

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
	Working sets						
1A	Kneeling KB Halo	212	4	10 each		6	NA
1B	Sprinter Stride to Knee Raise	214	4	20 each		8	60
2A	Turducken Get Up	232	3	1 each		6	NA
2B	Lateral Lunge with Pulse	222	3	8 each		7	60
3A	DB Clean to Press	212	3	12 each		8	NA
3B	Down Dog Lunge to Rotation	NA	3	8 each	BW	4	60

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						
	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
	Working sets						
1A	2 KB Tall Kneeling to Standing	NA	4	4 each		6	NA
1B	DB Goblet Squat	212	4	15		8	60
2A	Standing BB/DB curls	313	3	12		7	NA
2B	Inside Out Squats	222	3	20		8	60
3A	DB 1-arm Squat & Press	212	3	8 each		8	NA
3B	1-leg Abducted Deadlift	212	3	8 each		6	60

Day Three

	<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
	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	3	5 TO 8		8	NA
2B	Plate Hip Thrusts	NA	3	30		7	60
3A	1-arm clean squat to press	212	3	20 each		6	NA
3B	BB or DB Farmer Carries	212	3	20 feet each		7	60
4A	Down Dog Lunge to Rotation	212	3	6 each		6	NA
4B	Rolling Cossack	323	3	8 each		7	60

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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
	Working sets						
1A	Backwards Crawl	NA	4	30 feet		7	NA
1B	DB Goblet Stepback Lunge	323	4	8 each		7	60
2A	Pushup Pop Press	212	3	8 each		7	NA
2B	Batwing Rows	NA	3	4 x 10 sec		9	60
3A	KB/DB Jerk Press	323	3	8 each		7	NA
3B	DB/KB Kettlebell swings	323	3	2 x 20**		8	60

** Do 20 reps, rest 15-20 seconds, do another 20 reps, and that counts as one set

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