

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

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Kneeling KB Halo	212	4	10 each	6	NA
1B	BB deadlifts - eccentric pause	214	4	5	7	60
2A	Turducken Get Up	232	3	1 each	6	NA
2B	1/2 kneeling elastic rotations	333	3	8 each	6	45
3A	Double KB clean to BU press	212	3	7	6	NA
3B	Lateral Lunge with Pulse	222	3	8 each	7	45
4A	SB Stir the Pot	323	2	10 each	7	NA
4B	Landmine straight arm rotations	212	2	10 each	8	45

Finisher

[KB 312 com](#)

3 cleans, 1 press, 2 front squats
complete 1 circuit every 30 seconds
8 minutes total time

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
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Smith Pullup Iso Hold	222	3	4 x 10 sec	8	NA
1B	BB Back Squat	212	3	12	8	60
2A	2 KB Tall Kneeling to Standing	NA	3	4 each	6	NA
2B	Prone Band Pull Apart	222	3	15	8	45
3A	DB 1-arm Squat & Press	212	3	8 each	8	NA
3B	1-leg Landmine RDL	212	3	6 each	6	45
4A	Cable Rope Overhead extension	323	3	15	7	NA
4B	Standing barbell curls	313	3	12	7	45

Finisher[KB swing super series](#)

10 swings every 30 seconds for 10 minutes.

Once 10 swings is complete, remainder of 30 secs is rest period.

Day Three

Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
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Warm up Series

SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Side plank	212	3	4 x 10 sec	7	NA
1B	DB Goblet squat lateral rocker	NA	3	8 each	5	60
2A	BB deadlifts	NA	20	1	8	30
3A	DB goblet side to side rock	NA	3	12	7	NA
3B	Barbell Hip Thrust	121	3	15	9	45
4A	1-arm clean squat to press	212	3	20 each	6	NA
4B	Lateral Lunge forward Pulse	222	3	7 each	7	45
5A	plank 1-arm elastic rows	212	3	12 each	9	NA
5B	½ kneeling rope chops	323	3	8 each	7	45

Finisher	3 rounds	Inside Out Squat jumps	20 reps
	No rest	Bear Cub Crawl with weight	30 yards
		Inside Out Squat jumps	20 reps
		Pushups to failure	

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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						
SMR lower body	NA	1	NA	NA	2	NA
SMR front arm line	NA	1	NA	NA	2	NA
Front Plank	NA	1	3 x 10 secs	NA	6	NA
ITYW shoulder raise	212	1	10 each	NA	6	NA
Body weight squat	212	1	20	BW	4	NA
band pull aparts	212	1	20	medium	4	NA

10 minutes steady state aerobic activity. Maintain a pace where you can speak but where you feel effort

Working sets

1A	Backwards Crawl	NA	3	30 yards	7	NA
1B	Box Heel Touch Step up	323	3	7 each	8	60
2A	Pushup Pop Press	212	3	8 each	7	NA
2B	Batwing Rows	NA	3	4 x 10 sec	9	45
3A	Pullups	323	3	5	7	NA
3B	Bench Press	212	3	5	8	45
4A	BB or DB Farmer Carries	NA	3	20 yards	7	NA
4B	Kettlebell swings	323	3	2 x 20**	8	45

Finisher

Easy walk or

20 minutes, aerobic, low intensity. RPE of 5/10 or less

** Do 20 reps, rest 15-20 seconds, do another 20 reps, and that counts as one set