

**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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Alternating Glute March</a>	222	1	8 each	NA	5	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">ITYW shoulder raise</a>	212	4	10 each		5	NA
1B	<a href="#">Double Clean to BU Press</a>	NA	4	10		7	NA
1C	<a href="#">Hanging Lat Stretch with Squat</a>	NA	4	15		4	45
2A	<a href="#">Heavy Deadlift</a>	212	20	1		8	30
3A	<a href="#">Plank Bird Dog</a>	222	3	6 each		7	NA
3B	<a href="#">2 Bench Plank DB Row</a>	212	3	8 each		8	NA
2C	<a href="#">Rolling Cossack</a>	222	3	8 each		8	45
4A	<a href="#">Pull ups</a>	NA	4	max		9	NA
4B	<a href="#">Cable Face Pulls</a>	232	4	15		6	45

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**

<a href="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
<a href="#">Alternating Glute March</a>	222	1	8 each	NA	5	NA
<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA
<a href="#">Kettlebell swings</a>	NA	5	20		8	15

**Working sets**

1A	<a href="#">Landmine Straight Arm Rotation</a>	212	4	8 each		5	NA
1B	<a href="#">Heavy Bench Press</a>	NA	4	3		8	NA
1C	<a href="#">DB Goblet Squat Lateral Rocker</a>	222	4	5 each		6	45
2A	<a href="#">Double KB Clean to BU Press</a>	NA	3	8		6	NA
2B	<a href="#">High Box Step Ups</a>	NA	3	8 each		8	NA
2C	<a href="#">Front Plank</a>	NA	3	4 x 10		8	45
3A	<a href="#">BB Bent Over Rows</a>	232	4	12		7	NA
3B	<a href="#">KB 1-arm jerk press split stance</a>	NA	4	5		6	45
4A	<a href="#">Hip Thrusts</a>	212	10	10		8	30

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

**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="#">Foam Roller T-spine Extensions</a>	232	1	10	NA	3	NA
	<a href="#">Side Lying Rotations</a>	232	1	8 each	NA	3	NA
	<a href="#">Alternating Glute March</a>	222	1	8 each	NA	5	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Bottom Pause Pushup</a>	232	1	8	BW	6	NA
	<a href="#">Kettlebell swings</a>	NA	5	20		8	15
	<b>Working sets</b>						
1A	<a href="#">High Volume Zercher Squats</a>	222	10	10		9	60
2A	<a href="#">SB Stir the Pot</a>	NA	4	10 each		8	NA
2B	<a href="#">Military Press</a>	212	4	3		8	NA
2C	<a href="#">band pull aparts</a>	212	4	25		6	45
3A	<a href="#">Rear Foot Elevated Split Squat</a>	212	4	12 each		9	NA
3B	<a href="#">Lateral Crawl Patterns</a>	NA	4	30 yards		8	45
3C	<a href="#">Alternating Glute March</a>	212	3	10 each		8	45
4A	<a href="#">4-point rotation &amp; Kick</a>	NA	4	20 each		8	NA
4B	<a href="#">Turkish Get ups</a>	NA	4	1 each		7	45

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