

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

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

Working sets

1A	Kneeling KB Halo	212	3	10 each	6	NA
1B	Sprinter Stride to Knee Raise	214	3	20 each	8	45
2A	Turducken Get Up	232	3	1 each	6	NA
2B	Lateral Lunge with Pulse	222	3	10 each	7	45
3A	DB Clean to Press	212	3	12 each	8	NA
3B	Down Dog Lunge to Rotation	NA	3	8 each	4	45

Finisher

[KB 312.com](#)

3 cleans, 1 pr
complete 1 circuit every 30 seconds
8 minutes tot

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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						
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

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

Working sets

1A	2 KB Tall Kneeling to Standing	NA	3	5 each	6	NA
1B	DB Goblet Squat	212	3	20	8	45
2A	Standing BB/DB curls	313	3	15	7	NA
2B	Inside Out Squats	222	3	30	8	45
3A	DB 1-arm Squat & Press	212	3	10 each	8	NA
3B	1-leg Abducted Deadlift	212	3	8 each	6	45

Finisher[KB swing super series](#)

15 swings every 30 second

Once 15 swings is complet

is rest period.

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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>
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

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

Working sets

1A	Side plank	NA	3	4 x 10 sec	7	NA
1B	DB Goblet squat lateral rocker	NA	3	10 each	5	45
2A	Slow Pushups with Iso Hold	333	3	5 TO 8	8	NA
2B	Plate Hip Thrusts	NA	3	30	7	45
3A	1-arm clean squat to press	212	3	20 each	6	NA
3B	BB or DB Farmer Carries	212	3	20 feet each	7	45
4A	Down Dog Lunge to Rotation	212	3	6 each	6	NA
4B	Rolling Cossack	323	3	8 each	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	

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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>
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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

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

Working sets

1A	Backwards Crawl	NA	3	30 feet	7	NA
1B	DB Goblet Stepback Lunge	323	3	10 each	7	45
2A	Pushup Pop Press	212	3	8 each	7	NA
2B	Batwing Rows	NA	3	4 x 10 sec	9	45
3A	KB/DB Jerk Press	323	3	10 each	7	NA
3B	DB/KB Kettlebell swings	323	3	2 x 20**	8	45

Finisher

Easy walk or
20 mintes, ae

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