

**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="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Glute bridge March</a>	NA	1	20 each	BW	8	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<b>Working sets</b>						
1A	<a href="#">DB Clean, Squat &amp; Press</a>	NA	3	15 each		8	NA
1B	<a href="#">Sprinter Stride to Knee Raise</a>	214	3	20 each		8	NA
1C	<a href="#">Front Plank</a>	NA	3	4 x 10		8	45
2A	<a href="#">Wall Facing Hip Circle</a>	212	2	10 each		5	NA
2B	<a href="#">Lateral Lunge with Pulse</a>	222	2	8 each		7	NA
2C	<a href="#">Rolling Cossack</a>	222	2	8 each		8	30
3A	<a href="#">3-point rockback rotations</a>	222	2	8 each		4	NA
3B	<a href="#">Shin Box</a>	NA	2	10 each		5	NA
3C	<a href="#">Hanging Lat Stretch with Squat</a>	NA	2	15		4	30
4A	<a href="#">1-foot rotations</a>	NA	2	8 each		5	NA
4B	<a href="#">Lateral Slide Pushups</a>	212	2	6 each		7	30

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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="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Glute bridge March</a>	NA	1	20 each	BW	8	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<b>Working sets</b>						
1A	<a href="#">DB Goblet Squat Lateral Rocker</a>	222	3	5 each		6	NA
1B	<a href="#">DB Bent Over Alternating Row</a>	212	3	15 each		8	NA
1C	<a href="#">Med Ball shoulder drop pushup</a>	222	3	5 each		7	45
2A	<a href="#">Standing BB/DB curls</a>	313	2	20		7	NA
2B	<a href="#">Lunge Elbow to Instep</a>	222	2	8 each		8	30
3A	<a href="#">Plate/Weight Hip thrust</a>	212	2	20		6	NA
3B	<a href="#">Double Elevated Split Squats</a>	222	2	15 each		9	30
4A	<a href="#">KB/DB Swing</a>	NA	1	100		10	NA

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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>
	<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="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Glute bridge March</a>	NA	1	20 each	BW	8	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<b>Working sets</b>						
1A	<a href="#">Side plank</a>	NA	3	4 x 10 sec		7	NA
1B	<a href="#">DB Goblet Squat</a>	252	3	12		9	NA
1C	<a href="#">Sprinter Stride to Knee Raise</a>	212	3	12 each		7	45
2A	<a href="#">DB oscillation press</a>	NA	2	30 each		8	NA
2B	<a href="#">Kneeling KB Halo</a>	212	2	10 each		5	NA
2C	<a href="#">band pull aparts</a>	212	2	25		6	30
3A	<a href="#">Offset Cossack Squats</a>	312	2	8 each		6	NA
3B	<a href="#">Bear Cub Crawl with Pause</a>	NA	2	20 yards		7	NA
3C	<a href="#">Glute hip press</a>	212	2	20		6	30
4A	<a href="#">1 foot deadlift</a>	212	2	10 each		8	NA
4B	<a href="#">Bear Squat 3-point rotation</a>	NA	2	8 each		8	30

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**Day Four**

	<b>Exercise</b>	<b>Tempo</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>	<b>RPE/10</b>	<b>Rest</b>
	<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="#">Alternating Leg Front Plank</a>	222	1	2 x 10 sec	NA	6	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Butterfly Hip Flow</a>	NA	1	10 each	BW	5	NA
	<a href="#">Glute bridge March</a>	NA	1	20 each	BW	8	NA
	<a href="#">Side lying extension rotations</a>	222	1	10 each	NA	4	NA
	<b>Working sets</b>						
1A	<a href="#">Backwards Crawl</a>	NA	3	30 feet		7	NA
1B	<a href="#">DB Overhead Stepback Lunge</a>	323	3	8 each		7	NA
1C	<a href="#">½ kneeling elastic rotations</a>	222	3	8 each		5	45
2A	<a href="#">DB Overhead press</a>	212	2	6		7	NA
2B	<a href="#">Lateral Lunge w/ Overhead Drive</a>	NA	2	10 each		8	NA
2C	<a href="#">Prone Shoulder Rotations</a>	212	2	12		5	30
3A	<a href="#">DB Rows</a>	111	2	20		8	NA
3B	<a href="#">DB Incline Biceps Curls</a>	323	2	20		6	NA
3C	<a href="#">3-point rockback rotations</a>	222	2	8 each		4	30
4A	<a href="#">Inside Out Squat Jumps</a>	NA	2	40		10	NA
4B	<a href="#">Ice Skaters</a>	NA	2	20 each		10	30

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

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