

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

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Dead bugs	212	1	8 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	1 foot deadlift	212	3	6 each	6	NA
1B	SB Straight arm pushbacks	212	3	10	6	45
2A	DB rear foot elevated split squat	212	3	6 each	7	NA
2B	DB bench Rows	212	3	12 each	6	45
3A	Hardstyle plank	N/A	3	3 x 10 secs	8	NA
3B	BB or DB Farmer Carries	NA	3	20 Yards	8	45
4	Finisher**	NA	3	10 each	9	0
				Body weight	or	Jump Squats
				DB Overhea		
				Body weight	or	Jump Squats
				Pushups		
				Body weight	or	Jump Squats
				Pushup alte		

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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

SMR lower body	NA	1	NA		2	NA
SMR front arm line	NA	1	NA		2	NA
Side plank	NA	1	3 x 10 secs		6	NA
Dead bugs	212	1	8 each		6	NA
Body weight squat	212	1	20		4	NA
band pull aparts	212	1	20		4	NA

Working sets

1A	DB Goblet Squats	212	3	15		6	NA
1B	½ kneeling landmine press	212	3	10 each		5	45
2A	Full kneeling pulldowns	222	3	15		6	NA
2B	Bench facing rear flye	222	3	12		6	45
3A	Suitcase carries	N/A	4	20 yards		7	NA
3B	Heel touch stepups	212	4	6 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			Split squats				
			Side planks				
			Front Planks				
			Bear Squats - max reps				

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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		2	NA
	SMR front arm line	NA	1	NA		2	NA
	Side plank	NA	1	3 x 10 secs		6	NA
	Dead bugs	212	1	8 each		6	NA
	Body weight squat	212	1	20		4	NA
	band pull aparts	212	1	20		4	NA
Working sets							
1A	1-leg elastic squats	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	½ kneeling chops	212	3	10 each		8	NA
2B	Elbow to knee repeating bird dog	212	3	15 each		4	45
3A	Uneven loaded stepback lunges	212	3	5 each		7	NA
3B	Pushups	212	3	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			KB deadlift				
			½ kneeling K				
			Turkish get		Just 1 per sid		

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