

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
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Kneeling KB Halo	212	2	10 each	6	NA
1B	BB deadlifts - eccentric pause	214	2	5	7	60
2A	BB or DB Farmer Carries	NA	2	20 yards	7	NA
2B	Kettlebell swings	323	2	2 x 20**	8	45
3A	Double KB clean to BU press	212	2	7	6	NA
3B	Lateral Lunge with Pulse	222	2	8 each	7	45
4A	SB Stir the Pot	323	2	10 each	7	NA
4B	Landmine straight arm rotations	212	2	10 each	8	45
5A	1-arm clean squat to press	212	2	20 each	6	NA
5B	Lateral Lunge forward Pulse	222	2	7 each	7	45

Finisher

[KB 312.com](#)

3 cleans, 1 press, 2 front squats
complete 1 circuit every 30 seconds
8 minutes total time

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

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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	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Smith Pullup Iso Hold	222	2	4 x 10 sec	8	NA
1B	BB Back Squat	212	2	12	8	60
2A	Side plank	212	2	4 x 10 sec	7	NA
2B	DB Goblet squat lateral rocker	NA	2	8 each	5	45
2A	Pullups	323	2	5	7	NA
2B	Bench Press	212	2	5	8	45
3A	DB 1-arm Squat & Press	212	2	8 each	8	NA
3B	1-leg Landmine RDL	212	2	6 each	6	45
4A	Cable Rope Overhead extension	323	2	15	7	NA
4B	Standing barbell curls	313	2	12	7	45

Finisher	3 rounds	Inside Out S	20 reps
	No rest	Bear Cub Cr	30 yards
		Inside Out S	20 reps
		Pushups to failure	