

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
	Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Rolling Cossack	212	1	8 each	BW	4	NA
	Shin Box	NA	1	15 each	BW	4	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Working sets						
1A	Kneeling KB Halo	212	3	10 each		6	NA
1B	BB deadlifts - eccentric pause	214	3	5		8	75
2A	Turducken Get Up	232	3	1 each		6	NA
2B	Elastic resisted dead bugs	333	3	8 each		7	60
3A	Double KB clean to BU press	212	2	7		6	NA
3B	Lateral Lunge with Pulse	222	2	8 each		7	60
4A	SB Stir the Pot	323	2	10 each		7	NA
4B	Landmine straight arm rotations	212	2	10 each		8	60
5A	Pushup Pop Press	212	3	8 each		7	NA
5B	Batwing Rows	NA	3	4 x 10 sec		9	60

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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
	Prone Elastic Shoulder Rotations	212	1	15	NA	3	NA
	Foam roller stick slides	313	1	10	NA	4	NA
	Rolling Cossack	212	1	8 each	BW	4	NA
	Shin Box	NA	1	15 each	BW	4	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
Working sets							
1A	1/2 kneeling elastic rotations	222	3	6 each		5	NA
1B	BB Back Squat	212	3	5		8	60
2A	Elastic Pull Aparts	NA	3	20		7	NA
2B	Barbell Hip Thrust	121	3	15		9	45
3A	2 KB Tall Kneeling to Standing	NA	2	4 each		6	NA
3B	Smith Pullup Iso Hold	222	2	4 x 10 sec		8	45
4A	BB or DB Farmer Carries	NA	3	15		7	NA
4B	Kettlebell swings	323	3	2 x 20**		8	45
5A	Cable Rope Overhead extension	323	2	15		7	NA
5B	Standing barbell curls	313	2	12		7	45

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