

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		2	NA
	SMR front arm line	NA	1	NA		2	NA
	Side plank	NA	1	3 x 10 secs		6	NA
	Dead bugs	212	1	8 each		6	NA
	Body weight squat	212	1	20		4	NA
	band pull aparts	212	1	20		4	NA
Working sets							
1A	1 foot deadlift	212	3	8		6	NA
1B	Plank walkouts	212	3	8		8	45
2A	DB rear foot elevate split squat	212	3	8		8	NA
2B	T Pushups	212	3	8		6	45
3A	Hardstyle plank	N/A	3	3 x 10 secs		8	NA
3B	Bear cub crawl	NA	3	20 feet		8	45
4	Finisher**	NA	3	10 each		9	0
			Body weight	or		Jump Squats	
			DB Overhea				
			Body weight	or		Jump Squats	
			Pushups				
			Body weight	or		Jump Squats	
			Pushup alte				

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Day Two

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

SMR lower body	NA	1	NA		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	DB Goblet Squats	212	3	15		7	NA
1B	ITYW shoulder raise	212	3	10 each		5	45
2A	Cossack Deep Squat to Sit	222	3	8 each		6	NA
2B	Bench facing rear flye	222	3	12		6	45
3A	Lateral Crawl pattern	N/A	4	20 feet		7	NA
3B	Heel touch stepups	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0

[Split squats](#)[Side planks –](#)[Front Planks](#)[Bear Squats - max reps](#)

Day Three

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA		2	NA
	SMR front arm line	NA	1	NA		2	NA
	Side plank	NA	1	3 x 10 secs		6	NA
	Dead bugs	212	1	8 each		6	NA
	Body weight squat	212	1	20		4	NA
	band pull aparts	212	1	20		4	NA
	Working sets						
1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	Bench 1.5 hip press	212	3	10		8	NA
	Elbow to knee repeating bird dog	212	3	15 each		4	45
3A	Uneven loaded stepback lunges	212	3	5 each		7	NA
3B	Pushups	212	3	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			Split squats				
			Side planks – 15 seconds each side				
			Front Planks				
			Bear Squats - max reps				

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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>
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Warm up Series

SMR lower body	NA	1	NA		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	Bench supported row	212	3	8		7	NA
1B	4 point hip rotation kick	212	3	20		6	45
2A	Bear Squats	222	3	15		8	NA
2B	DB Goblet lateral lunge	222	3	8 each		8	45
3A	Dumbbell stepups	222	4	6 each		7	NA
3B	Squat Hops	222	4	20		8	45

4 Finisher

10 minute steady steady state cardio. Doing any activity that's handy. If you have a piece of cardio equipment, use that. If not, go for a walk or jog at a moderate pace where you could still talk but where you would have to work hard to maintain.