

**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="#">Dead bug laterals</a>           | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Alternating Leg Front Plank</a> | 222          | 1           | 2 x 10 sec  | NA            | 6             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>           | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Butterfly Hip Flow</a>          | NA           | 1           | 10 each     | BW            | 5             | NA          |
|    | <a href="#">Glute bridge March</a>          | NA           | 1           | 20 each     | BW            | 8             | NA          |
|    | <b>Working sets</b>                         |              |             |             |               |               |             |
| 1A | <a href="#">Paused front squats</a>         | 252          | 4           | 6           |               | 8             | NA          |
| 1B | <a href="#">Wall facing hip circle</a>      | 212          | 4           | 10 each     |               | 4             | 60          |
| 2A | <a href="#">DB oscillation press</a>        | NA           | 3           | 30 each     |               | 8             | NA          |
| 2B | <a href="#">Kneeling KB Halo</a>            | 212          | 3           | 10 each     |               | 5             | 45          |
| 3A | <a href="#">DB Clean, Squat &amp; Press</a> | NA           | 2           | 15 each     |               | 8             | NA          |
| 3B | <a href="#">Double elevated split squat</a> | 212          | 2           | 8 each      |               | 7             | 45          |
| 4A | <a href="#">Smith row iso hold</a>          | 282          | 3           | 7           |               | 9             | NA          |
| 4B | <a href="#">Speed deadlifts</a>             | NA           | 3           | 6           |               | 6             | 45          |
| 5A | <a href="#">Bench Press</a>                 | 323          | 3           | 15          |               | 9             | NA          |
| 5B | <a href="#">Pullups</a>                     | NA           | 3           | Max         |               | 9             | 45          |

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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**

|   |     |   |            |    |   |    |
|---|-----|---|------------|----|---|----|
| <a href="#">SMR lower body</a>              | NA  | 1 | NA         | NA | 2 | NA |
| <a href="#">Dead bug laterals</a>           | 212 | 1 | 15         | NA | 3 | NA |
| <a href="#">Alternating Leg Front Plank</a> | 222 | 1 | 2 x 10 sec | NA | 6 | NA |
| <a href="#">Sphinx Arm Slides</a>           | 222 | 1 | 8 each     | BW | 4 | NA |
| <a href="#">Butterfly Hip Flow</a>          | NA  | 1 | 10 each    | BW | 5 | NA |
| <a href="#">Glute bridge March</a>          | NA  | 1 | 20 each    | BW | 8 | NA |

**Working sets**

|    |   |     |   |          |    |    |
|----|---|-----|---|----------|----|----|
| 1A | <a href="#">SB Straight arm pushbacks</a> | 212 | 3 | 6        | 5  | NA |
| 1B | <a href="#">Heavy deadlifts</a>           | NA  | 3 | 3        | 9  | 60 |
| 2A | <a href="#">Bottom half back squats</a>   | NA  | 3 | 8        | 5  | NA |
| 2B | <a href="#">1-foot rotational reach</a>   | NA  | 3 | 8 each   | 8  | 60 |
| 3A | <a href="#">Lateral Slide Pushups</a>     | 222 | 3 | 6 each   | 8  | NA |
| 3B | <a href="#">Glute hip press</a>           | 212 | 3 | 20       | 6  | 60 |
| 4A | <a href="#">BB or DB Farmer Carries</a>   | 212 | 2 | 30 yards | 9  | NA |
| 4B | <a href="#">DB Incline Biceps Curls</a>   | 323 | 2 | 20       | 6  | 60 |
| 5A | <a href="#">KB Swing</a>                  | NA  | 1 | 100      | 10 | NA |

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