

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	SMR front arm line	NA	1	NA	NA	2	NA
	Side plank	NA	1	3 x 10 secs	NA	6	NA
	Dead bugs	212	1	8 each	NA	6	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Working sets						
1A	1 foot deadlift	212	3	8 each		7	NA
1B	Plank walkouts	212	3	8		6	90
2A	Glute focused split squats	212	3	8 each		8	NA
2B	Elbow to knee repeating bird dog	212	3	15 each		3	90
3A	DB rear foot elevated split squat	212	3	8 each		7	NA
3B	T Pushups	212	3	8 each		7	90
4A	Hardstyle plank	NA	3	3 x 10 secs		7	NA
4B	Bear cub crawl	NA	3	20 feet		8	90

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Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA		2	NA
	SMR front arm line	NA	1	NA		2	NA
	Side plank	NA	1	3 x 10 secs		6	NA
	Dead bugs	212	1	8 each		6	NA
	Body weight squat	212	1	20		4	NA
	band pull aparts	212	1	20		4	NA
	Working sets						
1A	DB Goblet Squats	212	3	15		7	NA
1B	ITYW shoulder raise	212	3	10 each		5	90
2A	4 point hip rotation kick	222	4	20		6	NA
2B	Bear Squats	222	4	15		6	90
3A	Cossack Deep Squat to Sit	222	3	8 each		7	NA
3B	Bench facing rear flye	222	3	12		8	90
4A	Lateral Crawl pattern	NA	4	20 feet		8	NA
4B	Heel touch stepups	212	4	8 each		6	90

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