

**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="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
|    | <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
|    | <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Bottom Pause Pushup</a>            | 232          | 1           | 8           | BW            | 6             | NA          |
|    | <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">ITYW shoulder raise</a>            | 212          | 2           | 10 each     |               | 5             | NA          |
| 1B | <a href="#">Double Clean to BU Press</a>       | NA           | 2           | 10          |               | 7             | 60          |
| 2A | <a href="#">Heavy Deadlift</a>                 | 212          | 20          | 1           |               | 8             | 30          |
| 3A | <a href="#">Plank Bird Dog</a>                 | 222          | 2           | 6 each      |               | 7             | NA          |
| 3B | <a href="#">2 Bench Plank DB Row</a>           | 212          | 2           | 8 each      |               | 8             | 60          |
| 4A | <a href="#">Pull ups</a>                       | NA           | 2           | max         |               | 9             | NA          |
| 4B | <a href="#">Cable Face Pulls</a>               | 232          | 2           | 15          |               | 6             | 60          |
| 5A | <a href="#">SB Stir the Pot</a>                | NA           | 2           | 10 each     |               | 8             | NA          |
| 5B | <a href="#">Military Press</a>                 | 212          | 2           | 3           |               | 8             | 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> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                            |              |             |             |               |               |             |
|    | <a href="#">Foam Roller T-spine Extensions</a>   | 232          | 1           | 10          | NA            | 3             | NA          |
|    | <a href="#">Side Lying Rotations</a>             | 232          | 1           | 8 each      | NA            | 3             | NA          |
|    | <a href="#">Glute Bridge March</a>               | 222          | 1           | 8 each      | NA            | 5             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>                | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Bottom Pause Pushup</a>              | 232          | 1           | 8           | BW            | 6             | NA          |
|    | <a href="#">Kettlebell swings</a>                | NA           | 5           | 20          |               | 8             | 15          |
|    | <b>Working sets</b>                              |              |             |             |               |               |             |
| 1A | <a href="#">Landmine Straight Arm Rotation</a>   | 212          | 3           | 8 each      |               | 5             | NA          |
| 1B | <a href="#">Heavy Bench Press</a>                | NA           | 3           | 3           |               | 8             | 60          |
| 2A | <a href="#">Double KB Clean to BU Press</a>      | NA           | 2           | 8           |               | 6             | NA          |
| 2B | <a href="#">High Box Step Ups</a>                | NA           | 2           | 8 each      |               | 8             | 45          |
| 3A | <a href="#">BB Bent Over Rows</a>                | 232          | 2           | 12          |               | 7             | NA          |
| 3B | <a href="#">KB 1-arm jerk press split stance</a> | NA           | 2           | 5           |               | 6             | 45          |
| 4A | <a href="#">Hip Thrusts</a>                      | 212          | 10          | 10          |               | 8             | 30          |
| 5A | <a href="#">4-point rotation &amp; Kick</a>      | NA           | 2           | 20 each     |               | 8             | NA          |
| 5B | <a href="#">Turkish Get ups</a>                  | NA           | 2           | 1 each      |               | 7             | 45          |

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