

**Day One**

| <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="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
| <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
| <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
| <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
| <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
| <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |

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

**Working sets**

|    |  |     |   |            |   |    |
|----|--|-----|---|------------|---|----|
| 1A | <a href="#">Bird Dog Neuro Pulse</a>       | 212 | 4 | 5 x 10 sec | 8 | NA |
| 1B | <a href="#">Heavy Deadlift</a>             | 212 | 4 | 3          | 9 | 60 |
| 2A | <a href="#">Side Plank Rotations</a>       | 212 | 4 | 8 each     | 8 | NA |
| 2B | <a href="#">Front Loaded Skater Squats</a> | 212 | 4 | 8 each     | 8 | 60 |
| 3A | <a href="#">Incline DB Chest Press</a>     | 323 | 3 | 12         | 7 | NA |
| 3B | <a href="#">Smith Pull up Iso row</a>      | 252 | 3 | 5 x 5 sec  | 8 | 60 |
| 4A | <a href="#">Preacher Curls</a>             | 222 | 4 | 15         | 6 | NA |
| 4B | <a href="#">DB skull crushers</a>          | 222 | 4 | 12         | 6 | 60 |

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 5 times.

**Day Two**

| <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="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
| <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
| <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
| <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
| <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
| <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |

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

**Working sets**

|    |  |     |   |          |   |    |
|----|--|-----|---|----------|---|----|
| 1A | <a href="#">Hard stomps (no spine flexion)</a> | NA  | 4 | 5 each   | 9 | NA |
| 1B | <a href="#">Elevator Back Squats</a>           | NA  | 4 | 7        | 8 | 60 |
| 2A | <a href="#">Military Press</a>                 | 212 | 3 | 5        | 7 | NA |
| 2B | <a href="#">band pull aparts</a>               | 111 | 3 | 30       | 6 | 60 |
| 3A | <a href="#">Seated Cable Row</a>               | 232 | 3 | 10       | 7 | NA |
| 3B | <a href="#">Spiderman Pushup</a>               | NA  | 3 | 6 each   | 6 | 60 |
| 4A | <a href="#">1-arm BB/DB Suitcase Carry</a>     | NA  | 3 | 30 yards | 9 | NA |
| 4B | <a href="#">KB 1-arm Jerk Press to Split</a>   | NA  | 3 | 5 each   | 8 | 60 |

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

All rights reserved, Somerset Fitness & Marketing, LLC, 2014. No unauthorized reproduction without permission

**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="#">Foam Roller T-spine Extensions</a> | 232          | 1           | 10          | NA            | 3             | NA          |
| <a href="#">Side Lying Rotations</a>           | 232          | 1           | 8 each      | NA            | 3             | NA          |
| <a href="#">Glute Bridge March</a>             | 222          | 1           | 8 each      | NA            | 5             | NA          |
| <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
| <a href="#">Shoulder Tap Pushup</a>            | 212          | 1           | 8 each      | BW            | 6             | NA          |
| <a href="#">Kettlebell swings</a>              | NA           | 5           | 20          |               | 8             | 15          |

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

**Working sets**

|    |   |     |   |            |   |    |
|----|---|-----|---|------------|---|----|
| 1A | <a href="#">Zercher Squats</a>          | 222 | 5 | 6          | 9 | NA |
| 1B | <a href="#">SB Stir the Pot</a>         | NA  | 5 | 60 seconds | 8 | 60 |
| 2A | <a href="#">Landmine Stepback Lunge</a> | 212 | 4 | 8 each     | 7 | NA |
| 2B | <a href="#">Bench Press</a>             | 212 | 4 | 5          | 8 | 60 |
| 3A | <a href="#">BB Bent Over Row</a>        | 222 | 4 | 12         | 8 | NA |
| 3B | <a href="#">Side Plank</a>              | NA  | 4 | 2 x 30 sec | 8 | 60 |
| 4A | <a href="#">½ kneeling KB press</a>     | 212 | 3 | 8 each     | 7 | NA |
| 4B | <a href="#">Turkish Get Up</a>          | NA  | 3 | 2 each     | 6 | 60 |

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission