

**Day One**

<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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
<a href="#">Alternating Leg Front Plank</a>	212	1	2 x 10 sec	NA	3	NA
<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA

**Working sets**

1A	<a href="#">Overhead Stepback Lunge</a>	222	3	8 each	8	NA
1B	<a href="#">DB Plate Squeeze Chest Press</a>	333	3	12	7	45
2A	<a href="#">DB Goblet lateral lunge</a>	212	3	10 each	7	NA
2B	<a href="#">DB Row</a>	222	3	12 each	7	45
3A	<a href="#">DB Step Ups</a>	222	3	15 each	9	NA
3B	<a href="#">DB Shoulder carries</a>	NA	3	30 yards	8	45
4A	<a href="#">DB Pull overs</a>	222	3	10	6	NA
4B	<a href="#">Lateral Slide Pushups</a>	212	3	6 each	7	45

Metabolic Conditioning: 20 minutes, steady state low intensity activity. Could be walking, jogging, biking, etc. Maintain an RPE of ~4/10. You should not be breathless on this workout. This could be done as part of the workout or separately, and also on a different day as needed.

**Day Two**

<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**

<a href="#">SMR lower body</a>	NA	1	NA	NA	2	NA
<a href="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
<a href="#">Alternating Leg Front Plank</a>	212	1	2 x 10 sec	NA	3	NA
<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA

**Working sets**

1A	<a href="#">Hard stomps (no spine flexion)</a>	NA	3	5 each		9	NA
1B	<a href="#">Lateral Lunge Front Pulse</a>	212	3	8 each		7	45
2A	<a href="#">High box step ups</a>	212	3	8 each		8	NA
2B	<a href="#">DB twisting Chest Press</a>	222	3	8 each		8	45
3A	<a href="#">Standing Alternating Row</a>	222	3	12 each		8	NA
3B	<a href="#">Squat Hops</a>	NA	3	30		9	45
4A	<a href="#">KB/DB Swing</a>	NA	2	100		10	60

Metabolic Conditioning: Farmer carry 2 weights that equal your body weight combined as far as possible, 30 kettlebell swings, run 0.25 miles as fast as possible. Rest 1 minute. Repeat 5 times.

**Day Three**

	<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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Alternating Leg Front Plank</a>	212	1	2 x 10 sec	NA	3	NA
	<a href="#">Sphinx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Front Loaded Skater Squats</a>	212	3	6 each		7	NA
1B	<a href="#">DB Goblet Squats</a>	111	3	30		8	45
2A	<a href="#">DB 360 Lateral Raise</a>	222	3	15 each		9	NA
2B	<a href="#">2 foot elevated Split Squat</a>	222	3	12 each		9	45
3A	<a href="#">Rear Foot Elevated Split Squat</a>	312	3	8 each		8	NA
3B	<a href="#">4-point Hip Rotation</a>	NA	3	10 each		8	45
4A	<a href="#">DB incline/seated Biceps curls</a>	222	3	20		8	NA
4B	<a href="#">DB skull crushers</a>	222	3	20		8	45

Metabolic Conditioning: Using either a hill, long set of stairs, or stair climber machine. Run/walk up at a max speed, recover for 1 minute, walk back down. Repeat 5 times. For stairmaster, Complete 10 minutes at a constant speed with RPE of 7/10

**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="#">Wall facing hip circles</a>	212	1	10 each	NA	4	NA
	<a href="#">Alternating Leg Front Plank</a>	212	1	2 x 10 sec	NA	3	NA
	<a href="#">Sphynx Arm Slides</a>	222	1	8 each	BW	4	NA
	<a href="#">Shoulder Tap Pushup</a>	212	1	8 each	BW	6	NA
	<a href="#">Glute bridge March</a>	212	1	20 each	medium	4	NA
	<a href="#">Butterfly Hip Flow Series</a>	NA	1	10 each	BW	5	NA
	<b>Working sets</b>						
1A	<a href="#">Side Plank Rotations</a>	222	3	8 each		7	NA
1B	<a href="#">Turkish Get Up</a>	NA	3	2 each		7	45
2A	<a href="#">Bird Dog Neuro Pulse</a>	NA	3	5 x 10 sec		6	NA
2B	<a href="#">Lateral Lunge w/ Overhead Drive</a>	NA	3	10 each		8	45
3A	<a href="#">DB Rows</a>	111	3	12		8	NA
3B	<a href="#">Spiderman Pushups</a>	212	3	8 each		9	45
4A	<a href="#">Inside Out Squat Jumps</a>	NA	3	40		10	NA
4B	<a href="#">Tuck Jumps</a>	NA	3	15		10	45

Metabolic Conditioning: Using either a treadmill or bike, do 2 minutes at a moderate intensity (RPE 5/10), whatever your usual speed would be; increase by 50% for 1 minute, RPE of 9/10; recover easy for 2 minutes. Ex. Running at 6 mph for 2 minutes; increase to 9.0 mph for 1 minute; reduce to a walk at 3.0 for 2 minutes. Repeat 5 times.

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