

**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="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Kneeling KB Halo</a>	212	3	10 each	6	NA
1B	<a href="#">BB deadlifts - eccentric pause</a>	214	3	5	8	60
2A	<a href="#">Turducken Get Up</a>	232	3	1 each	6	NA
2B	<a href="#">Elastic resisted dead bugs</a>	333	3	8 each	7	45
3A	<a href="#">Double KB clean to BU press</a>	212	2	10	6	NA
3B	<a href="#">Lateral Lunge with Pulse</a>	222	2	8 each	7	45
4A	<a href="#">SB Stir the Pot</a>	323	3	10 each	7	NA
4B	<a href="#">Landmine straight arm rotations</a>	212	3	10 each	8	45

Finisher

[KB 312.com](#)

3 cleans, 1 pr

complete 1 circuit every 30 seconds

8 minutes tot

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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	NA	2	NA
<a href="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">1/2 kneeling elastic rotations</a>	222	3	8 each	5	NA
1B	<a href="#">BB Back Squat</a>	212	3	8	8	60
2A	<a href="#">2 KB Tall Kneeling to Standing</a>	NA	3	5 ech	6	NA
2B	<a href="#">Smith Pullup Iso Hold</a>	222	3	4 x 10 sec	8	45
3A	<a href="#">DB 1-arm Squat &amp; Press</a>	212	3	10 each	8	NA
3B	<a href="#">1-leg Landmine RDL</a>	212	3	8 each	6	45
4A	<a href="#">Cable Rope Overhead extension</a>	323	3	20	7	NA
4B	<a href="#">Standing barbell curls</a>	313	3	15	7	45

Finisher

[KB swing super series](#)

10 swings ev

Once 10 swin

is rest period.

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## Day Three



Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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## Warm up Series

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

## Working sets

1A	<a href="#">Side plank</a>	212	2	4 x 10 sec	7	NA
1B	<a href="#">DB Goblet squat lateral rocker</a>	NA	2	10	5	60
2A	<a href="#">BB deadlifts</a>	NA	20	1	8	30
3A	<a href="#">Elastic Pull Aparts</a>	NA	3	20	7	NA
3B	<a href="#">Barbell Hip Thrust</a>	121	3	15	9	45
4A	<a href="#">1-arm clean squat to press</a>	212	2	20 each	6	NA
4B	<a href="#">½ kneeling landmine press</a>	212	2	10 each	7	45
5A	<a href="#">plank 1-arm elastic rows</a>	212	2	12 each	9	NA
5B	<a href="#">½ kneeling rope chops</a>	323	2	8 each	7	45

Finisher	3 rounds	<a href="#">Inside Out S</a>	20 reps
	No rest	<a href="#">Bear Cub Cr</a>	30 yards
		<a href="#">Inside Out S</a>	20 reps
		<a href="#">Pushups to failure</a>	

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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>
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**Warm up Series**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

**Working sets**

1A	<a href="#">Backwards Crawl</a>	NA	3	30 yards	7	NA
1B	<a href="#">Front Squats</a>	323	3	8	8	60
2A	<a href="#">Pushup Pop Press</a>	212	3	8 each	7	NA
2B	<a href="#">Batwing Rows</a>	NA	3	4 x 10 sec	9	45
3A	<a href="#">Pullups</a>	323	3	5	7	NA
3B	<a href="#">Bench Press</a>	212	3	8	8	45
4A	<a href="#">BB or DB Farmer Carries</a>	NA	3	30 yards	7	NA
4B	<a href="#">Kettlebell swings</a>	323	3	2 x 20**	8	45

Finisher

Easy walk or

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