

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

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

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

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