

**Day One**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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**Warm up Series**

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

**Working sets**

1A	<a href="#">DB 1-arm Clean &amp; Press</a>	NA	3	12 each		6	NA
1B	<a href="#">DB Rows</a>	323	3	15 each		8	60
2A	<a href="#">DB Goblet Hip Hinge</a>	333	3	8		4	NA
2B	<a href="#">Tall kneeling to standing</a>	NA	3	5 each		7	60
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	60
4A	<a href="#">Divebomber Pushups</a>	NA	3	12		7	NA
4B	<a href="#">Double turkish get up</a>	NA	3	1 each		8	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>
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**Warm up Series**

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

**Working sets**

1A	<a href="#">DB Goblet Squats</a>	212	3	20	7	NA
1B	<a href="#">DB 1-arm Squat &amp; Press</a>	NA	3	10 each	8	60
2A	<a href="#">4-point Cossack Squat</a>	NA	3	6 each	7	NA
2B	<a href="#">Pushup Pop Press</a>	222	3	10 each	7	60
3A	<a href="#">Lateral Crawl pattern</a>	N/A	3	20 feet	7	NA
3B	<a href="#">DB 1-arm oscillation press</a>	Fast	3	20 each	8	60
4A	<a href="#">DB overhead stepback lunge</a>	323	3	8 each	7	NA
4B	<a href="#">DB O/H rollback to split lean</a>	NA	3	10	7	60

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a steady speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

**Day Three**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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**Warm up Series**

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

**Working sets**

1A	<a href="#">1-leg elastic squats</a>	212	3	8 each	7	NA
1B	<a href="#">Glute focused split squats</a>	212	3	8 each	8	60
2A	<a href="#">DB Plate Squeeze Chest Press</a>	212	4	10	8	NA
2B	<a href="#">Batwing Rows</a>	NA	4	4 x 10 sec	8	60
3A	<a href="#">Squat Inside Out Hops</a>	212	4	20	7	NA
3B	<a href="#">Pushups</a>	212	4	max reps	8	60
4A	<a href="#">Plate Hip Thrust</a>	321	4	15	7	NA
4B	<a href="#">Goblet Stepback lunge</a>	222	4	8 each	7	60

Metabolic Conditioning: Running or biking. 2 minutes at moderate doable pace (RPE 5/10), 2 minutes at challenging pace, roughly 25% faster than the moderate pace (RPE 8/10). Repeat 4 times.

**Day Four**

<i>Exercise</i>	<i>Tempo</i>	<i>Sets</i>	<i>Reps</i>	<i>Weight</i>	<i>RPE/10</i>	<i>Rest</i>
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**Warm up Series**

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

**Working sets**

1A	<a href="#">Bench supported row</a>	212	4	8	7	NA
1B	<a href="#">Body weight cossack squat</a>	323	3	5 each	6	60
2A	<a href="#">BB biceps curls</a>	212	3	15	7	NA
2B	<a href="#">DB skull crushers</a>	323	3	12	7	60
3A	<a href="#">Bear cub crawl</a>	NA	3	20 feet	8	NA
3B	<a href="#">Squat Hops</a>	222	4	20	8	60
4A	<a href="#">3-point bear cub hip rotations</a>	212	3	15 each	8	NA
4B	<a href="#">Perfect Pushups</a>	212	3	Max	9	60

Metabolic Conditioning: 15 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout.