

**Day One**

|    | <b>Exercise</b>                               | <b>Tempo</b> | <b>Sets</b> | <b>Reps</b> | <b>Weight</b> | <b>RPE/10</b> | <b>Rest</b> |
|----|---|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                         |              |             |             |               |               |             |
|    | <a href="#">SMR lower body</a>                | NA           | 1           | NA          | NA            | 2             | NA          |
|    | <a href="#">Dead bug laterals</a>             | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Alternating Leg Front Plank</a>   | 222          | 1           | 2 x 10 sec  | NA            | 6             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>             | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Body weight squat</a>             | 212          | 1           | 20          | BW            | 4             | NA          |
|    | <a href="#">band pull aparts</a>              | 212          | 1           | 20          | medium        | 4             | NA          |
|    | <a href="#">Glute bridge March</a>            | NA           | 1           | 20 each     | BW            | 8             | NA          |
|    | <b>Working sets</b>                           |              |             |             |               |               |             |
| 1A | <a href="#">DB Clean, Squat &amp; Press</a>   | NA           | 4           | 15 each     |               | 8             | NA          |
| 1B | <a href="#">Sprinter Stride to Knee Raise</a> | 214          | 4           | 20 each     |               | 8             | 60          |
| 2A | <a href="#">Wall Facing Hip Circle</a>        | 212          | 3           | 10 each     |               | 5             | NA          |
| 2B | <a href="#">Lateral Lunge with Pulse</a>      | 222          | 3           | 8 each      |               | 7             | 60          |
| 3A | <a href="#">3-point rockback rotations</a>    | 222          | 3           | 8 each      |               | 4             | 30          |
| 3B | <a href="#">Down Dog Lunge to Rotation</a>    | NA           | 3           | 8 each      | BW            | 4             | 60          |
| 4A | <a href="#">1-foot rotations</a>              | NA           | 3           | 8 each      |               | 5             | NA          |
| 4B | <a href="#">Lateral Slide Pushups</a>         | 212          | 3           | 6 each      |               | 7             | 60          |

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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="#">Dead bug laterals</a>              | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Alternating Leg Front Plank</a>    | 222          | 1           | 2 x 10 sec  | NA            | 6             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>              | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Body weight squat</a>              | 212          | 1           | 20          | BW            | 4             | NA          |
|    | <a href="#">band pull aparts</a>               | 212          | 1           | 20          | medium        | 4             | NA          |
|    | <a href="#">Glute bridge March</a>             | NA           | 1           | 20 each     | BW            | 8             | NA          |
|    | <b>Working sets</b>                            |              |             |             |               |               |             |
| 1A | <a href="#">DB Goblet Squat Lateral Rocker</a> | 222          | 4           | 5 each      |               | 6             | NA          |
| 1B | <a href="#">DB Bent Over Alternating Row</a>   | 212          | 4           | 15 each     |               | 8             | 60          |
| 2A | <a href="#">Standing BB/DB curls</a>           | 313          | 3           | 20          |               | 7             | NA          |
| 2B | <a href="#">Lunge Elbow to Instep</a>          | 222          | 3           | 8 each      |               | 8             | 60          |
| 3A | <a href="#">Butterfly Hip Flow Series</a>      | NA           | 3           | 10 each     |               | 6             | NA          |
| 3B | <a href="#">Double Elevated Split Squats</a>   | 222          | 3           | 15 each     |               | 9             | 60          |
| 4A | <a href="#">KB/DB Swing</a>                    | NA           | 1           | 100         |               | 10            | NA          |

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**Day Three**

|    | <b>Exercise</b>                             | <b>Tempo</b> | <b>Sets</b> | <b>Reps</b> | <b>Weight</b> | <b>RPE/10</b> | <b>Rest</b> |
|----|---|--------------|-------------|-------------|---------------|---------------|-------------|
|    | <b>Warm up Series</b>                       |              |             |             |               |               |             |
|    | <a href="#">SMR lower body</a>              | NA           | 1           | NA          | NA            | 2             | NA          |
|    | <a href="#">Dead bug laterals</a>           | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Alternating Leg Front Plank</a> | 222          | 1           | 2 x 10 sec  | NA            | 6             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>           | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Body weight squat</a>           | 212          | 1           | 20          | BW            | 4             | NA          |
|    | <a href="#">band pull aparts</a>            | 212          | 1           | 20          | medium        | 4             | NA          |
|    | <a href="#">Glute bridge March</a>          | NA           | 1           | 20 each     | BW            | 8             | NA          |
|    | <b>Working sets</b>                         |              |             |             |               |               |             |
| 1A | <a href="#">Side plank</a>                  | NA           | 4           | 4 x 10 sec  |               | 7             | NA          |
| 1B | <a href="#">DB Goblet Squat</a>             | 252          | 4           | 12          |               | 9             | 60          |
| 2A | <a href="#">Slow Pushups with Iso Hold</a>  | 333          | 3           | 5 TO 8      |               | 8             | NA          |
| 2B | <a href="#">Plate Hip Thrusts</a>           | NA           | 3           | 30          |               | 7             | 60          |
| 3A | <a href="#">Offset Cossack Squats</a>       | 312          | 3           | 8 each      |               | 6             | NA          |
| 3B | <a href="#">Bear Cub Crawl with Pause</a>   | NA           | 3           | 20 yards    |               | 7             | 60          |
| 4A | <a href="#">1 foot deadlift</a>             | 212          | 3           | 10 each     |               | 8             | NA          |
| 4B | <a href="#">Bear Squat 3-point rotation</a> | NA           | 3           | 8 each      |               | 8             | 60          |

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**Day Four**

|    | <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="#">Dead bug laterals</a>               | 212          | 1           | 15          | NA            | 3             | NA          |
|    | <a href="#">Alternating Leg Front Plank</a>     | 222          | 1           | 2 x 10 sec  | NA            | 6             | NA          |
|    | <a href="#">Sphinx Arm Slides</a>               | 222          | 1           | 8 each      | BW            | 4             | NA          |
|    | <a href="#">Body weight squat</a>               | 212          | 1           | 20          | BW            | 4             | NA          |
|    | <a href="#">band pull aparts</a>                | 212          | 1           | 20          | medium        | 4             | NA          |
|    | <a href="#">Glute bridge March</a>              | NA           | 1           | 20 each     | BW            | 8             | NA          |
|    | <b>Working sets</b>                             |              |             |             |               |               |             |
| 1A | <a href="#">Backwards Crawl</a>                 | NA           | 4           | 30 feet     |               | 7             | NA          |
| 1B | <a href="#">DB Overhead Stepback Lunge</a>      | 323          | 4           | 8 each      |               | 7             | 60          |
| 2A | <a href="#">DB Overhead press</a>               | 212          | 3           | 6           |               | 7             | NA          |
| 2B | <a href="#">Lateral Lunge w/ Overhead Drive</a> | NA           | 3           | 10 each     |               | 8             | 60          |
| 3A | <a href="#">DB Rows</a>                         | 111          | 3           | 20          |               | 8             | NA          |
| 3B | <a href="#">Leg Lifts</a>                       | 212          | 3           | 20          |               | 8             | 60          |
| 4A | <a href="#">Inside Out Squat Jumps</a>          | NA           | 3           | 40          |               | 10            | NA          |
| 4B | <a href="#">Ice Skaters</a>                     | NA           | 3           | 20 each     |               | 10            | 60          |

\*\* Do 20 reps, rest 15-20 seconds, do another 20 reps, and that counts as one set

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