

Day One

<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						
SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	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	Kneeling KB Halo	212	4	10 each	6	NA
1B	Sprinter Stride to Knee Raise	214	4	20 each	8	75
2A	Hanging Lat Stretch	232	4	8	5	NA
2B	Elastic resisted dead bugs	333	4	8 each	7	60
3A	DB Clean to Press	212	4	12 each	8	NA
3B	Lateral Lunge with Pulse	222	4	8 each	7	60

Finisher

[KB 312.com](#)

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>
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	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	1/2 kneeling elastic rotations	222	4	6 each	5	NA
1B	DB Goblet Squat	212	4	15	8	60
2A	Down Dog Lunge Inside Rotation	NA	3	8 each	5	NA
2B	Inside Out Squats	222	3	20	8	60
3A	DB 1-arm Squat & Press	212	3	8 each	8	NA
3B	1 foot deadlift	212	3	6 each	6	60

Finisher[KB swing super series](#)

20 swings every 30 seconds for 10 minutes.

Once 20 swings is complete, remainder of 30 secs
is rest period.

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

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	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	Side plank	NA	4	4 x 10 sec	7	NA
1B	DB Goblet squat lateral rocker	NA	4	8 each	5	60
2A	Slow Pushups with Iso Hold	333	4	5 TO 8	8	NA
2B	Plate Hip Thrusts	NA	4	30	7	60
3A	Hip Rocking Matrix	121	2	5 each	4	30
4A	Down Dog Lunge to Rotation	212	3	6 each	6	NA
4B	Rolling Cossack	323	3	8 each	7	60

Finisher	3 rounds	Inside Out Squat jumps	20 reps
	No rest	Bear Cub Crawl with weight	30 yards
		Inside Out Squat jumps	20 reps
		Pushups to failure	

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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>
Warm up Series							
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Front Plank	NA	1	3 x 10 secs	NA	6	NA
	ITYW shoulder raise	212	1	10 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	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	Lunge Elbow to instep	323	4	8 each		6	NA
1B	DB Goblet Stepback Lunge	323	4	8 each		7	60
2A	Pushup Pop Press	212	4	8 each		7	NA
2B	Batwing Rows	NA	4	4 x 10 sec		9	60
3A	KB/DB Jerk Press	323	4	8 each		7	NA
3B	Backwards Crawl	212	4	20 feet		8	60

Finisher

Easy walk or bike

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