

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
	Squat IR ER rotations	212	1	8 each	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Kneeling KB Halo	212	2	10 each		6	NA
1B	BB deadlifts - eccentric pause	214	2	5		7	60
2A	Hanging Lat Stretch	232	2	8		5	NA
2B	1/2 kneeling elastic rotations	333	2	8 each		6	60
3A	Double KB clean to BU press	212	2	7		6	NA
3B	Lateral Lunge with Pulse	222	2	8 each		7	60
4A	SB Stir the Pot	323	2	10 each		7	NA
4B	Landmine straight arm rotations	212	2	10 each		8	60
5A	BB or DB Farmer Carries	NA	2	20 yards		7	NA
5B	Kettlebell swings	323	2	2 x 20**		8	60

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	<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
	Squat IR ER rotations	212	1	8 each	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	Smith Pullup Iso Hold	222	2	4 x 10 sec		8	NA
1B	BB Back Squat	212	2	12		8	60
2A	BB deadlifts	NA	20	1		8	30
3A	½ kneeling KB press	222	2	6 each		5	NA
3B	Prone Band Pull Apart	222	2	15		8	60
4A	DB 1-arm Squat & Press	212	2	8 each		8	NA
4B	Rolling Cossack	NA	2	6 each		6	60
5A	Pushup Pop Press	212	2	8 each		7	NA
5B	Down Dog Lunge to Rotation	NA	2	5 each		5	60

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