

**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="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA
<b>Working sets</b>							
1A	<a href="#">1 foot deadlift</a>	212	3	8 each		6	NA
1B	<a href="#">Plank walkouts</a>	222	3	10 each		4	45
2A	<a href="#">DB rear foot elevated split squat</a>	212	3	8 each	BW	5	NA
2B	<a href="#">DB bench Rows</a>	212	3	12 each		6	45
3A	<a href="#">3-point hip grind stretch</a>	212	3	8 each		8	NA
3B	<a href="#">Bear cub crawl</a>	212	3	20 yards		8	45
	Finisher**	NA	3	10 each		9	45
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">DB Overhea</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushups</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushup alte</a>			

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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="#">SMR lower body</a>	NA	1	NA	NA	2	NA
	<a href="#">SMR front arm line</a>	NA	1	NA	NA	2	NA
	<a href="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA
<b>Working sets</b>							
1A	<a href="#">Hip Press Shoulder Reach</a>	212	3	8 each		7	NA
1B	<a href="#">Hand walk Cossack squats</a>	212	3	8 each		5	45
2A	<a href="#">½ kneeling chops</a>	212	3	10 each		6	NA
2B	<a href="#">Elbow to knee repeating bird dog</a>	222	3	15 each		7	45
3A	<a href="#">Uneven loaded stepback lunges</a>	222	3	5 each		7	NA
3B	<a href="#">Pushups</a>	212	3	max reps		8	45
	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			<a href="#">Split squats</a>				
			<a href="#">Side planks – 15 seconds each side</a>				
			<a href="#">Front Planks</a>				
			<a href="#">Bear Squats - max reps</a>				

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