

**Day One**

Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
----------	-------	------	------	--------	--------	------

**Warm up Series**

<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="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA

**Working sets**

1A	<a href="#">1 foot deadlift</a>	212	4	8 each		6	NA
1B	<a href="#">ITYW shoulder raise</a>	212	4	10 each		4	45
2A	<a href="#">DB rear foot elevated split squat</a>	212	4	8 each	BW	5	NA
2B	<a href="#">DB bench Rows</a>	212	4	12 each		6	45
3A	<a href="#">Assisted Cossack squat</a>	212	4	8 each		8	NA
3B	<a href="#">BB or DB Farmer Carries</a>	212	4	20 yards		8	45
4	Finisher**	NA	3	10 each		9	45
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">DB Overhea</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushups</a>			
				<a href="#">Body weight</a>	or	<a href="#">Jump Squats</a>	
				<a href="#">Pushup alte</a>			

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>
<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="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA
<b>Working sets</b>							
1A	<a href="#">Lunge to back rotations</a>	212	3	8 each		7	NA
1B	<a href="#">Deep squat landmine press</a>	212	3	10 each		5	45
2A	<a href="#">Deep squat internal/external rotations</a>	212	3	8 each		6	NA
2B	<a href="#">Bench facing rear flye</a>	222	3	12		7	45
3A	<a href="#">Suitcase carries</a>	222	4	20 yards		7	NA
3B	<a href="#">Heel touch stepups</a>	212	4	8 each		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	45
			<a href="#">Split squats</a>				
			<a href="#">Side planks – 15 seconds each side</a>				
			<a href="#">Front Planks</a>				
			<a href="#">Bear Squats - max reps</a>				

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="#">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="#">Side plank</a>	NA	1	3 x 10 secs	NA	6	NA
	<a href="#">Hip Rocking Matrix</a>	212	1	5 each	NA	4	NA
	<a href="#">Body weight squat</a>	212	1	20	BW	6	NA
	<a href="#">Divebomber Pushups</a>	212	1	10	BW	6	NA
<b>Working sets</b>							
1A	<a href="#">Bench supported row</a>	212	4	8 each		7	NA
1B	<a href="#">Elastic wide row to upright rotation</a>	212	4	8 each		8	45
2A	<a href="#">Bear Squats</a>	212	4	10		8	NA
2B	<a href="#">Double kettlebell overhead press</a>	212	4	15 each		4	45
3A	<a href="#">Dumbbell stepups</a>	222	4	5 each		7	NA
3B	<a href="#">Kneeling T-spine rotation</a>	222	4	max reps		8	45
4	Finisher	3 rounds	15 seconds on, 15 seconds off			9	0
	<a href="#">1-foot hip b</a>						
	<a href="#">DB Goblet la</a>						
	<a href="#">Barbell curls</a>						
	<a href="#">DB Side rais</a>						

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