

**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="#">Squat ER IR Rotations</a>	222	1	6 each	NA	4	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">2-Step Hip Mobility Drill</a>	NA	1	10 each	BW	5	NA
	<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA
<b>Working sets</b>							
1A	<a href="#">ITYW shoulder raise</a>	212	4	10 each		5	NA
1B	<a href="#">Heavy Deadlift</a>	212	4	3		9	NA
1C	<a href="#">Hanging Lat Stretch with Squat</a>	NA	4	15		4	45
2A	<a href="#">Plank Bird Dog</a>	222	3	6 each		7	NA
2B	<a href="#">2 Bench Plank DB Row</a>	212	3	8 each		8	NA
2C	<a href="#">Rolling Cossack</a>	222	3	8 each		8	45
3A	<a href="#">DB See Saw Press</a>	212	3	10 each		9	NA
3B	<a href="#">Pull ups</a>	NA	3	max		NA	45
4A	<a href="#">Cable Face Pulls</a>	232	3	15		6	NA
4B	<a href="#">KB Snatch</a>	NA	3	20 each		9	45

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="#">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="#">Squat ER IR Rotations</a>	222	1	6 each	NA	4	NA
<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">2-Step Hip Mobility Drill</a>	NA	1	10 each	BW	5	NA
<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA

**Working sets**

1A	<a href="#">Landmine Straight Arm Rotation</a>	212	4	8 each	5	NA
1B	<a href="#">Heavy Bench Press</a>	NA	4	3	8	NA
1C	<a href="#">DB Goblet Squat Lateral Rocker</a>	222	4	5 each	6	45
2A	<a href="#">Double KB Clean to BU Press</a>	NA	3	8	6	NA
2B	<a href="#">High Box Step Ups</a>	NA	3	8 each	8	NA
2C	<a href="#">Front Plank</a>	NA	3	4 x 10	8	45
3A	<a href="#">BB Bent Over Rows</a>	232	3	12	7	NA
3B	<a href="#">Hip Thrusts</a>	212	3	5	8	45
4A	<a href="#">KB 1-arm jerk press split stance</a>	NA	3	5	6	NA
4B	<a href="#">DB Incline Biceps Curls</a>	333	3	15	7	45

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

**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="#">Squat ER IR Rotations</a>	222	1	6 each	NA	4	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">2-Step Hip Mobility Drill</a>	NA	1	10 each	BW	5	NA
	<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA
	<b>Working sets</b>						
1A	<a href="#">Wall facing hip circle</a>	212	4	10 each		5	NA
1B	<a href="#">Heavy Front Squats</a>	312	4	3		9	NA
1C	<a href="#">½ kneeling elastic rotations</a>	222	4	8 each		5	45
2A	<a href="#">Dead Bug Lateral</a>	222	3	8 each		5	NA
2B	<a href="#">Skater Squats</a>	212	3	8 each		8	NA
2C	<a href="#">DB oscillation press</a>	NA	3	30 each		8	45
3A	<a href="#">DB 360 Lateral Raise</a>	222	3	12		8	NA
3B	<a href="#">Speed Deadlift</a>	NA	3	5		8	45
4A	<a href="#">DB Twisting Chest Press</a>	212	3	15		9	NA
4B	<a href="#">Landmine Stepback Lunge</a>	323	3	10 each		8	45

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