

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
Alternating Glute March	222	1	8 each	NA	5	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Bottom Pause Pushup	232	1	8	BW	6	NA
Kettlebell swings	NA	5	20		8	15

Working sets

1A	ITYW shoulder raise	212	4	10 each		5	NA
1B	Double Clean to BU Press	NA	4	10		7	NA
1C	Hanging Lat Stretch with Squat	NA	4	15		4	45
2A	Heavy Deadlift	212	20	1		8	30
3A	Plank Bird Dog	222	3	6 each		7	NA
3B	2 Bench Plank DB Row	212	3	8 each		8	NA
3C	Rolling Cossack	222	3	8 each		8	45
4A	Pull ups	NA	4	max		9	NA
4B	Cable Face Pulls	232	4	15		6	45

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							
	Foam Roller T-spine Extensions	232	1	10	NA	3	NA
	Side Lying Rotations	232	1	8 each	NA	3	NA
	Alternating Glute March	222	1	8 each	NA	5	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
	Kettlebell swings	NA	5	20		8	15
Working sets							
1A	Landmine Straight Arm Rotation	212	4	8 each		5	NA
1B	Heavy Bench Press	NA	4	3		8	NA
1C	DB Goblet Squat Lateral Rocker	222	4	5 each		6	45
2A	Double KB Clean to BU Press	NA	3	8		6	NA
2B	High Box Step Ups	NA	3	8 each		8	NA
2C	Front Plank	NA	3	4 x 10		8	45
3A	BB Bent Over Rows	232	4	12		7	NA
3B	KB 1-arm jerk press split stance	NA	4	5		6	45
4A	Hip Thrusts	212	10	10		8	30

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>
-----------------	--------------	-------------	-------------	---------------	---------------	-------------

Warm up Series

Foam Roller T-spine Extensions	232	1	10	NA	3	NA
Side Lying Rotations	232	1	8 each	NA	3	NA
Alternating Glute March	222	1	8 each	NA	5	NA
Sphynx Arm Slides	222	1	8 each	BW	4	NA
Bottom Pause Pushup	232	1	8	BW	6	NA
Kettlebell swings	NA	5	20		8	15

Working sets

1A	High Volume Zercher Squats	222	10	10		9	60
2A	SB Stir the Pot	NA	4	10 each		8	NA
2B	Military Press	212	4	3		8	NA
2C	band pull aparts	212	4	25		6	45
3A	Rear Foot Elevated Split Squat	212	4	12 each		9	NA
3B	Lateral Crawl Patterns	NA	4	30 yards		8	45
3C	Alternating Glute March	212	3	10 each		8	45
4A	4-point rotation & Kick	NA	4	20 each		8	NA
4B	Turkish Get ups	NA	4	1 each		7	45

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

Day Four

<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
Alternating Glute March	222	1	8 each	NA	5	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
Bottom Pause Pushup	232	1	8	BW	6	NA
Kettlebell swings	NA	5	20		8	15
Working sets						
1A Wall facing hip circle	212	4	10 each		5	NA
1B Heavy Front Squats	312	4	3		9	NA
1C ½ kneeling elastic rotations	222	4	8 each		5	45
2A Dead Bug Lateral	222	3	8 each		5	NA
2B Skater Squats	212	3	8 each		8	NA
2C DB oscillation press	NA	3	30 each		8	45
3A DB 360 Lateral Raise	222	4	12		8	NA
3B Speed Deadlift	NA	4	5		8	45
4A DB Twisting Chest Press	212	3	15		9	NA
4B Landmine Stepback Lunge	323	3	10 each		8	45

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