

**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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
	<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">Bird Dog Neuro Pulse</a>	212	4	5 x 10 sec		8	NA
1B	<a href="#">Heavy Deadlift</a>	212	4	3		9	60
2A	<a href="#">Side Plank Rotations</a>	212	4	8 each		8	NA
2B	<a href="#">Front Loaded Skater Squats</a>	212	4	8 each		8	60
3A	<a href="#">Incline DB Chest Press</a>	323	3	12		7	NA
3B	<a href="#">Bear Squats</a>	212	3	30		8	60
4A	<a href="#">Preacher Curls</a>	222	4	15		6	NA
4B	<a href="#">DB skull crushers</a>	222	4	12		6	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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
	<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">Hard stomps (no spine flexion)</a>	NA	4	5 each		9	NA
1B	<a href="#">Elevator Front Squats</a>	NA	4	7		8	60
2A	<a href="#">Military Press</a>	212	3	5		7	NA
2B	<a href="#">band pull aparts</a>	111	3	30		6	60
3A	<a href="#">Seated Cable Row</a>	232	3	10		7	NA
3B	<a href="#">Shoulder Drop MB Pushup</a>	222	3	6 each		6	60
4A	<a href="#">High box step ups</a>	212	3	8 each		8	NA
4B	<a href="#">DB 360 lateral raise</a>	222	3	12		8	60

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**Day Three**

	<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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
	<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">Zercher Squats</a>	222	5	6		9	NA
1B	<a href="#">SB Stir the Pot</a>	NA	5	60 seconds		8	60
2A	<a href="#">Landmine Stepback Lunge</a>	212	4	8 each		7	NA
2B	<a href="#">Bench Press</a>	212	4	5		8	60
3A	<a href="#">Lunge to back rotations</a>	222	4	8 each		6	NA
3B	<a href="#">4-point Hip Rotation</a>	NA	4	10 each		8	60
4A	<a href="#">½ kneeling KB press</a>	212	3	8 each		7	NA
4B	<a href="#">Turkish Get Up</a>	NA	3	2 each		6	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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Glute Bridge March</a>	222	1	8 each	NA	5	NA
	<a href="#">Butterfly Hip Flow</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">Wall facing hip circle</a>	212	4	10 each		5	NA
1B	<a href="#">Heavy Back Squats</a>	312	4	5, 3, 1, 1		9	90
2A	<a href="#">SB Leg Raises</a>	222	3	15		5	NA
2B	<a href="#">1/2 kneeling elastic rotation</a>	222	3	8 each		7	60
3A	<a href="#">BB Bent Over Row</a>	222	4	12		8	NA
3B	<a href="#">Side Plank</a>	NA	4	2 x 30 sec		8	60
4A	<a href="#">1-arm BB/DB Suitcase Carry</a>	NA	3	30 yards		9	NA
4B	<a href="#">Offset Cossack Squats</a>	222	3	6 each		8	60

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