

Day One

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	DB Clean, Squat & Press	NA	4	15 each		8	NA
1B	Sprinter Stride to Knee Raise	214	4	20 each		8	60
2A	Wall Facing Hip Circle	212	3	10 each		5	NA
2B	Lateral Lunge with Pulse	222	3	8 each		7	60
3A	3-point rockback rotations	222	3	8 each		4	30
3B	Down Dog Lunge to Rotation	NA	3	8 each	BW	4	60
4A	1-foot rotations	NA	3	8 each		5	NA
4B	Lateral Slide Pushups	212	3	6 each		7	60

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Day Two

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	DB Goblet Squat Lateral Rocker	222	4	5 each		6	NA
1B	DB Bent Over Alternating Row	212	4	15 each		8	60
2A	Standing BB/DB curls	313	3	20		7	NA
2B	Lunge Elbow to Instep	222	3	8 each		8	60
3A	Butterfly Hip Flow Series	NA	3	10 each		6	NA
3B	Double Elevated Split Squats	222	3	15 each		9	60
4A	Inside Out Squat Jumps	NA	3	40		10	NA
4B	Ice Skaters	NA	3	20 each		10	60

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Day Three

	Exercise	Tempo	Sets	Reps	Weight	RPE/10	Rest
	Warm up Series						
	SMR lower body	NA	1	NA	NA	2	NA
	Dead bug laterals	212	1	15	NA	3	NA
	Alternating Leg Front Plank	222	1	2 x 10 sec	NA	6	NA
	Sphinx Arm Slides	222	1	8 each	BW	4	NA
	Body weight squat	212	1	20	BW	4	NA
	band pull aparts	212	1	20	medium	4	NA
	Glute bridge March	NA	1	20 each	BW	8	NA
	Working sets						
1A	Side plank	NA	4	4 x 10 sec		7	NA
1B	DB Goblet Squat	252	4	12		9	60
2A	Slow Pushups with Iso Hold	333	4	30 feet		7	NA
2B	DB Overhead Stepback Lunge	323	4	8 each		7	60
3A	Offset Cossack Squats	312	3	8 each		6	NA
3B	Bear Cub Crawl with Pause	NA	3	20 yards		7	60
4A	1 foot deadlift	212	3	10 each		8	NA
4B	Bear Squat 3-point rotation	NA	3	8 each		8	60

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