

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

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**

<a href="#">SMR lower body</a>	NA	1	NA		2	NA
<a href="#">SMR front arm line</a>	NA	1	NA		2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs		6	NA
<a href="#">Dead bugs</a>	212	1	8 each		6	NA
<a href="#">Body weight squat</a>	212	1	20		4	NA
<a href="#">band pull aparts</a>	212	1	20		4	NA

**Working sets**

1A	<a href="#">DB Goblet Squats</a>	212	3	15		7	NA
1B	<a href="#">ITYW shoulder raise</a>	212	3	10 each		5	45
2A	<a href="#">Cossack Deep Squat to Sit</a>	222	3	8 each		6	NA
2B	<a href="#">Bench facing rear flye</a>	222	3	12		6	45
3A	<a href="#">Lateral Crawl pattern</a>	N/A	4	20 feet		7	NA
3B	<a href="#">Heel touch stepups</a>	212	4	8 each		8	45

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



**Day Three**

	<b>Exercise</b>	<b>Tempo</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>RPE/10</b>	<b>Rest</b>
	<b>Warm up Series</b>						
	<a href="#">SMR lower body</a>	NA	1	NA		2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA		2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs		6	NA
	<a href="#">Dead bugs</a>	212	1	8 each		6	NA
	<a href="#">Body weight squat</a>	212	1	20		4	NA
	<a href="#">band pull aparts</a>	212	1	20		4	NA
	<b>Working sets</b>						
1A	<a href="#">Bench supported row</a>	212	3	8 each		7	NA
1B	<a href="#">4 point hip rotation kick</a>	212	3	20		8	45
2A	<a href="#">Bear Squats</a>	212	3	15		8	NA
2B	<a href="#">DB Goblet lateral lunge</a>	212	3	8 each		4	45
3A	<a href="#">Dumbbell stepups</a>	222	3	6 each		7	NA
3B	<a href="#">Squat Hops</a>	222	3	20		8	45
4	Finisher	<b>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.</b>					