

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	5	10 each		6	NA
1B BB deadlifts - eccentric pause	214	5	5		7	60
2A BB or DB Farmer Carries	NA	3	20 yards		7	NA
2B Kettlebell swings	323	3	2 x 20**		8	60
3A Double KB clean to BU press	212	3	7		6	NA
3B Lateral Lunge with Pulse	222	3	8 each		7	60
4A SB Stir the Pot	323	3	10 each		7	NA
4B Landmine straight arm rotations	212	3	10 each		8	60

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

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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	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	Smith Pullup Iso Hold	222	4	4 x 10 sec	8	NA
1B	BB Back Squat	212	4	12	8	60
2A	Pullups	323	4	5	7	NA
2B	Bench Press	212	4	5	8	60
3A	DB 1-arm Squat & Press	212	3	8 each	8	NA
3B	1-leg Landmine RDL	212	3	6 each	6	60
4A	Cable Rope Overhead extension	323	3	15	7	NA
4B	Standing barbell curls	313	3	12	7	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	212	3	4 x 10 sec		7	NA
1B	DB Goblet squat lateral rocker	NA	3	8 each		5	60
2A	BB deadlifts	NA	20	1		8	30
3A	Backwards Crawl	NA	3	30 yards		7	NA
3B	Box Heel Touch Step up	323	3	7 each		8	60
4A	1-arm clean squat to press	212	3	20 each		6	NA
4B	Lateral Lunge forward Pulse	222	3	7 each		7	60
5A	plank 1-arm elastic rows	212	3	12 each		9	NA
5B	½ kneeling rope chops	323	3	8 each		7	60

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