#">Quadruped matrix</a>	NA	1	As needed	NA	3	NA
	<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
	<a href="#">band pull aparts</a>	212	1	20	medium	4	NA
	<b>Working sets</b>						
1A	<a href="#">1-leg elastic squats</a>	212	3	8 each		7	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each		8	60
2A	<a href="#">DB Plate Squeeze Chest Press</a>	212	4	10		8	NA
2B	<a href="#">Batwing Rows</a>	NA	4	4 x 10 sec		8	60
3A	<a href="#">Squat Inside Out Hops</a>	212	4	20		7	NA
3B	<a href="#">Prone Elastic Shoulder Rotations</a>	212	3	15		6	60
4A	<a href="#">Plate Hip Thrust</a>	321	4	15		7	NA
4B	<a href="#">Goblet Stepback lunge</a>	222	4	8 each		7	60

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