

Day One

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

SMR lower body	NA	1	NA	NA	2	NA
SMR back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Foam roller T-spine extensions	212	1	5 each	NA	4	NA
ITYW shoulder raise	212	1	20	BW	6	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	Kettlebell deadlift	212	4	15		6	NA
1B	Incline DB chest press	212	4	10		4	45
2A	DB rear foot elevated split squat	212	3	8 each	BW	5	NA
2B	DB bench Rows	212	3	12 each		6	45
3A	½ kneeling rope chops	212	3	8 each		8	NA
3B	BB or DB Farmer Carries	NA	3	20 yards		8	45
4	Finisher**		3	10 each		9	45

[Body weight](#) or [Jump Squats](#)
[DB Overhea](#)

[Body weight](#) or [Jump Squats](#)
[Pushups](#)

[Body weight](#) or [Jump Squats](#)
[Pushup alte](#)

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 back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Foam roller T-spine extensions	212	1	5 each	NA	4	NA
ITYW shoulder raise	212	1	20	BW	6	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	DB Goblet Squats	333	3	15		7	NA
1B	Elastic lat set deadlift patterns	212	3	10		5	45
2A	Full kneeling pull downs	222	3	15		6	NA
2B	Hanging rows	222	3	12		7	45
3A	Suitcase carries	N/A	4	20 yards		7	NA
3B	Cable 1-foot squat & row	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45

[Split squats](#)[Side planks – 15 seconds each side](#)[Front Planks](#)[Bear Squats - max reps](#)

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 back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Foam roller T-spine extensions	212	1	5 each	NA	4	NA
	ITYW shoulder raise	212	1	20	BW	6	NA
	band pull aparts	212	1	20		6	NA
Working sets							
1A	½ kneeling rope raises	212	3	8 each		7	NA
1B	Glute focused split squats	212	3	8 each		8	45
2A	½ kneeling KB press	212	4	10 each		8	NA
2B	1-foot hip bridge	212	4	10 each		4	45
3A	DB Shoulder carries	NA	4	20 yards		7	NA
3B	Pushups	212	4	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
			KB deadlift				
			½ kneeling KB press				
			Turkish get				
			Just 1 per sid				

Day Four



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

SMR lower body	NA	1	NA	NA	2	NA
SMR back arm line	NA	1	NA	NA	2	NA
Side plank	NA	1	3 x 10 secs	NA	6	NA
Foam roller T-spine extensions	212	1	5 each	NA	4	NA
ITYW shoulder raise	212	1	20	BW	6	NA
band pull aparts	212	1	20		6	NA

Working sets

1A	Bench supported row	212	4	8	7	NA
1B	½ kneeling cable pullover	212	4	8 each	6	45
2A	Bear Squats	212	3	15	8	NA
2B	Sun dogs	212	3	12	8	45
3A	Dumbbell stepups	222	4	6 each	7	NA
3B	Bench 1.5 hip press	222	4	10	8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off		9	45
	1-foot hip bridge		15 sec per side			
	DB Goblet la		15 secs per side			
	Barbell curls		dumbbells if needed			
	DB Side rais					

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