

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
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 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	DB 1-arm Clean & Press	NA	3	12 each		6	NA
1B	DB Rows	323	3	15 each		8	60
2A	DB Goblet Hip Hinge	333	3	8		4	NA
2B	Tall kneeling to standing	NA	3	5 each		7	60
3A	Hardstyle plank	N/A	3	3 x 10 secs		8	NA
3B	Bear cub crawl	NA	3	20 feet		8	60
4A	Divebomber Pushups	NA	3	12		7	NA
4B	ITYW shoulder raise	101	3	10 each		6	60
5A	Squat Inside Out Hops	212	2	20		7	NA
5B	Pushups	212	2	max reps		8	45

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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		2	NA
	SMR front arm line	NA	1	NA		2	NA
	Side plank	NA	1	3 x 10 secs		6	NA
	Dead bugs	212	1	8 each		6	NA
	Body weight squat	212	1	20		4	NA
	band pull aparts	212	1	20		4	NA
	Working sets						
1A	DB Goblet Squats	212	3	20		7	NA
1B	DB 1-arm Squat & Press	NA	3	10 each		8	60
2A	4-point Cossack Squat	NA	3	6 each		7	NA
2B	Pushup Pop Press **	222	3	10 each		7	60
3A	Lateral Crawl pattern	N/A	3	20 feet		7	NA
3B	DB 1-arm oscillation press	Fast	3	20 each		8	60
4A	DB overhead stepback lunge	323	3	8 each		7	NA
4B	Cat camel stretch	212	3	10		5	60
5A	Plate Hip Thrust	321	2	15		7	NA
5B	Goblet Stepback lunge	222	2	8 each		7	60

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