

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
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	4	15 each		8	NA
1B	Plank Bird Dogs	222	4	8 each		7	60
2A	Front Loaded Skater Squats	212	3	10 each		7	NA
2B	DB 360 lateral raise	222	3	12		7	60
3A	DB See Saw Press	222	3	15 each		6	NA
3B	Down Dog Lunge to Rotation	NA	3	8 each	BW	4	60
4A	Inside Out Squat Jumps	NA	3	40		10	NA
4B	Tuck Jumps	NA	3	15		10	60

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

Day Two

<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
Goalie Stretch	212	1	10 each	NA	4	NA
3-point rockback rotations	333	1	10 each	NA	3	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
band pull aparts	212	1	10 each	BW	4	NA
Glute bridge March	212	1	20 each	medium	4	NA
Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA

Working sets

1A	DB Goblet Squat Lateral Rocker	222	4	5 each		6	NA
1B	Lateral Lunge Front Pulse	212	4	8 each		7	60
2A	Kneeling KB halo	313	3	10 each		5	NA
2B	DB twisting Chest Press	222	3	8 each		8	60
3A	Bear Squats	222	3	20		9	NA
3B	ITYW shoulder raise	222	3	10 each		6	60
4A	KB/DB Swing	NA	1	100		10	NA

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>
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Goalie Stretch	212	1	10 each	NA	4	NA
	3-point rockback rotations	333	1	10 each	NA	3	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	band pull aparts	212	1	10 each	BW	4	NA
	Glute bridge March	212	1	20 each	medium	4	NA
	Butterfly Hip Flow Series	NA	1	10 each	BW	5	NA
	Working sets						
1A	Side plank	NA	4	4 x 10 sec		7	NA
1B	DB Goblet Squat	212	4	20		8	60
2A	Backwards Crawl	NA	4	30 feet		7	NA
2B	Turkish Get Up	NA	4	2 each		7	60
3A	Rear Foot Elevated Split Squat	312	3	8 each		8	NA
3B	Bear Cub Crawl with Pause	NA	3	20 yards		7	60
4A	Stick Slides	NA	3	12		5	NA
4B	Bear Squat 3-point rotation	NA	3	8 each		8	60

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