

**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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Kneeling KB Halo</a>	212	5	10 each	6	NA
1B	<a href="#">BB deadlifts - eccentric pause</a>	214	5	5	7	60
2A	<a href="#">Hanging Lat Stretch</a>	232	3	8	5	NA
2B	<a href="#">1/2 kneeling elastic rotations</a>	333	3	8 each	6	45
3A	<a href="#">Double KB clean to BU press</a>	212	3	7	6	NA
3B	<a href="#">Lateral Lunge with Pulse</a>	222	3	8 each	7	45
4A	<a href="#">SB Stir the Pot</a>	323	3	10 each	7	NA
4B	<a href="#">Landmine straight arm rotations</a>	212	3	10 each	8	45

Finisher

[KB 213 complex](#)

3 cleans, 1 press, 2 front squats  
complete 1 circuit every 30 seconds  
8 minutes total time

**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="#">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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Smith Pullup Iso Hold</a>	222	4	4 x 10 sec	8	NA
1B	<a href="#">BB Back Squat</a>	212	4	12	8	60
2A	<a href="#">½ kneeling KB press</a>	222	3	6 each	5	NA
2B	<a href="#">Prone Band Pull Apart</a>	222	3	15	8	45
3A	<a href="#">DB 1-arm Squat &amp; Press</a>	212	3	8 each	8	NA
3B	<a href="#">Rolling Cossack</a>	NA	3	6 each	6	45
4A	<a href="#">Cable Rope Overhead extension</a>	323	3	15	7	NA
4B	<a href="#">Standing barbell curls</a>	313	3	12	7	45

**Finisher**[KB swing super series](#)

10 swings every 30 seconds for 10 minutes.

Once 10 swings is complete, remainder of 30 secs is rest period.

All rig

**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="#">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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Side plank</a>	212	3	4 x 10 sec	7	NA
1B	<a href="#">DB Goblet squat lateral rocker</a>	NA	3	8 each	5	90
2A	<a href="#">BB deadlifts</a>	NA	20	1	8	30
3A	<a href="#">Lying side hip flexion</a>	NA	4	12 each	6	NA
3B	<a href="#">Barbell Hip Thrust</a>	121	4	15	9	60
4A	<a href="#">plank 1-arm elastic rows</a>	212	3	12 each	9	NA
4B	<a href="#">½ kneeling rope chops</a>	323	3	8 each	7	60

Finisher	3 rounds	<a href="#">Inside Out Squat jumps</a>	20 reps
	No rest	<a href="#">Bear Cub Crawl with weight</a>	30 yards
		<a href="#">Inside Out Squat jumps</a>	20 reps
		<a href="#">Pushups to failure</a>	

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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>
<b>Warm up Series</b>						
<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="#">Front Plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">ITYW shoulder raise</a>	212	1	10 each	NA	6	NA
<a href="#">Squat IR ER rotations</a>	212	1	8 each	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Backwards Crawl</a>	NA	3	30 yards	7	NA
1B	<a href="#">Box Heel Touch Step up</a>	323	3	7 each	8	90
2A	<a href="#">Pushup Pop Press</a>	212	4	8 each	7	NA
2B	<a href="#">Down Dog Lunge to Rotation</a>	NA	4	5 each	5	60
3A	<a href="#">Pullups</a>	323	4	5	7	NA
3B	<a href="#">Bench Press</a>	212	4	5	8	60
4A	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 yards	7	NA
4B	<a href="#">Kettlebell swings</a>	323	3	2 x 20**	8	60

Finisher

Easy walk or bike

20 minutes, aerobic, low intensity. RPE of 5/10 or less