

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
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	Paused Back Squats	252	4	6		8	NA
1B	Wall facing hip circle	212	4	10 each		4	60
2A	Sprinter Stride to Knee Raise	222	2	20 each		6	NA
2B	Double KB clean to BU Press	NA	2	8		7	45
3A	Smith row iso hold	282	3	7		9	NA
3B	Speed deadlifts	NA	3	6		6	45
4A	Bench Press	323	3	15		9	NA
4B	Pullups	NA	3	Max		9	45
5A	KB Swing	NA	2	100		10	60

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
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	SB Straight arm pushbacks	212	4	6		5	NA
1B	Heavy deadlifts	NA	4	3		9	60
2A	Kneeling KB Halo	212	3	10 each		5	NA
2B	Heavy Bench Press	NA	3	3		9	45
3A	Bottom Half Front Squats	NA	2	8		5	NA
3B	1-foot rotational reach	NA	2	8 each		8	45
4A	Lateral Slide Pushups	222	3	6 each		8	NA
4B	Glute hip press	212	3	20		6	45
5A	Batwing Rows	323	2	5 x 10 sec		8	NA
5B	1/2 kneeling landmine press	313	2	12 each		7	45

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