

**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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">Dead bugs</a>	212	1	8 each	NA	6	NA
<a href="#">Body weight squat</a>	212	1	20	BW	4	NA
<a href="#">band pull aparts</a>	212	1	20	medium	4	NA

**Working sets**

1A	<a href="#">1 foot deadlift</a>	212	3	6 each	6	NA
1B	<a href="#">SB Straight arm pushbacks</a>	212	3	10	6	45
2A	<a href="#">DB rear foot elevated split squat</a>	212	3	6 each	7	NA
2B	<a href="#">DB bench Rows</a>	212	3	12 each	6	45
3A	<a href="#">Hardstyle plank</a>	N/A	3	3 x 10 secs	8	NA
3B	<a href="#">BB or DB Farmer Carries</a>	NA	3	20 Yards	8	45
4	Finisher**	NA	3	10 each	9	0
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>
				<a href="#">DB Overhea</a>		
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>
				<a href="#">Pushups</a>		
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>
				<a href="#">Pushup alte</a>		

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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**

<a href="#">SMR lower body</a>	NA	1	NA		2	NA
<a href="#">SMR front arm line</a>	NA	1	NA		2	NA
<a href="#">Side plank</a>	NA	1	3 x 10 secs		6	NA
<a href="#">Dead bugs</a>	212	1	8 each		6	NA
<a href="#">Body weight squat</a>	212	1	20		4	NA
<a href="#">band pull aparts</a>	212	1	20		4	NA

**Working sets**

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

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

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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>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA		2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA		2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs		6	NA
	<a href="#">Dead bugs</a>	212	1	8 each		6	NA
	<a href="#">Body weight squat</a>	212	1	20		4	NA
	<a href="#">band pull aparts</a>	212	1	20		4	NA
<b>Working sets</b>							
1A	<a href="#">Bench supported row</a>	212	3	8		7	NA
	<a href="#">Elastic wide row to upright</a>	212	3	20		6	45
1B	<a href="#">rotation</a>						
2A	<a href="#">Bear Squats</a>	222	3	15		8	NA
	<a href="#">Double kettlebell overhead press</a>	222	3	8 each		8	45
2B							
3A	<a href="#">Dumbbell stepups</a>	222	4	6 each		7	NA
3B	<a href="#">Bench 1.5 hip press</a>	222	4	20		8	45
4	Finisher	<b>3 rounds</b> 15 seconds on, 15 seconds off					
	<a href="#">1-foot hip b</a>			15 sec per side			
	<a href="#">DB Goblet la</a>			15 secs per side			
	<a href="#">Barbell curls</a>			dumbbells if needed			
	<a href="#">DB Side rais</a>						

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