

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	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	1 foot deadlift	212	3	8		6	NA
1B	Plank walkouts	212	3	8		8	45
2A	DB rear foot elevate split squat	212	3	8		8	NA
2B	T Pushups	212	3	8		6	45
3A	Hardstyle plank	N/A	3	3 x 10 secs		8	NA
3B	Bear cub crawl	NA	3	20 feet		8	45
4	Finisher**	NA	3	10 each		9	0
			Body weight	or		Jump Squats	
			DB Overhea				
			Body weight	or		Jump Squats	
			Pushups				
			Body weight	or		Jump Squats	
			Pushup alte				

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Day Two

Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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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	15		7	NA
1B	ITYW shoulder raise	212	3	10 each		5	45
2A	Cossack Deep Squat to Sit	222	3	8 each		6	NA
2B	Bench facing rear flye	222	3	12		6	45
3A	Lateral Crawl pattern	N/A	4	20 feet		7	NA
3B	Heel touch stepups	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0

[Split squats](#)[Side planks](#)[Front Planks](#)[Bear Squats - max reps](#)

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