

**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="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 sec	BW	8	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">Kettlebell deadlift</a>	212	3	15		6	NA
1B	<a href="#">DB 1-arm floor press</a>	212	3	10 each		4	45
2A	<a href="#">Assisted Cossack squat</a>	212	3	8 each	BW	5	NA
2B	<a href="#">T Pushups</a>	212	3	12 each	BW	6	45
3A	<a href="#">Bear Squats</a>	212	3	15	BW	8	NA
3B	<a href="#">Kneeling T-spine rotation</a>	222	3	10 each	BW	5	45
4A	<a href="#">Hardstyle plank</a>	N/A	3	3 x 10 sec	BW	8	NA
4B	<a href="#">Bear cub crawl</a>	NA	3	20 feet	BW	8	45
4	Finisher**		3	10 each		9	45
	<div> <a href="#">Body weight squat</a> or <a href="#">Jump Squats</a> </div>						
	<div> <a href="#">DB Overhead press</a> </div>						
	<div> <a href="#">Body weight squat</a> or <a href="#">Jump Squats</a> </div>						
	<div> <a href="#">Pushups</a> </div>						
	<div> <a href="#">Body weight squat</a> or <a href="#">Jump Squats</a> </div>						
	<div> <a href="#">Pushup alternating knee tuck</a> </div>						

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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>
<b>Warm up Series</b>							
	<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR back arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 sec	BW	8	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	BW	4	NA
	<a href="#">ITYW shoulder raise</a>	212	1	10 each	BW	7	NA
	<a href="#">band pull aparts</a>	212	1	20		6	NA
<b>Working sets</b>							
1A	<a href="#">DB Goblet Squats</a>	212	3	15		7	NA
1B	<a href="#">Lunge to back rotations</a>	333	3	8 each		5	45
2A	<a href="#">Heel touch stepups</a>	212	3	8 each		6	NA
2B	<a href="#">DB Biceps curls</a>	222	3	12		7	45
3A	<a href="#">Hand walk Cossack squats</a>	212	3	8 each		7	NA
3B	<a href="#">½ kneeling KB press</a>	212	3	10 each		7	45
4A	<a href="#">Lateral Crawl pattern</a>	N/A	3	20 feet		7	NA
4B	<a href="#">Deep squat internal/external rotations</a>	222	3	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			<a href="#">Split squats</a>				
			<a href="#">Side planks – 15 seconds each side</a>				
			<a href="#">Front Planks</a>				
			<a href="#">Bear Squats - max reps</a>				

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