

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
	Side lying extension rotations	222	1	10 each	NA	4	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Butterfly Hip Flow	NA	1	10 each	BW	5	NA
	Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA
	Working sets						
1A	Paused front squats	252	5	6		8	NA
1B	Wall facing hip circle	212	5	10 each		4	60
2A	Shin Box	NA	4	10 each		5	NA
2B	Double elevated split squat	212	4	15 each		9	30
4A	BB or DB Farmer Carries	212	3	30 yards		9	NA
4B	DB Incline Biceps Curls	323	3	20		6	30
4A	Bench Press	323	4	15		9	NA
4B	Pullups	NA	4	Max		9	30
5A	KB Swing	NA	2	100		10	90

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

SMR lower body	NA	1	NA	NA	2	NA
Dead bug laterals	212	1	15	NA	3	NA
Side lying extension rotations	222	1	10 each	NA	4	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Butterfly Hip Flow	NA	1	10 each	BW	5	NA
Down Dog Lunge to Rotation	NA	1	8 each	BW	4	NA

Working sets

1A	SB Straight arm pushbacks	212	3	6	5	NA
1B	Heavy deadlifts	NA	3	5	9	60
2A	Bottom half back squats	NA	2	5	5	NA
2B	1-foot rotational reach	NA	2	10 each	8	30
3A	DB oscillation press	NA	2	30 each	8	NA
3B	Kneeling KB Halo	212	2	20 each	5	30
4A	Lateral Slide Pushups	222	2	6 each	8	NA
4B	Glute hip press	212	2	20	6	30
5A	½ kneeling elastic rotations	222	2	8 each	5	NA
5B	Double KB clean to BU Press	NA	2	12	7	30

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