

**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="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
|    | <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
|    | <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">Bird Dog Neuro Pulse</a>           | 212          | 4           | 5 x 10 sec  |               | 8             | NA          |
| 1B | <a href="#">Heavy Deadlift</a>                 | 212          | 4           | 3           |               | 9             | 60          |
| 2A | <a href="#">Side Plank Rotations</a>           | 212          | 4           | 8 each      |               | 8             | NA          |
| 2B | <a href="#">Front Loaded Skater Squats</a>     | 212          | 4           | 8 each      |               | 8             | 60          |
| 3A | <a href="#">Incline DB Chest Press</a>         | 323          | 3           | 12          |               | 7             | NA          |
| 3B | <a href="#">Smith Pull up Iso row</a>          | 252          | 3           | 5 x 5 sec   |               | 8             | 60          |
| 4A | <a href="#">Preacher Curls</a>                 | 222          | 4           | 15          |               | 6             | NA          |
| 4B | <a href="#">DB skull crushers</a>              | 222          | 4           | 12          |               | 6             | 60          |

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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> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                          |              |             |             |               |               |             |
|    | <a href="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
|    | <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
|    | <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
|    | <a href="#">Sphynx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">Hard stomps (no spine flexion)</a> | NA           | 4           | 5 each      |               | 9             | NA          |
| 1B | <a href="#">Elevator Front Squats</a>          | NA           | 4           | 7           |               | 8             | 60          |
| 2A | <a href="#">Military Press</a>                 | 212          | 3           | 5           |               | 7             | NA          |
| 2B | <a href="#">band pull aparts</a>               | 111          | 3           | 30          |               | 6             | 60          |
| 3A | <a href="#">Seated Cable Row</a>               | 232          | 3           | 10          |               | 7             | NA          |
| 3B | <a href="#">Spiderman Pushup</a>               | NA           | 3           | 6 each      |               | 6             | 60          |
| 4A | <a href="#">High box step ups</a>              | 212          | 3           | 8 each      |               | 8             | NA          |
| 4B | <a href="#">DB 360 lateral raise</a>           | 222          | 3           | 12          |               | 8             | 60          |

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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> |
|----|--|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                          |              |             |             |               |               |             |
|    | <a href="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
|    | <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
|    | <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
|    | <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">Zercher Squats</a>                 | 222          | 5           | 6           |               | 9             | NA          |
| 1B | <a href="#">SB Stir the Pot</a>                | NA           | 5           | 60 seconds  |               | 8             | 60          |
| 2A | <a href="#">Landmine Stepback Lunge</a>        | 212          | 4           | 8 each      |               | 7             | NA          |
| 2B | <a href="#">Bench Press</a>                    | 212          | 4           | 5           |               | 8             | 60          |
| 3A | <a href="#">Barbell/Ab Wheel Rollouts</a>      | 222          | 4           | 8           |               | 9             | NA          |
| 3B | <a href="#">4-point Hip Rotation</a>           | NA           | 4           | 10 each     |               | 8             | 60          |
| 4A | <a href="#">½ kneeling KB press</a>            | 212          | 3           | 8 each      |               | 7             | NA          |
| 4B | <a href="#">Turkish Get Up</a>                 | NA           | 3           | 2 each      |               | 6             | 60          |

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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> |
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|
|-----------------|--------------|-------------|-------------|---------------|---------------|-------------|

**Warm up Series**

|  |     |   |        |    |   |    |
|--|-----|---|--------|----|---|----|
| <a href="#">Foam Roller T-spine Extensions</a> | 232 | 1 | 10     | NA | 3 | NA |
| <a href="#">Side Lying Rotations</a>           | 232 | 1 | 8 each | NA | 3 | NA |
| <a href="#">Glute Bridge March</a>             | 222 | 1 | 8 each | NA | 5 | NA |
| <a href="#">Sphynx Arm Slides</a>              | 222 | 1 | 8 each | BW | 4 | NA |
| <a href="#">Shoulder Tap Pushup</a>            | 212 | 1 | 8 each | BW | 6 | NA |
| <a href="#">Kettlebell swings</a>              | NA  | 5 | 20     |    | 8 | 15 |

**Working sets**

|   |     |   |            |  |   |    |
|---|-----|---|------------|--|---|----|
| 1A <a href="#">Wall facing hip circle</a>       | 212 | 4 | 10 each    |  | 5 | NA |
| 1B <a href="#">Heavy Back Squats</a>            | 312 | 4 | 5, 3, 1, 1 |  | 9 | 90 |
| 2A <a href="#">SB Leg Raises</a>                | 222 | 3 | 15         |  | 5 | NA |
| 2B <a href="#">Alternate leg raise plank</a>    | NA  | 3 | 2 x 10 sec |  | 8 | 60 |
| 3A <a href="#">BB Bent Over Row</a>             | 222 | 4 | 12         |  | 8 | NA |
| 3B <a href="#">Side Plank</a>                   | NA  | 4 | 2 x 30 sec |  | 8 | 60 |
| 4A <a href="#">1-arm BB/DB Suitcase Carry</a>   | NA  | 3 | 30 yards   |  | 9 | NA |
| 4B <a href="#">KB 1-arm Jerk Press to Split</a> | NA  | 3 | 5 each     |  | 8 | 60 |

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