

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 back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Foam roller T-spine extensions	212	1	5 each	NA	4	NA
	ITYW shoulder raise	212	1	20	BW	6	NA
	band pull aparts	212	1	20		6	NA
Working sets							
1A	Sun dogs	212	3	12		7	NA
1B	Incline DB chest press	212	3	10		5	45
2A	DB rear foot elevated split squat	212	3	8 each		6	NA
2B	DB bench Rows	212	3	12		7	45
3A	½ kneeling rope raises	212	3	8 each		7	NA
3B	½ kneeling cable pullover	212	3	8 each		8	45
3C	BB or DB Farmer Carries	NA	3	20 yards			
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			Split squats				
			Side planks – 15 seconds each side				
			Front Planks				
			Bear Squats - max reps				
			Pushup alte				

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission

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							
	SMR lower body	NA	1	NA	NA	2	NA
	SMR back arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Foam roller T-spine extensions	212	1	5 each	NA	4	NA
	ITYW shoulder raise	212	1	20	BW	6	NA
	band pull aparts	212	1	20		6	NA
Working sets							
1A	DB Goblet Squats	333	3	15		7	NA
1B	Elastic lat set deadlift patterns	212	3	10		5	45
2A	Bear Squats	212	3	15		6	NA
2B	Hanging rows	222	3	12		7	45
3A	1-foot hip bridge	212	3	10 each		7	NA
3B	DB Shoulder carries	NA	3	20 yards		8	45
4A	Suitcase carries	N/A	3	20 yards		7	NA
4B	Cable 1-foot squat & row	212	3	8 each		6	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			Split squats				
			Side planks –				
			Front Planks				
			Bear Squats				

All rights reserved, Somerset Fitness& Marketing, LLC, 2014. No unauthorized reproduction without permission