

**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	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
	<b>Working sets</b>						
1A	<a href="#">1 foot deadlift</a>	212	3	8 each		6	NA
1B	<a href="#">DB bench Rows</a>	212	3	12 each		8	90
2A	<a href="#">DB rear foot elevated split squat</a>	212	3	8 each		8	NA
2B	<a href="#">Pushups</a>	212	3	max reps		6	90
3A	<a href="#">½ kneeling landmine press</a>	212	3	10 each		8	NA
3B	<a href="#">Dumbbell stepups</a>	222	3	6 each		8	90
4A	<a href="#">Hardstyle plank</a>	N/A	3	3 x 10 secs		8	NA
4B	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 yards		7	90

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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		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 Squat</a>	333	3	15		7	NA
1B	<a href="#">Elbow to knee repeating bird dog</a>	212	3	15 each		5	90
2A	<a href="#">Full kneeling pulldowns</a>	222	3	15		6	NA
2B	<a href="#">Bench facing rear flye</a>	222	3	12		6	90
3A	<a href="#">Glute focused split squats</a>	212	4	8 each		7	NA
3B	<a href="#">Elastic wide row to upright rotation</a>	212	4	20		8	90
4A	<a href="#">Bench 1.5 hip press</a>	222	4	10		8	NA
4B	<a href="#">Heel touch stepups</a>	212	4	8 each		7	90

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