

**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="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

**Working sets**

1A	<a href="#">Kneeling KB Halo</a>	212	5	10 each	6	NA
1B	<a href="#">BB deadlifts - eccentric pause</a>	214	5	5	8	75
2A	<a href="#">Turducken Get Up</a>	232	3	1 each	6	NA
2B	<a href="#">Elastic resisted dead bugs</a>	333	3	8 each	7	60
3A	<a href="#">Double KB clean to BU press</a>	212	3	7	6	NA
3B	<a href="#">Lateral Lunge with Pulse</a>	222	3	8 each	7	60
4A	<a href="#">SB Stir the Pot</a>	323	3	10 each	7	NA
4B	<a href="#">Landmine straight arm rotations</a>	212	3	10 each	8	60

All rig

**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="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
	<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
	<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
	<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
	<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA
	<b>Working sets</b>						
1A	<a href="#">1/2 kneeling elastic rotations</a>	222	4	6 each		5	NA
1B	<a href="#">BB Back Squat</a>	212	4	5		8	60
2A	<a href="#">2 KB Tall Kneeling to Standing</a>	NA	3	4 each		6	NA
2B	<a href="#">Smith Pullup Iso Hold</a>	222	3	4 x 10 sec		8	60
3A	<a href="#">BB or DB Farmer Carries</a>	NA	3	15		7	NA
3B	<a href="#">Kettlebell swings</a>	323	4	2 x 20**		8	60
4A	<a href="#">Cable Rope Overhead extension</a>	323	3	15		7	NA
4B	<a href="#">Standing barbell curls</a>	313	3	12		7	60

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**Day Three**

<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="#">Prone Elastic Shoulder Rotations</a>	212	1	15	NA	3	NA
<a href="#">Foam roller stick slides</a>	313	1	10	NA	4	NA
<a href="#">Rolling Cossack</a>	212	1	8 each	BW	4	NA
<a href="#">Shin Box</a>	NA	1	15 each	BW	4	NA
<a href="#">Down Dog Lunge to Rotation</a>	NA	1	8 each	BW	4	NA

**Working sets**

1A <a href="#">Side plank</a>	212	3	4 x 10 sec		7	NA
1B <a href="#">DB Goblet squat lateral rocker</a>	NA	3	8 each		5	90
2A <a href="#">BB deadlifts</a>	NA	20	1		8	30
3A <a href="#">Elastic Pull Aparts</a>	NA	3	20		7	NA
3B <a href="#">Barbell Hip Thrust</a>	121	3	15		9	60
4A <a href="#">1-arm clean squat to press</a>	212	3	20 each		6	NA
4B <a href="#">½ kneeling landmine press</a>	212	3	10 each		7	60
5A <a href="#">Pushup Pop Press</a>	212	3	8 each		7	NA
5B <a href="#">Batwing Rows</a>	NA	3	4 x 10 sec		9	60

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