

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
	Dead bug laterals	212	1	15	NA	3	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Working sets						
1A	Paused front squats	252	4	6		8	NA
1B	Wall facing hip circle	212	4	10 each		5	60
2A	Shin Box	NA	3	10 each		5	NA
2B	Double elevated split squat	212	3	8 each		9	45
3A	Smith row iso hold	282	3	7		9	NA
3B	Speed deadlifts	NA	3	6		7	45
4A	BB or DB Farmer Carries	212	3	30 yards		9	NA
4B	DB Incline Biceps Curls	323	3	20		6	45
5A	KB Swing	NA	1	100		10	NA

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

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Side lying extension rotations	222	1	10 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

Working sets

1A	SB Straight arm pushbacks	212	4	6	5	NA
1B	Heavy deadlifts	NA	4	3	9	60
2A	Bottom half back squats	NA	3	8	5	NA
2B	1-foot rotational reach	NA	3	8 each	8	45
3A	Bench Press	NA	4	15	9	NA
3B	plank 1-arm elastic rows	212	4	15 each	9	45
4A	Sphinx arm slide	222	3	8 each	8	NA
4B	Glute hip press	212	3	20	6	45
5A	Batwing Rows	323	3	5 x 10 sec	8	NA
5B	1/2 kneeling landmine press	313	3	12 each	7	45

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