

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
Squat ER IR Rotations	222	1	6 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
Bottom Pause Pushup	232	1	8	BW	6	NA

Working sets

1A	ITYW shoulder raise	212	5	10 each		5	NA
1B	Heavy Deadlift	212	5	3		9	90
2A	Plank Bird Dog	222	3	6 each		7	NA
2B	2 Bench Plank DB Row	212	3	8 each		8	60
3A	DB See Saw Press	212	4	10 each		9	NA
3B	Pull ups	NA	4	max		9	60
4A	Cable Face Pulls	232	3	15		6	NA
4B	KB Snatch	NA	3	20 each		9	60

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
Squat ER IR Rotations	222	1	6 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
Bottom Pause Pushup	232	1	8	BW	6	NA

Working sets

1A Landmine Straight Arm Rotation	212	5	8 each		5	NA
1B Heavy Bench Press	NA	5	3		8	60
2A Double KB Clean to BU Press	NA	3	8		6	NA
2B High Box Step Ups	NA	3	8 each		8	60
3A BB Bent Over Rows	232	4	12		7	NA
3B Hip Thrusts	212	4	5		8	60
4A KB 1-arm jerk press split stance	NA	3	5		6	NA
4B DB Incline Biceps Curls	333	3	15		7	60

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
Squat ER IR Rotations	222	1	6 each	NA	4	NA
Sphinx Arm Slides	222	1	8 each	BW	4	NA
2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
Bottom Pause Pushup	232	1	8	BW	6	NA

Working sets

1A	SB hamstring curls	222	4	15	7	NA
1B	High Volume Front Squats	222	4	15	8	90
2A	SB Stir the Pot	NA	4	10 each	8	NA
2B	Military Press	212	4	3	8	60
3A	Rear Foot Elevated Split Squat	212	4	12 each	9	NA
3B	Lateral Crawl Patterns	NA	4	30 yards	8	60
4A	4-point rotation & Kick	NA	4	20 each	8	NA
4B	Turkish Get ups	NA	4	1 each	7	60

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
	Squat ER IR Rotations	222	1	6 each	NA	4	NA
	Sphynx Arm Slides	222	1	8 each	BW	4	NA
	2-Step Hip Mobility Drill	NA	1	10 each	BW	5	NA
	Bottom Pause Pushup	232	1	8	BW	6	NA
	Working sets						
1A	Wall facing hip circle	212	5	10 each		5	NA
1B	Heavy Front Squats	312	5	3		9	90
2A	Dead Bug Lateral	222	3	8 each		5	NA
2B	Skater Squats	212	3	8 each		8	60
3A	DB 360 Lateral Raise	222	4	12		8	NA
3B	Speed Deadlift	NA	4	5		8	60
4A	DB Twisting Chest Press	212	3	15		9	NA
4B	Landmine Stepback Lunge	323	3	10 each		8	60

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