

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	2	15 each		8	NA
1B	Sprinter Stride to Knee Raise	214	2	20 each		8	NA
1C	Front Plank	NA	2	4 x 10		8	45
2A	DB oscillation press	NA	2	30 each		8	NA
2B	Inside Out Squat Jumps	NA	2	40		10	NA
2C	Ice Skaters	NA	2	20 each		10	30
3A	Wall Facing Hip Circle	212	2	10 each		5	NA
3B	Lateral Lunge with Pulse	222	2	8 each		7	NA
3C	Rolling Cossack	222	2	8 each		8	30
4A	3-point rockback rotations	222	2	8 each		4	NA
4B	Shin Box	NA	2	10 each		5	NA
4C	Hanging Lat Stretch with Squat	NA	2	15		4	30
5A	1-foot rotations	NA	2	8 each		5	NA
5B	Lateral Slide Pushups	212	2	6 each		7	60

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Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Working sets						
1A	DB Overhead press	212	2	6		7	NA
1B	Lateral Lunge w/ Overhead Drive	NA	2	10 each		8	NA
1C	DB Stepback Goblet Lunge	212	2	10 each		7	45
2A	Standing BB/DB curls	313	2	20		7	NA
2B	Lunge Elbow to Instep	222	2	8 each		8	NA
2C	2-step 3D Hip Mobility series	222	2	10 each		5	30
3A	Plate/Weight Hip thrust	212	2	20		6	NA
3B	Double Elevated Split Squats	222	2	15 each		9	30
4A	1 foot deadlift	212	2	10 each		8	NA
4B	Bear Squat 3-point rotation	NA	2	8 each		8	60
5A	KB/DB Swing	NA	1	100		10	NA

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