

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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Butterfly Hip Flow	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Bird Dog Neuro Pulse	212	4	5 x 10 sec		8	NA
1B	Heavy Deadlift	212	4	3		9	60
2A	Side Plank Rotations	212	4	8 each		8	NA
2B	Front Loaded Skater Squats	212	4	8 each		8	60
3A	Incline DB Chest Press	323	3	12		7	NA
3B	Bear Squats	212	3	30		8	60
4A	Preacher Curls	222	4	15		6	NA
4B	DB skull crushers	222	4	12		6	60

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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						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Butterfly Hip Flow	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Hard stomps (no spine flexion)	NA	4	5 each		9	NA
1B	Elevator Front Squats	NA	4	7		8	60
2A	Military Press	212	3	5		7	NA
2B	band pull aparts	111	3	30		6	60
3A	Seated Cable Row	232	3	10		7	NA
3B	Shoulder Drop MB Pushup	222	3	6 each		6	60
4A	1-arm BB/DB Suitcase Carry	NA	3	30 yards		9	NA
4B	Offset Cossack Squats	222	3	6 each		8	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>
	Warm up Series						
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Glute Bridge March	222	1	8 each	NA	5	NA
	Butterfly Hip Flow	222	1	8 each	BW	4	NA
	Shoulder Tap Pushup	212	1	8 each	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
	Working sets						
1A	Zercher Squats	222	5	6		9	NA
1B	SB Stir the Pot	NA	5	60 seconds		8	60
2A	Landmine Stepback Lunge	212	4	8 each		7	NA
2B	Bench Press	212	4	5		8	60
3A	Lunge to back rotations	222	4	8 each		6	NA
3B	4-point Hip Rotation	NA	4	10 each		8	60
4A	½ kneeling KB press	212	3	8 each		7	NA
4B	Turkish Get Up	NA	3	2 each		6	60

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