

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
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	3	15 each		8	NA
1B	Sprinter Stride to Knee Raise	214	3	20 each		8	60
2A	Wall Facing Hip Circle	212	2	10 each		5	NA
2B	Lateral Lunge with Pulse	222	2	8 each		7	60
3A	3-point rockback rotations	222	2	8 each		4	30
3B	Down Dog Lunge to Rotation	NA	2	8 each	BW	4	60
4A	1-foot rotations	NA	2	8 each		5	NA
4B	Lateral Slide Pushups	212	2	6 each		7	60
5A	Side plank	NA	2	4 x 10 sec		7	NA
5B	DB Goblet Squat	252	2	30		9	60

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

Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	3	5 each		6	NA
1B	DB Bent Over Alternating Row	212	3	15 each		8	60
2A	Standing BB/DB curls	313	2	20		7	NA
2B	Lunge Elbow to Instep	222	2	8 each		8	60
3A	Butterfly Hip Flow Series	NA	2	10 each		6	NA
3B	Double Elevated Split Squats	222	2	15 each		9	60
4A	Inside Out Squat Jumps	NA	2	40		10	NA
4B	Ice Skaters	NA	2	20 each		10	60
5A	Offset Cossack Squats	312	2	8 each		6	NA
5B	Bear Cub Crawl with Pause	NA	2	20 yards		7	60