

Day One

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

SMR lower body	NA	1	NA	NA	2	NA
SMR back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Foam roller T-spine extensions	212	1	5 each	NA	4	NA
ITYW shoulder raise	212	1	20	BW	6	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	Sun dogs	212	3	12		6	NA
1B	Incline DB chest press	212	3	10		4	45
2A	DB rear foot elevated split squat	212	3	8 each		5	NA
2B	DB bench Rows	212	3	12 each		6	45
3A	½ kneeling rope chops	212	4	8 each		8	NA
3B	BB or DB Farmer Carries	NA	4	20 yards		8	45
4	Finisher**		3	10 each		9	45
				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

	<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
	SMR back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Foam roller T-spine extensions	212	1	5 each	NA	4	NA
	ITYW shoulder raise	212	1	20	BW	6	NA
	band pull aparts	212	1	20		6	NA
Working sets							
1A	DB Goblet Squats	333	3	15		7	NA
1B	Elastic lat set deadlift patterns	212	3	10		5	45
2A	Bear Squats	212	4	15		6	NA
2B	Hanging rows	222	4	12		7	45
3A	Suitcase carries	N/A	4	20 yards		7	NA
3B	Cable 1-foot squat & row	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
	Split squats						
	Side planks – 15 seconds each side						
	Front Planks						
	Bear Squats - max reps						

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Day Three



	<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
	SMR back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Foam roller T-spine extensions	212	1	5 each	NA	4	NA
	ITYW shoulder raise	212	1	20	BW	6	NA
	band pull aparts	212	1	20		6	NA
Working sets							
1A	½ kneeling rope raises	212	3	8 each		7	NA
1B	½ kneeling cable pullover	212	3	8 each		8	45
2A	½ kneeling KB press	212	4	10 each		8	NA
2B	1-foot hip bridge	212	4	10 each		4	45
3A	DB Shoulder carries	NA	3	20 yards		7	NA
3B	Pushups	212	3	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			KB deadlift				
			½ kneeling KB press				
			Turkish get		Just 1 per sid		