

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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Bird Dog Neuro Pulse	212	4	5 x 10 sec		8	NA
1B	Heavy Deadlift	212	4	3		9	60
2A	Side Plank Rotations	212	4	8 each		8	NA
2B	Front Loaded Skater Squats	212	4	8 each		8	60
3A	Incline DB Chest Press	323	3	12		7	NA
3B	Smith Pull up Iso row	252	3	5 x 5 sec		8	60
4A	Preacher Curls	222	4	15		6	NA
4B	DB skull crushers	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>
	Warm up Series						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Hard stomps (no spine flexion)	NA	4	5 each		9	NA
1B	Elevator Back Squats	NA	4	7		8	60
2A	Military Press	212	3	5		7	NA
2B	band pull aparts	111	3	30		6	60
3A	Seated Cable Row	232	3	10		7	NA
3B	Spiderman Pushup	NA	3	6 each		6	60
4A	High box step ups	212	3	8 each		8	NA
4B	DB 360 lateral raise	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>
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Warm up Series

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Glute Bridge March	222	1	8 each	NA	5	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Shoulder Tap Pushup	212	1	8 each	BW	6	NA
Kettlebell swings	NA	5	20		8	15

Working sets

1A Zercher Squats	222	5	6		9	NA
1B SB Stir the Pot	NA	5	60 seconds		8	60
2A Landmine Stepback Lunge	212	4	8 each		7	NA
2B Bench Press	212	4	5		8	60
3A Barbell/Ab Wheel Rollouts	222	4	8		9	NA
3B 4-point Hip Rotation	NA	4	10 each		8	60
4A ½ kneeling KB press	212	3	8 each		7	NA
4B Turkish Get Up	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>
	Warm up Series						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Wall facing hip circle	212	4	10 each		5	NA
1B	Heavy Front Squats	312	4	5, 3, 1, 1		9	90
2A	SB Leg Raises	222	3	15		5	NA
2B	Alternate leg raise plank	NA	3	2 x 10 sec		8	60
3A	BB Bent Over Row	222	4	12		8	NA
3B	Side Plank	NA	4	2 x 30 sec		8	60
4A	1-arm BB/DB Suitcase Carry	NA	3	30 yards		9	NA
4B	KB 1-arm Jerk Press to Split	NA	3	5 each		8	60

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